



CORPORATE 518 RUN TRAINING

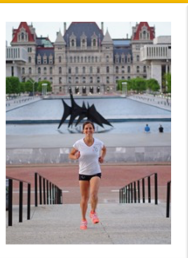
Run to health, productivity and better living!

Hislop Coaching has a proven track record and years of success working with a wide variety of clients. We are partnering with local businesses to bring a run program to their doorstep. This partnership is an opportunity to deliver a top notch running program to employees that will get them on the path to wellness while giving them the tools they need to maintain and continue a healthy lifestyle. The benefits of employee fitness are clear and proven for both the employee and the employer. However, these benefits can only be realized with adequate levels of participation. Kristen, of Hislop Coaching, has designed an approach to fitness that motivates and engages participants of a wide range of fitness ability to maximize the results of their efforts to build a healthier body, mindset and lifestyle. We create workout plans, give nutrition guidance, build strong athletes, and work on mental training. All the while our focus on the individual keeps your employees free from injury. We feel strongly that a holistic approach keeps employees in the game at work and at home.

Coaches



Kristen is USA Triathlon Coach, an Ironman University Certified Coach, USA Cycling Coach, and AFAA Certified Personal Trainer, a Mad Dogg Athletics Spin Instructor and an accomplished athlete. She is the co-director of the *Freihofer's Training Challenge*, a couch to 5k program that is now in its 6th year, drawing an average of 350 women each year.



Danielle has a certificate as a *Specialist in Fitness Nutrition* from International Sports Science Association and a *Running Coach Certificate* from Road Runners Club of America. She is part of the competitive women's running club, Willow Street Athletic Club, where "busy women accomplish big goals, one stride at a time".

If you have any questions, please feel free to explore our website at www.hislopcoaching.com or reach out to Head Coach, Kristen Hislop, Email: hislopcoaching@gmail.com and Phone: 518-577-5889