

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.**

This program gives *employees* an in-depth evaluation of their overall **health** and **well-being** plus an *action plan* to help them adopt a **healthier lifestyle.**

Personal Wellness Profiles

It's the perfect companion to the Better Choices, Weight Management Solutions program. The Personal Wellness Profile is an in-depth assessment of lifestyle, health factors and interest in changing behaviors. A fasting blood test is included.

The Personal Wellness Profile measures and evaluates:

- ↪ **Cholesterol Levels, including HDL and LDL**
- ↪ **Blood Pressure**
- ↪ **Body Weight and Body Mass Index (BMI)**
- ↪ **Physical Activity**
- ↪ **Stress Impact**
- ↪ **Alcohol/Substance Use**
- ↪ **Risky Behaviors, Including Tobacco Use and Seat Belt Use**
- ↪ **Health Perceptions**
- ↪ **Life Satisfaction**

Contact
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