

April 28th marks the 10th Anniversary of Sit Up Club at The National Speakers Bureau.

Company President and Lake Forest Health and Fitness member, **Brian Palmer** gathers his team at 3 p.m. daily for 15 minutes of exercise. Yoga, Pilates and a fast paced walk around the neighborhood are typical exercise choices, but they also have been known to create limbo, thumb wrestling and push-up contests.

Vice President, Don Jenkins, "Our President Brian Palmer has created a unique wellness program that we look forward to each day. That 15 minutes gives us a burst of energy that goes a long way toward topping up our energy tanks."

Owner and President, Brian Palmer says, "What began as a way to get a little exercise during a long Chicago winter has had a big impact on the people who work here. This program has changed the way people eat and exercise away from the office and helped facilitate healthy lifestyles. We have co-workers who now exercise at lunch and others who bike to the office. Ultimately, it has been a wonderful way to bring people together."

For 35 years, the National Speakers Bureau has served as one of the most respected firms in the lecture industry. Their mission, "to create success by helping organizations engage the hearts and minds of the people important to them," begins in their own office.

We congratulate Brian Palmer on his innovation and leadership in bringing wellness to the workplace and inspiring his employees to add fitness to their lives.