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SYNE-30 Announces the Launch of A New Cost-Effective Corporate Wellness Program

Strengthen Your Newfound Energy in 30 Days! is the motto of a new wellness company focusing on the promotion of healthy lifestyles and eliminating the general overhead of Corporate Wellness programs allowing companies to save and make big money.

Stockton, CA, October 13, 2011 - SYNE-30 Corporate Wellness & Fitness Program serves a purpose for both business employers and employees while putting those with fitness certifications back to work. The goal is to provide businesses with the option to incorporate a [health program](#) without use of company manpower and additional overhead costs. Employees will (optionally) pay less than 50% of what they would normally spend on health club fees aiding in keeping health care costs down, while getting and staying in shape, and being rewarded for participation.

CEO, Ms. Smith states "This program will only cost a company what they provide as an incentive to their employees, which is more than likely what they're currently doing, while we take care of running everything including health assessments, class setup, guest health and fitness speakers, on-site fitness professionals, health events, and more." Ms. Smith goes on to say "We're also in the process of setting up a social network on our website with the option for employees to link directly with Facebook and Twitter accounts in order to stay focused on their objective while sharing success stories, recipes, encouraging one another, etc."

As businesses begin to utilize health technology via company websites and external online services, SYNE-30 will expand its health courses in 2012 for individuals unable to attend in-house classes. Employees claim traditional exercise is a conventional method and agree it is easier when someone is actually providing in-person support and demonstrating how to correctly execute an exercise. However, the online method allows those with a strong desire to benefit from the program just as effectively with an equal amount of dedication. For more information on services and upcoming announcements visit www.syne-30.com.

Headquartered in Stockton, California SYNE-30 provides Corporate Wellness & Fitness programs to companies throughout Northern California. The mission is to provide a comprehensive and inclusive in-person and online program to employees desiring to lead a happier and healthier life resulting in increased workplace productivity, long lasting companies, and lower health care rates.

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