



Four Minute Workout Videos for Your Office Desk? It Can't be True but the "Death Squat" Has Arrived

Well the summer season is upon us, unfortunately, we are stuck in the office during the best time of the day to be outside. So when we finally get released from our day prisons, the last thing we want to do is go to the gym to get that beach body ... right? Well the latest trend in fitness has finally hit the main stream workforce. <http://www.FreeOfficeWorkouts.com> is one of many companies that have your solution.

Upland, CA, May 29, 2007 --(PR.com)-- "The first time I tried the "Death Squat" I didn't think it was that big of a deal, until I awoke the next day and couldn't move butt, thankfully that days 4 minute workout was a stretching routine and a healthy snack idea" states Jan Larson of Lincoln, CA.

Tony & Molli Rathstone creators of the latest fitness trends which can only be described as the office desk workouts state: "When we started <http://www.FreeOfficeWorkouts.com> it was a simple solution to an ongoing problem in the work place; people are just too stationary and their health is at risk." According to Moen Incorporated, for every dollar spent on wellness initiatives, Moen saves \$3 to \$4, the company found following a formal study in 2005 of the impact on the bottom line from such programs.

Workplace wellness programs are becoming more widespread throughout the country, the buzz is catching on. The bottom line of such programs is this: healthy employees tend to be happier and more productive employees. But the costs of such programs can initially be prohibitive. Online video companies such as YouTube.com and Squidoo.com show samples of some of those workout videos that have been viewed more than 100 times, <http://www.squidoo.com/workout-1/>

Employees benefit from the programs' focus on exercise, proper nutrition and relaxation. Employers like the programs because happier, healthier employees are more productive and cost less.

"Corporations now see health management programs as the only long-term alternative to the continuing escalation of medical care costs," he says. Nearly 60 percent of all companies and 95 percent of large companies have programs designed to encourage individuals to take some responsibility for their own health. says D.W. Edington, director of the Health Management Research Center (HMRC). Edington is a professor of kinesiology and past director of the Division of Kinesiology.

From workouts to stretches and even quick and simple snack ideas, they all can and are being delivered to the modern day workforce around the world via the internet. Although your company may not have a wellness or fitness program in place for you, today's internet does.

For More Information Contact: <http://www.FreeOfficeWorkouts.com> for more insights into this topic. Direct line: (909) 556-9325 Email: freeofficeworkouts@yahoo.com Other helpful information regarding this product or service can be found at: <http://www.InlandEmpireBootCamp.com>

###



Contact Information:

FreeOfficeWorkouts.com

Tony Rathstone

909-556-9325

freeofficeworkouts@yahoo.com

<http://www.FreeOfficeWorkouts.com>

Online Version of Press Release:

You can read the online version of this press release at: <http://www.pr.com/press-release/40299>

News Image:

