

Body Zone is offering you a solution for *improving your Employee's health* with our unique programs to keep them locked into a **fit and healthy lifestyle.**

Employees will learn how to eat **healthier** and work out **effectively** In an eight-week program consisting of eight 45-minute sessions with a *registered dietician* and eight 45-minute sessions with an experienced *fitness professional*.

Better Choices, Weight Management Solutions

This eight-week program combines **educational** and **practical** components to maximize *weight management* results.

Led by a registered dietician, our 45-minute nutritional program teaches:

- ↪ **Basic Weight Loss Concepts**
- ↪ **Two ways to Create a Health Eating Plan**
- ↪ **What Causes Overeating**
- ↪ **How to Change Behaviors and Set Goals**
- ↪ **The Right Way to Shop at the Grocery Store**
- ↪ **Healthy Eating at Home and When you Go Out to Dinner**
- ↪ **Long-Term Weight Maintenance**

The 45-minute fitness session, led by a *professional trainer*, will focus on the following:

- ↪ **Body Weight/Body Composition Measurements**
- ↪ **How to Fit Exercise into your Schedule**
- ↪ **The Secret to Getting Started**
- ↪ **Cardio, Strength, Core & Flexibility Training**
- ↪ **Interval Training**
- ↪ **New & Challenging Workouts**

Contact
for information

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