

## ***Achieving High Participation and Measurable Results for the Individual***

Healthy Lifestyle Secrets for individuals is a six week program which includes:

- Four classroom style sessions with weekly Bio-Metrix body fat analysis weigh-ins
- One session consisting of a field trip to the grocery store to learn how to shop the healthy way
- One session of testing and review
- Accountability worksheets, progress reports and journaling tools
- Individual analysis graph charting your beginning baseline measurements through program conclusion measurements, indicating total body transformation in inches as well as total weight.

During your Initial Assessment Phase, a Baseline Risk Factor Profile is established by combining the health screenings, health risk assessment, medical, nutraceutical, and pharmaceutical claims data as well as bio-magnetic body fat analysis.

Monthly or semi-annually, a Reassessment Phase yields the Benchmark Profile. The change in clinical compliance levels, biometrics, lifestyle behaviors, claims costs, utilization rates and progress through the stages of change are measured. Program strategies and needs are periodically recalibrated during the term designated as interim measures indicate.

### **Our Proprietary Tools and Strategies for Individuals Include:**

- Biometric (Health) Screenings with Tanita Body Fat Analysis
- Health Risk Assessments
- Medical and Pharmaceutical Claims analysis
- Consulting - On-site, Telephone, Off-site, Email, Web-based
- Incentives and rewards based on behavior changes, not necessarily goals attained

## ***Program Classes for the Individual***

The Healthy Lifestyle Secrets program includes six classes developed to provide important health information to you as you begin your lifestyle change and answer your weight loss questions. We begin with a complementary consultation and end with a review class and body reassessment.

### ***Consultation/ FAQ (Free of Charge)***

Get all your questions answered before you start a new lifestyle.  
Is this right for you? Are you ready?

### ***Instructional Session I:***

Jumpstart: The GI Tract, Learning the basics of Low Glycemic Index, purging the body of impurities and initiating a healthy environment to receive a nutrient dense food regimen with digestive enzymes.  
Learn your blood type and how to make the foods you eat work better with your body rather than against it.



***Instructional Session II:***

Food Class: Learning what your BMR (basal metabolic rate) is and making it more efficient. How much food you need every day (minimum and maximum) and what is one serving of each. What is Thermogenesis and why does it matter in the weight loss phase?

***Instructional Session III:***

- It's all about the FAT!

How much daily fat intake do you need and why do you need it. Why too much of it causes health challenges and what those challenges really do to the inside organs.

***Instructional Session IV:***

- Vitamins, Minerals and Antioxidants, Free Radicals

What they are and do you really need them? Reduce the aging effect from the inside out by incorporating these in your health program and see the results visually. Learn why disease and cancer have a devastating effect on the human body and what you can do to help prevent it from happening to you.

***Instructional Session V:***

- Learning about Labels- Grocery store field trip

Let's learn to read labels and take the knowledge from the classroom to the grocery store. Come learn how and what to do when you go to the grocery store from now on. Includes an actual trip to a grocery store to learn how to "shop healthy".

***Instructional Session VI:***

- Conclusion-Testing class

Review of your baseline measurements after the initial six weeks, and Student Test