



Weigh to Wellness



6 Week Program - Session 1

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Program Description:

The Weight Management Workshop is a 12-week long program (divided into two sessions) that is designed to assist you in establishing better fitness and nutrition practices and in developing personal wellness behaviors to promote weight management.

Throughout the program, you will be guided through a series of tasks (worksheets, articles, videos or instructions) to strengthen your understanding of healthy lifestyle habits.



Session 1 - The Six Weekly Topics

1. Learning the Basics-Your Recipe for Success
2. Getting the Facts on Food Labels and Setting Exercise Goals
3. Measuring Success
4. Healthy Pantries, Healthy Meals, Healthy Weights
5. Healthy Living Every Day
6. Maximizing Your Results

What will this cost?

\$25 - \$500 Start-up fee per company (depending on size of company)
\$9.89 per employee for the entire 6 week program

Onsite services are available - email us for more info and pricing. These services could include weekly group session for support, education and activity and/or face-to-face wellness coaching.

For additional information or to see a demo, email us at: Info@BalancedWellnessKY.com