
Kelloggs Mission Nutrition



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academy and gym This building is in good condition. Kids, teens, men and women are always welcome. food education program services gyms and health programs It is very well maintained. The gym is still in use and new coaches are providing regular personal training services to a larger base of individuals. We've attached the latest powerpoint slides to accompany the text below. Grocery store customers prefer to shop there where they are familiar with the brands and prices. Health club business has a positive outlook in North America as Baby Boomers are still working hard. A traditional clientele of 18 – 65 yr olds is still using the health clubs regularly. The health club industry in the US continues to benefit from rising disposable income as more Americans continue to make changes to their health and lifestyles. A generational shift is happening where baby boomers are transitioning to active retirement and senior citizens are becoming more active and healthy. In fact, nearly half of the U.S. population is now obese. As the baby boomers ages they are buying health clubs that offer more than just the pool, saunas, whirlpools and exercise equipment. They are looking for an all-inclusive health club experience that focuses on diet and fitness. The number of health clubs in the U.S. that offer all-inclusive services like yoga, Pilates, meditation, weight loss, and detoxifying health programs has increased substantially in the last decade. Did you know that 5 out of 10 Americans are now members of a health club? Health club membership has become a staple of the health and fitness equation as the aging baby boomer population is rebounding and staying healthy. The average health club membership is now approaching \$80 per month. While the price has increased, the health club experience continues to be one of the most popular choices. These days, a fitness center has to offer all-encompassing programs that include diet, fitness, weight management, and health education. In the past, the health club industry focused on one thing only, fitness. Today, health clubs are redefining what it means to be a fitness center. Today, it means more than just cardio, weights, spin, and yoga. It means fitness, health and wellness programs that are lifestyle changing. A health club has to offer 82157476af

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