

Workplace Wellness: On-site weight loss



Healthy employees are happier and more productive. Help them reach their goals with our on-site weight loss classes that are relevant, effective and practical.

It All Starts With Nutrition

After decades of success we know that weight loss and nutrition go hand in hand. You just can't exercise your way out of a bad diet! With fresh thinking and aha moments galore, Nutritional Weight & Wellness helps employees make the connection between what they eat and how they feel, all while helping to support the wellness culture you're working to establish.

Cut the Cost of Obesity in Your Workplace

Do you know how much obesity is really costing your business? We think you'll be surprised. Consider these stats, per capita medical spending is \$2,741 higher for people with obesity than for normal weight individuals. According to a recent study*, Minnesota's adult obesity rate was 27.6 percent. With that in mind, use this simple calculation to estimate what obesity is costing your organization.

$$\frac{\text{\# OF EMPLOYEES}}{\text{\# OF EMPLOYEES}} \times \frac{27.6\%}{\% \text{ OF OBESE EMPLOYEES}} \times \frac{\$2,741}{\text{EXTRA COST}} = \frac{\text{YOUR COMPANY'S ANNUAL OBESITY COST}}{\text{YOUR COMPANY'S ANNUAL OBESITY COST}}$$

Diabetes

**Breast
Cancer**

Stroke

**Fatty
Liver**

**Sleep
Apnea**

**Heart
Disease**

Why Nutrition 4 Weight Loss Works

96 percent of the people who take Nutrition 4 Weight Loss improve their health over the course of the program.

We know that the food choices your employees make set them up for a productive day or a day filled with distraction and frustration paired with health problems ranging from anxiety to cardiovascular disease. That's why we created Nutrition 4 Weight Loss as a 12-week, group program based on the new science of weight loss.

* The State of Obesity: Better Policies for a Healthier America, 2014

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**Nutritional
Weight & Wellness**

We teach employees how eating real food can reduce cravings, rev metabolism and inspire lasting behavior changes.

Results include:

- ✓ Weight Loss
- ✓ Lower blood sugars
- ✓ More energy
- ✓ Better moods and focus
- ✓ Fewer aches and pains
- ✓ Lower cholesterol
- ✓ Healthier habits
- ✓ Better sleep

Nutrition 4 Weight Loss is usually offered over the lunch hour for 10-25 employees. Participants receive a food plan, class manual, food journal, and recipe book. The program is affordable and typically employee paid, with group discounts available.

Who We Are

Nutritional Weight & Wellness has educated and counseled thousands of clients to better health for over 20 years. Our licensed nutritionists and nutrition educators teach classes in person and online and offer one-on-one counseling at our locations and by phone. *Dishing Up Nutrition*, our popular podcast, has 5 million downloads per year and is growing.

Life-Changing Client Success

Greg lost 35 pounds with our Nutrition 4 Weight Loss Program, now sleeps through the night and wakes full of energy. Even more, he went from taking nine different pills a day to zero! **"The Nutrition 4 Weight Loss Program is not a diet class, it's simply an eating class...I'm proof that this way of eating really works."**

—Greg

Norma lost 30 pounds through our Nutrition 4 Weight Loss Program and thanks to her new knowledge her husband also benefited and lost an additional 22 pounds. **"I experience fewer aches and pains...My blood work is better, cholesterol is good, and I continue to lose weight."**

—Norma

Jacque lost 60 pounds with the Nutrition 4 Weight Loss Program. She no longer experiences painful colitis symptoms or debilitating anxiety. **"I'm much more confident; my moods are bright, and my anxiety has lifted...With all the changes I've made over the past year, I found my true self again."**

—Jacque

Ready to bring life-changing nutrition to your employees or just want to learn more?

Contact Nancy Palm at 651-484-5952 or nancy@weightandwellness.com.



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