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*Do you have vehicles or equipment to sell? Give us a call today.*

**New 8-Acre Location:** 724 Route 100 Bechtelsville, PA 19505

We are the area's leading commercial auction company specializing in Vehicles, Trucks, Heavy Equipment, Tools and Business Liquidations.

**We can sell 1 piece to 100 at your location or our auction facility on Rte 100.**



**AUDUBON REAL ESTATE LIVE PUBLIC AUCTION**  
**LIVE REAL ESTATE AUCTION WILL BE HELD**  
**WEDNESDAY, JUNE 12 AT 6:00 PM**

Location: 2844 Ringneck Rd, Audubon, PA 19403  
 Open House: Sunday, May 19th from 1-3pm and  
 Wednesday, May 29th from 4-7pm



**AUDUBON PA ESTATE AUCTION – 5TH WHEEL**  
**CAMPER, SUV AND HOME CONTENTS**  
**ONLINE BIDDING CLOSURES THURS. JUNE 13TH AT 6:00PM**

Location: 2844 Ringneck Rd, Audubon, PA 19403  
 Open House: Wednesday, June 12th 4pm-7pm



**ORWIGSBURG REAL ESTATE LIVE PUBLIC AUCTION**  
**LIVE REAL ESTATE AUCTION WILL BE HELD**  
**WEDNESDAY, JUNE 26 AT 6:00 PM**

Location: 248 East Market St., Orwigsburg, PA 17961  
 Open House: Sunday, June 16th from 1:00 pm-3:00 pm

**Coming at the end of June — Trucks, Equipment & Autos**

For details go to <https://geyerauctions.com/upcoming-auctions/>

# STAY FIT ON THE JOB

## Practical Fitness Tips for Every Professional

Provided by GYMGUYZ

Main Line & Montgomery County

Whether you're managing from an office or moving on-site, maintaining fitness can boost your energy and efficiency. Here are adaptable tips for all work environments:

**Leverage Work Tasks for Fitness:** For those on the move, treat physical tasks as part of your workout. Carry, lift, or walk with awareness of posture and muscle use to turn routine activities into exercise opportunities.

**Structured Mini-Breaks:** Regardless of your job type, schedule short breaks for stretching or quick exercises. This helps maintain mobility and alertness, whether you've been at a desk or on your feet all day.

**Hydration as a Habit:** Always have water accessible, no matter where your job takes you. Regular hydration is key to maintaining peak physical and mental function.

**Mindful Meetings:** Whether it's a traditional meeting or a job site check-in, suggest making part of it mobile if possible. This encourages activity and can lead to more dynamic discussions.



Incorporating these strategies can improve both well-being and work output. For customized fitness plans that fit your work life, consulting a fitness expert can provide you with routines that are both effective and practical.

**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.**

**(484) 214-2162 | gymguyz.com**

SCAN NOW

