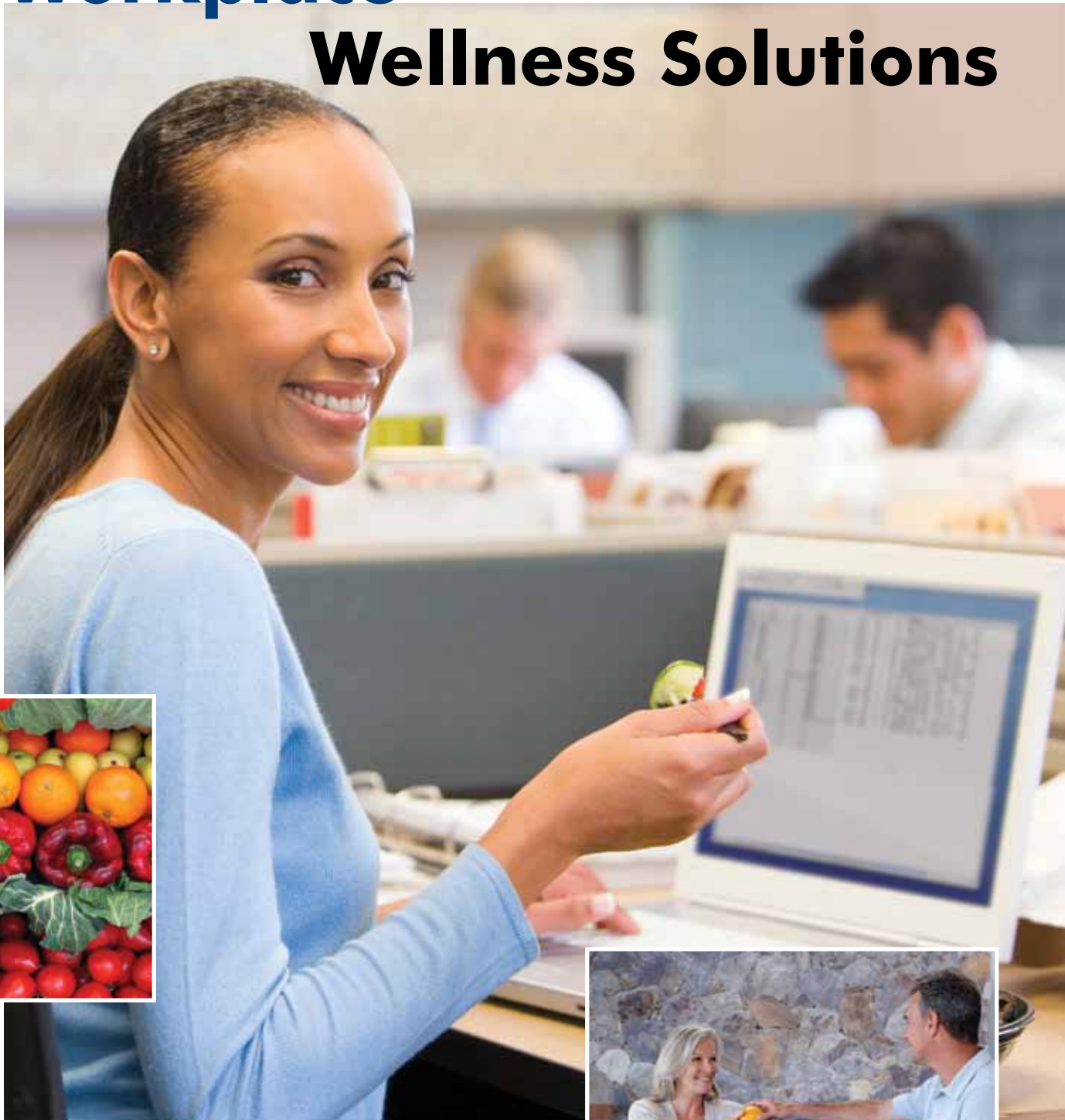


Workplace Wellness Solutions



Nutritional Weight & Wellness
educating and counseling people to better health

Managing healthcare costs and creating a healthy work environment are challenges that many employers face. Studies show that helping employees make better choices and lead healthier lives pays off short term with improved employee morale and long term in decreased health and disability costs.

Nutritional Weight & Wellness offers a variety of employee wellness solutions based on healthy eating so you can start seeing some positive results.



Nutritional Weight & Wellness—your solution to a workplace wellness program

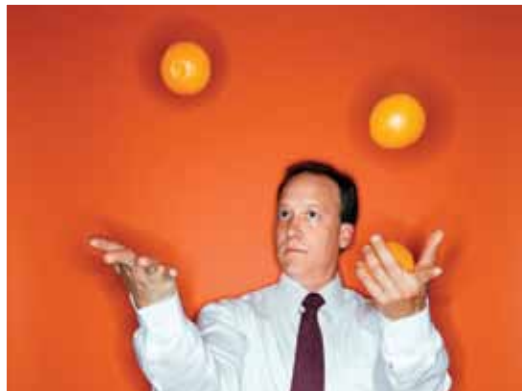
Nutritional Weight & Wellness, a locally-owned company, has been providing nutrition education and counseling in the Minneapolis/St. Paul metropolitan area for over 20 years. Our popular weekly radio show, *Dishing Up Nutrition*, on FM 107.1 has educated listeners on health for over six years. We have four offices and teach classes in several locations throughout the Twin Cities and surrounding suburbs.

Our business services include one-on-one nutrition counseling, nutrition classes and workplace wellness programs.

Our mission is to educate and counsel people to better health. And that includes employees in the workplace!

What health issues are driving up your health care costs?

- Obesity
- Heart disease
- Diabetes and pre-diabetes
- Stress
- Sleep problems
- Mental health (depression and mood disorders)



Our workplace wellness programs address these health issues and more.



Nutrition Education is the key to happy, focused employees

Nutrition affects us all physically, mentally and emotionally. Good nutrition can help your employees handle the demands they face in their personal lives as well as on the job every day.

Three Workplace Wellness Solutions: Which is right for your company?

Nutritional Weight & Wellness motivates your employees to make changes in their food choices...changes that will make them feel better, improve their performance at work and positively impact your bottom line:

- Nutrition Classes
- On-Site Nutrition Counseling
- Nutrition 4 Weight Loss Class Series

**Science-based, innovative,
and motivating.**

**...a fresh approach to
employee wellness**

We know how to effectively communicate the connection between what people eat and how they feel. Our nutrition educators make the information relevant, accessible and fun with practical takeaways that empower employees to make life-long changes to their nutrition.

1



Nutrition classes

Nutrition classes are a cost-effective way to reach a large number of people and address multiple topics. Classes bring employees together and help them support each other in making healthier choices. Popular classes range from one-hour “lunch and learns” to three-hour seminars on a variety of topics.

- Employees receive educational handouts with the information presented in the class.
- Presentations convey the latest nutrition information in a way that motivates employees to make changes.
- Speakers engage employees with practical tips on how to make better nutrition choices.

2

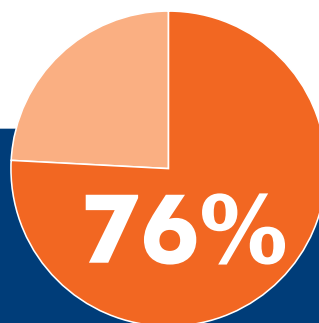


On-site nutrition counseling

This is the most effective way to work with employees on specific health concerns or chronic conditions. Our nutritionists meet with employees individually to review their health history, diet and lifestyle and create an eating plan to meet their goals. These confidential sessions provide personalized recommendations and excellent support.

- Employees receive customized support materials to help them achieve their goals.
- Consultations are booked in half-day or full-day blocks. Each initial consultation lasts one hour, and follow-up consultations last thirty minutes. (Our clients find they get the best results by offering this service once or twice a month).

Results from surveyed employers offering wellness programs:



of employers say wellness programs are effective at improving productivity¹

¹ Metropolitan Life Insurance Company. (2010). *9th Annual MetLife Study of Employee Benefits Trends*. New York City: Metropolitan Life Insurance Company.

3



Nutrition 4 Weight Loss class series

With two-thirds of the population considered to be overweight, now is the time to bring the new science of weight loss to your employees with *Nutrition 4 Weight Loss*. The supportive group atmosphere of this 12-week class series combined with two individual counseling sessions is the recipe for weight loss success! It provides individual nutrition counseling to address specific weight loss challenges, along with 12 group classes, which is unique for on-site weight loss programs. Addressing an employee's specific issues with weight loss is vital for him/her to start seeing results and ultimately, positively affect your bottom line.

- Employees receive a class manual, food journal, recipe books, articles and other great support materials.
- The series includes 12 classes and two personal consultations with a nutritionist.
- Clients can offer the class to their employees at \$50 off the retail price.



72%

of employers say wellness programs are effective at reducing medical costs¹

What our clients are saying:

“ Cassie from Nutritional Weight and Wellness gave an excellent presentation at our professional organization’s annual meeting. She gave great insight about good nutrition and healthy living. She focused on helping identify and understand unhealthy habits and provided realistic day-to-day tools for improvement. She was very well received by those in attendance. ”

—John Aamodt | Saint Paul District Dental Society

“ I have hosted three Nutritional Weight and Wellness classes at my employer. Each class: Stress Busting Foods, Five Steps to Boost Your Metabolism, and Staying Well: Strategies to Strengthen Your Immune System, has been jam-packed with true nutritional information. I have received a lot of feedback from attendees that was all positive. People were talking about the information and applying it to their lives. Our attendance was near full each time. These are not boring nutrition classes! Great information and great speakers. ”

—Amy Andrews | Peer Wellness Leader

“ The Metropolitan Airports Commission’s Wellness Program utilizes Nutritional Weight & Wellness expertise for a nutrition counseling program offered to employees. Counselees are self-selected with 18% of the labor force across the organization requesting counseling. Positive feedback propelled the program into a fourth year and commends Nutritional Weight & Wellness expertise. ”

—Leslie Johnson | Wellness Coordinator

“ Highly engaging with opportunities to ask questions. The presenter was highly knowledgeable with a wealth of resources readily accessible. Participants stayed after the session and were enthusiastic. The class was practical and straightforward with specific strategies to begin to change health habits. Highly recommended. ”

—Sharon Burrell | Curriculum and Professional Learning Coordinator





Qualified, dedicated nutrition educators

No matter what workplace wellness solution you choose, we will deliver it through our highly qualified staff. The staff includes licensed nutritionists, registered dietitians, an RN, and nutrition educators. Every educator completes extensive training at Nutritional Weight & Wellness before working with individuals. You can be confident in knowing that the caring, committed staff at Nutritional Weight & Wellness will deliver the gold-standard in nutrition education to your employees.

We make marketing your wellness program simple

At Nutritional Weight & Wellness, we understand that in order to get good participation in workplace wellness programs, you've got to get the word out. That's why we have a variety of marketing materials that can be customized to suit your employee population. We offer posters, flyers, e-mails and direct-mail postcards that you can use to rev-up participation in your workplace wellness offerings.





75%

of healthcare spending is
attributed to
preventable illness.²

Beat the odds with a workplace wellness program.

Ready to learn more?

To learn more about our workplace wellness solutions and how they can work for your company, contact Nancy Palm at nancy@weightandwellness.com or 651-484-8952.



² The Centers for Disease Control and Prevention (CDC). *The Burden of Chronic Diseases and Their Risk Factors*, February 2002.



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