



Getting involved is important.

At M&T Bank, we know how important it is to support those organizations that make life better in our communities.

That's why we offer our time and resources, and encourage others to do the same. Learn more at mtb.com/community.

M&T Bank is a proud supporter of not for profit organizations in our local community.

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SUMMER FITNESS TIPS FOR BUSY BUSINESS OWNERS

Provided by GYMGUYZ
Main Line & Montgomery County

As business owners, we understand the challenges of balancing a hectic schedule with maintaining a healthy lifestyle. With summer around the corner, now is the perfect time to prioritize your fitness goals. Here are some tips from GYMGUYZ to help you get in shape for the summer season:

1. Schedule Your Workouts: Just like you schedule important business meetings, block off time in your calendar for your workouts. Consistency is key, so aim for at least 30 minutes of exercise most days of the week.

2. Utilize Short, Effective Workouts: You don't need to spend hours in the gym to see results. High-intensity interval training (HIIT) can provide a great workout in a short amount of time, boosting your metabolism and burning calories.

3. Incorporate Movement into Your Workday: Take short breaks to stretch or go for a walk. Consider a standing desk or have walking meetings. Small changes can add up to a more active lifestyle.

4. Focus on Nutrition: A healthy diet supports your fitness goals and boosts your energy levels. Plan your meals, keep healthy snacks on hand, and stay hydrated.

5. Set Realistic Goals: Set achievable fitness goals that align with your busy lifestyle. Celebrate your progress along the way to stay motivated.

At GYMGUYZ Main Line & Montgomery County, we specialize in bringing personalized fitness solutions to busy professionals. Our certified trainers can create a customized plan to help you achieve your summer body goals, whether at your home, office, or virtually. Let us help you make fitness a seamless part of your busy life!



GYMGUYZ
#1 IN HOME PERSONAL TRAINING*

DID YOU KNOW THAT ON-SITE CORPORATE WELLNESS INITIATIVES RESULT IN AN AVERAGE SAVINGS OF \$264 PER EMPLOYEE EACH YEAR?

LET'S GET YOUR COMPANY FIT AND SAVE SOME **GREEN**.

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