

Keys to Wellness

Weight Control Physical Fitness Stress Relief Longevity

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solution™

Your Contact Info Here

Address, Phone, E-mail

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Keys to Wellness

- Portion Control
- Moderation
- Variety
- Motivation
- Support
- Planning

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Portion Control, Moderation & Variety

Meals and foods are individually portioned. You do not have to be tempted with over eating.

Variety of meals and foods to choose from.

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Portion Control, Moderation & Variety

9-inch plate with 1 cup pasta 6-inch plate with 1 cup pasta

Equals 260 calories

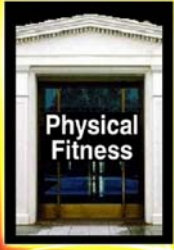
Smaller plates give the illusion of eating more food.

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Motivation & Support

- Research shows individuals will lose more weight in a group setting.
- Henry Ford stated: "Coming together is a beginning, staying together is progress, and working together is success."


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Physical Fitness

There are numerous benefits of a lifetime of exercise.


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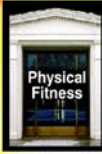
Physical Fitness

Benefits of a Lifetime of Exercise

- Increases metabolic rate and energy levels
- Decreases the appetite
- Lowers the percentage of body fat
- Increases lean body mass
- Improves posture




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Physical Fitness

Benefits of a Lifetime of Exercise

- Strengthens the cardiovascular system
- Reduces the risk of heart disease
- Improves cholesterol profile by raising HDL levels
- Lowers high blood pressure
- Reduces the severity and risk of developing diabetes
- Improves insulin efficiency




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Physical Fitness

Benefits of a Lifetime of Exercise

- Lowers depression
- Improves self-esteem
- Increases alertness & psychological functioning
- Reduces stress and anxiety



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Stress Relief

People with an over-stressed lifestyle are more likely not to exercise or eat properly. They may be so busy working and meeting daily pressures they do not even see a doctor or take time to care for themselves.

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Stress Relief

Learn methods of controlling stress.

- Plan alternate strategies to handle stressful situations.
- Plan a list of activities you find stress free

Identify stress factors.





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Keys to Wellness



- Many diseases can effect the length and quality of our lives.
- Obesity is one of those diseases, but it is also a catalyst for other disorders.
- Weight control is one method to increase the longevity and quality of ones life.

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Add years to your life.



- By learning a healthier way of eating.
- By including physical activities into your lifestyle.
- By learning to control stress.

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Keys to Wellness



Through each door lies your future. A future filled with health, physical fitness and methods to control stress. Longevity can only be accomplished as you master each element, because longevity must be measured in the quality of your life.

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