

## ***Corporate Accounts Benefit from Customized Programs for your Employees***

Through customized health programs, Healthy Lifestyle Secrets finds the right mix of on-site health screenings, assessments, counseling support, workshops, and supportive tools to fit the needs of your organization. Our corporate programs include:

- Seminars/Workshops - you pick the frequency, monthly or quarterly
- Walk-Off the Weight Committee Set up or Self-Guided Buddy System
- Accountability worksheets
- Class analysis and progress reports for employer

## ***Seminar/Workshop Topics available for Corporate Programs***

In addition to including these classes in the customized programs we develop for our corporate clients, we also offer these classes in an a-la-carte style:

### **Whispering "SWEET" Nothings!**

Sugar is the real enemy; do you know much sugar the human body can handle in a 24-hour period before it stores the excess as body fat?

### **What's Your H2O?**

Water is vital to human life and therefore it is required on a daily basis. Learn how much the body needs and why it is so important.

### **Don't "Weight" to Feel Great! Low GI.**

The Low Glycemic Index is being used to reduce body fat. Come learn how to achieve the great looking body you have always wanted with ease. Learn how much food intake your body needs on a daily basis based on your personal BMR.

### **Getting to the "HEART" of it.**

Heart health is vitally important to your overall circulation and blood flow. Learn what high blood pressure really is and why some people need medications. Learn what your readings should be and why.

### **Face the FAT!**

Good FAT, Bad FAT, and Evil FAT... why some fats are really good for you and how much fat intake you need to be healthy. What is Trans fat and is it really that bad for you? Learn how to make a better choice in the fats you do consume.

### **Are YOU a Toxic Waste Dump?**

The digestive system is the human dumpsite. Learn the options for cleaning up your septic tank and keeping it healthy for a lifetime.



### What's Your Type? Blood Types and Food.

Certain foods are better for certain blood types. Do you know your blood type and which foods you should avoid?

### 2-Wheat or NOT 2-Wheat? Gluten is the Question.

What is gluten? Should you avoid grains or consume them and why?

### In Good Company, Attitude is EVERYTHING!

What is a TIGGER? And, are you one?

### Don't Sweat it, Just DO it!

Is exercise all it is cracked up to be? What can you do every day to help yourself get back on track?

### Have you been OXIDATED Lately?

Antioxidants, what are they and is it just a bunch of hype to sell me something else?

### Healthy Bedroom Secrets! Which is it, Sleep or Sex?

How much sleep do you get and are you getting enough sex?

Bring your partner to this workshop and find out.

### What's in your Cart?

Learn how to shop in the grocery store without getting caught in the FAT traps. Learn how labels really don't tell the truth.