

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

This program gives *you* an in-depth evaluation of your overall **health** and **well-being** plus an *action plan* to help you 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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