

# WILL OMLOR

Professional EOS Implementer®

## What Is EOS?

The Entrepreneurial Operating System (EOS) is designed to help owners, leaders, and managers of entrepreneurial companies address these common frustrations:

- **Lack of control** — over time, markets, or the company
- **People** — who don't listen, understand, or follow through
- **Profit** — there's not enough of it
- **Growth** — they can't seem to break through to the next level

Using a simple set of powerful, practical tools, leaders learn to run their businesses more efficiently and effectively to experience more consistent growth — and have freedom to pursue other passions!

## 2 Ways to Learn About EOS

**1** Request a free copy of *Traction* by Gino Wickman. Contact me to request a free copy of the book that started it all, *Traction* by Gino Wickman, creator of EOS.

**2** Schedule a free 90-Minute overview of EOS. This session is designed for the leadership team of an entrepreneurial company. During the meeting I will paint a clear picture of the system to help the team decide whether to move forward with EOS.



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## THE EOS MODEL®



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# MAXIMIZING YOUR VACATION: STAY ACTIVE WHILE YOU RELAX

Provided by GYMGUYZ  
Main Line & Montgomery County

Vacations are for relaxation, but staying active is also key to enjoying your time off fully. Here are tips to keep moving even while you unwind:

**1. Explore on Foot:** Sightseeing by walking or hiking not only gives you a closer look at your surroundings but also provides a great way to stay active. Choose activities that are both enjoyable and involve movement.

**2. Hotel Room Workouts:** Utilize your hotel room for quick workouts. Use body-weight exercises like push-ups, sit-ups, or yoga to keep fit even in a small space.

**3. Water Sports:** If you're near water, try swimming, paddleboarding, or kayaking for both relaxation and exercise. These activities are excellent for cardiovascular health and are low-impact on the body.

**4. Eat Well, But Wisely:** Enjoy local cuisine but balance indulgent meals with healthy choices. Opt for fresh fruits, vegetables, and lean proteins to keep your energy levels up.

Staying active during your vacation can enhance your energy levels and overall enjoyment of your break. These tips ensure you return home feeling refreshed and healthy.

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

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