



## Fit Body - Fit Business

*Adam Strong*

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## **Fit Body - Fit Business** Adam Strong


As a former training partner of multi-Olympic gold medal champion Mo Farah, Adam Strong knows what it takes to transform 'good' athletes into world-class top 1% winners.

Adam Strong works with a variety of organisations from up-and-coming SMEs to major companies. By applying those same elite athlete time-management, team-building and physical and mental health training techniques to the business world, he helps 'good' performers transform themselves into 'Gold Medal' enterprises and dominant forces within their field.

This book will provide you with the techniques that will help ANY business, large or small, improve.

Discover how a little physical fitness can result in a lot of business fitness by enabling you and your employees to generate more energy and focus.

Discover how your organisation can become faster, more agile, more efficient and more competitive. Reach new heights you never thought possible by implementing the same goal-setting techniques that elite world-class champions use to achieve top 1% record-breaking performance levels.

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