

## WINTER PROMOTION

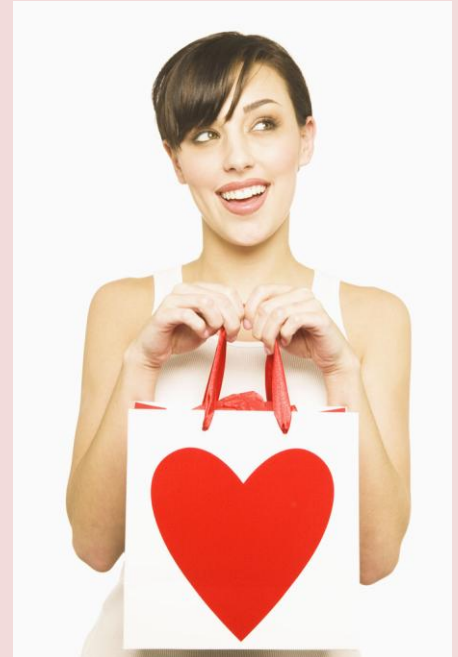
Free Total Wellness program consultation and absenteeism report! Give us a call at 888.434.4358 for more details. Offer good until February 28, 2009.

## FLU SHOTS

It's not too early start thinking about company flu shots. Give us a call today at 888.434.4358 for pricing and discounts.

Heart disease is the number one killer of Americans with almost 700,000 deaths each year. Keep your company heart healthy with the help of Total Wellness.

We can provide on-site health screenings with cholesterol and glucose testing, blood pressure checks, and height, weight, and Body Mass Index (BMI) measurements. Set up a screening event to get a baseline and then have employees set goals for improving their numbers. For example, goals could be to decrease a BMI reading by one point, lower cholesterol by 5%, or maintain a current normal range blood pressure reading. Schedule another event 3, 6, or 12 months later to see if employees have reached their goals. Setting goals and testing to see if they are reached is an excellent way to encourage employees to make healthy lifestyle choices.



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## Dining Out Healthy

There is no reason why eating out can't be a healthy experience. Check out our dining out tips below to make your next restaurant visit a heart healthy one.

- Appetizers aren't always a no-no. Start out with a green salad with dressing on the side or a broth based soup. Both can help you fill up the healthy way.
- Ask your waiter to box up half of your meal to go or if your fried choice can be grilled instead. Restaurants are often happy to oblige.
- When ordering fast food steer clear of cheeses, bacon, and mayonnaise, which are all high in fat. Instead, zest up your sandwich with pickles, lettuce, onions, tomatoes, ketchup, and mustard. All are low in fat and add a burst of flavor.

