CHAMBER OF COMMERCE 1 /10 /03

WALK-IN WELLNESS CENTERS

PROVEN SOLUTIONS
FOR YOUR
NEW YEARS RESOLUTIONS

WEIGHT MANAGEMENT PROGRAMS

Wellness & Fitness Programs includes:

Presentations: On Body Composition Analysis, 5 steps to a Health Lifestyle, Health Trends, Risk Factors, Proper exercise and nutrition for fitness.

Discussions:

Effects of nutrition and exercise on body composition.
The myths & truths about Body Fat
How you can effect your Metabolic Rate

SEMINARS: Includes Presentation and Discussion

WORKSHOPS: Includes Presentation, Discussion and Individual Screen

SCREENS: Individual Screen and Counseling with information packets

90 Day Challenge: A structured 90-day programs, whereby you meet with a healthcare professional to discuss your personal health goals and develop a plan to reach these goals. As part of the program, each participant will receive the following materials:

Our Proprietary **90-Day Challenge** Program Guide
The **90-Day Challenge Daily Diary** to record nutrition, exercise, and health screening results
A **Calorie, Fat & Carbohydrate Guide**
12 weekly sessions with a healthcare professional
. **Monthly Body Composition analysis for progress report**

Phone/Fax: 508-438-0487
Cell 508-864-4033
Email:
Walkinwellness@aol.com

Lifestyle Management Care Plans

- High Blood Pressure Management
- Diabetic Management
- Smoking Cessation
- Bone Density
- Postural assessment
- Cardiac Risk as-

"Your First Step to a Healthier Tomorrow"