

For Immediate Release:

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**THE WHITEFISH WAVE ANNOUNCES CORPORATE FIT PROGRAM
AND PROVIDES EXPANSION UPDATE**

Whitefish, Mont --The Wave Fitness and Aquatic Center announces a new program, The Corporate Fit Challenge, designed for employers and employees to work together on fitness. The Corporate Fit Challenge is a six-week long opportunity for co-workers to get fit, eat healthy and lose weight together in a supportive environment under the expert guidance of The Wave's fitness staff.

At the kick-off, staff members get weighed and measured. During the first week of the challenge, participants meet with a personal trainer to learn a work out and discuss how to overcome their barriers to success. Two additional half-hour training sessions are scheduled throughout the challenge for exercise program modification. Participants also receive online nutrition coaching from their trainer and email support encouraging them to continue to work towards their goals. A group workout is scheduled once per week to allow everyone to try different types of exercise in a helpful environment. At the end of the challenge, The Wave hosts a party to celebrate everyone's success and award prizes to participants.

The Parkside Credit Union recently participated in a Corporate Fit Challenge and together they lost 95.5 pounds and 76.6 inches. Parkside employee Michael Snell explains, "Corporate Fit was a great way to get back into living a healthy lifestyle. Working with teams of people I know and trust gave me the extra motivation I needed to make and maintain the changes toward living better. Having help from a knowledgeable trainer was a huge step to my success as well. My trainer held me accountable, motivated me, and gave me the knowledge I needed to build my diet as well as understand and feel comfortable using all that the WAVE has to offer."

The Corporate Fit Program requires a minimum of six employees. A special rate including a six-week membership to The WAVE is available to employees and employers who are not currently members of the WAVE. Trainer Sally Beullieu comments, "This is an affordable program that is great for team building and having fun outside of the workplace. And studies show employee health programs result in higher productivity, less sickness and absenteeism, and reduced health costs for employers."

The Wave, a non-profit organization, began a multi-million dollar expansion in 2013 with plans to improve amenities for members, specifically families. Expansion efforts are moving along as scheduled. To date, the women's locker room renovation is complete, and the majority of site work at the west end of the building is finished. The WAVE is currently in the final phase of demolishing the existing boys/girls locker rooms, party rooms and west entrance, while the framing and metal support has been initiated. The current focus is getting the building buttoned back up for February temperatures, with a warning that the men's locker area will be a bit chilly at times as part of this process. This same area will be only partially accessible and at some point inaccessible to make renovation possible. A temporary locker area will be set up adjacent to the current area with signage posted accordingly. The WAVE appreciates the public's patience and apologizes for any inconveniences during this exciting project. For more information, call 862.2444, visit www.whitefishwave.com or "like" The WAVE on Facebook for construction updates.

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