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2 MILES



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Customer Service Best Practices Ron Zemke,1998 *The Walking Solution* Lee Scott,Michele Stanten,2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability **Customer Up** Tom Coshow,2014-11-03 A Newly Hired COO A Stagnant Staff Set in its Ways Welcome to the Corporate Jungle Meet Claire Hughes the ambitious new executive of WillUp Inc who joins an organization that has lost its focus on its customers In her quest to regain WillUp s prominence as a market leader she learns that it s not only strategic actions and alliances that are required Can she have each department refocus on their most important asset the Customer before it s too late Includes Reader Actionable Items Customer Focus Exercises Chapter Analysis and Company wide Tests *The Best Foods to Support Immune Health* Margaret Light,2025-01-20 The Best Foods to Support Immune Health offers a comprehensive guide to nourishing your immune system through diet This eBook explores the most effective foods and nutrients that strengthen immune function including Vitamin C Vitamin D zinc probiotics and omega 3 fatty acids It delves into the science behind how these nutrients work to protect the body from illness and supports overall well being With practical tips and easy to follow meal ideas this guide helps readers incorporate immune boosting foods into their daily routine to promote resilience energy and long term health Empower yourself with the knowledge to support your immune system naturally **Health Fitness Management** Mike Bates,2018-11-15 Health Fitness Management Second Edition provides an in depth picture of the varied and rewarding role of the health and fitness club manager With contributions from leading experts in the fitness industry several new chapters a more practical emphasis enhanced features and the addition of instructor resources this second edition is the most authoritative and field tested guide to management success Whether soothing disgruntled members ensuring club safety and profitability or motivating staff to perform at their best health and fitness club managers require the right mix of skills and flexibility to support the success and continued growth of their clubs Both aspiring and practicing club managers can rely on Health Fitness Management to help them acquire and improve their management skills across all areas Human resources Understand the importance of organizational development and the payoffs of thoughtful staff recruitment training development retention and compensation Sales and marketing Discover new ways to attract and retain members and increase profitability with the right mix of products and services Financial management Learn how to read financial statements and understand and control the risks associated with running a fitness club Facility maintenance Implement systems to ensure the upkeep and safety of the facility and its equipment Program evaluation Determine the fitness level of the club and its programs capitalize on strengths and find solutions to improve weak areas Industry perspective Understand the history of health and fitness management its present status and future trends Health Fitness Management Second Edition has been fully updated and organized for maximum retention and easy reference Each chapter begins with Tales From the Trenches a real life example that clearly

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John C. Griffin, 2006. John Griffin presents an exercise prescription model that focuses on the unique body types and needs of clients. This revised edition includes case studies, reproducible handouts, questionnaires, and tables to enhance teaching and learning.

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