



Corporate Wellness Program

Business owners and managers know that when employees are frequently absent or do not perform at their peak; the company and its customers suffer. That is the reason so many business executives **reduce absenteeism, lower costs, and increase productivity by sponsoring corporate wellness programs.**

Such programs help workers learn and implement healthy dietary habits, a healthy lifestyle, and reduce risks for illness and disease. Just as important, nutrition programs increase employees' sense of well-being. And healthy, happy employees feel valued by the company. They also work harder, perform better, and are absent less often. By sponsoring a corporate nutrition program, you will also be performing a great service: Encouraging individuals to take charge of their health.

At *Stay Healthy in your Weigh*, we can do much for your company including,

- Raise employee retentions
- Increase productivity
- Reduce absenteeism
- Raise motivation
- Decrease health care costs
- Increase productivity
- Reduce stress

Most companies shell out thousands or millions of dollars toward employee health expenses. Don't be one of them. Remember: **Preventive care is the best and cheapest way to cure.** Don't let the cost of employee's unhealthy habits fritter away at your profits. Be proactive--invest in preventive health care.

***Stay Healthy in your Weigh* has a variety of corporate wellness programs, such as:**

- Health screenings
- individual nutritional counselling
- Reduces inflammation and pain through increased circulation with Energy medicine-electro magnetic resonance stimulation system (MRS) just by relaxing on a mat applicator for 8-16 min. right at work place
- Group classes
- Advice via a company Internet and more

We are glad to offer these programs to companies in the greater Toronto-Ottawa area. Please note that your company insurance plan may even cover the program!

When performing in-depth **employee counselling**, stay healthy in your Weigh keeps results confidential, for employee review only. We provide executives with the aggregate data, which is valuable in determining the general health status of employees and whether there are areas of concern. Our Registered holistic Nutritionist will help you target high-risk segments of your employee population and make recommendations to meet your workers' health needs.

We can also train **groups of employees** in proper nutrition and dietary needs for long-term health benefits-for their sake, and your company's.

Topics include:

- Weight management
- Lowering cholesterol
- How to plan nutritious meals
- Reading nutrition labels
- How to eat fast but healthy
- Illness and disease prevention
- Managing medical conditions and chronic illness

How to reduce risk of heart disease, diabetes, hypertension, and more

Stay Healthy in your Weigh will gladly offer health and nutrition tips via your company Intranet. Possible options include:

- Daily recipes
- Holiday menus
- Eating out
- Healthy snacks
- Latest health news

Tips on how to maintain a healthy weight, how to control high blood pressure, how to lower cholesterol, etc.

We will customize the information to suit your needs! Please contact *Stay Healthy in your Weigh* to discuss the ways we can help improve your employees' health and fitness while keeping within your budget.

Benefits for Companies

- Improved employee vitality and productivity
- Improved company image
- Improved customer service
- Increased job satisfaction
- Greater profits
- Positive return on your investment
- Enhanced morale
- Reduced absenteeism and disability time
- Reduced employee turnover

Benefits for Employees

- Healthy Lifestyle and nutrition
- Weight management
- Disease prevention
- Reduction of stress and physical and mental strain
- Boosts immune system
- Increases Blood circulation
- Reduces inflammation and pain through increased circulation
- Reduces muscle spasms, neck and backaches
- Reduces the pain of arthritis, Osteoporosis and Fibromyalgia
- Improved level of endurance and strength
- Reduction of health risk factors
- Greater longevity
- Savings via discounted rate

To receive a Corporate Wellness presentation at your workplace, or for more information, please contact us at:

Toronto: 647-688-0674

Ottawa: 613-686-3390