

Fitness For Life[™]

Fitness for Life[™] is a ready-to-use lifestyle change outreach package combining moderate exercise, nutrition, motivation, and behavioral change. It is designed for church and other community leaders to use in ten weekly sessions with a few people or large groups. The program is appropriate for presentation in community centers, church fellowship rooms, and homes.

Fitness for Life[™] is based on the latest population research linking physical activity with mental health and injury prevention, as well as with risk reduction for cardiovascular disease, diabetes, and osteoporosis. Supporting resources and handouts may be printed from the CD. Each 60-90 minute session includes health-promoting and risk-reducing insights from scientific research and guidelines from national health agencies. Over 300 graphics.

Weekly Topics in addition to Exercise:

- Cardiovascular fitness. Water
- Strength-building exercises. Breakfast
- Flexibility/stretching exercises. Fruits and vegetables
- Heart health. Healthy fats
- Healthy weight. Eating for weight control
- Healthy weight. Preventing diabetes
- Safety/injury prevention. Whole grains
- Exercise for good bone health. Calcium foods
- Exercise for good mental health. Stress reduction
- Exercise for lifelong fitness. Eating nuts and seeds

Each Coordinator's Guide Includes:

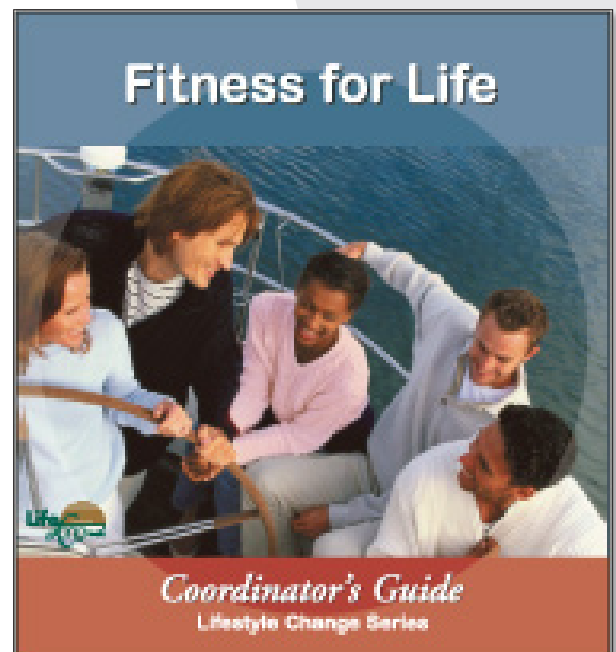
- Plans for implementing the program, promotional materials, resources
- Speaker notes for each graphic
- CD with PowerPoint[®] graphics for 10 sessions, all resources, etc.

Each Package includes:

- Speaker notes for each slide, a sample self-scored survey
- CD with the PowerPoint[®] presentation, the survey, and other resources

System requirements for PowerPoint[®] presentations:

Microsoft Windows 95 or higher. MS PowerPoint[®] viewer is included.



For more information or to order:

Call: 800-533-9355

Email: lifelong@wellsource.com

Visit: www.wellsource.org

About LifeLong Health[®]

LifeLong Health[®] is a product line of health resources for corporate and community health outreach. Wellsource, Inc., is a leader in corporate health assessment and prevention systems. The LifeLong Health[®] product line is based on current evidence-based scientific research, and is designed for health leaders to use as effective lifestyle interventions. Each resource is based on population research and offers common-sense recommendations. LifeLong Health[®] products are not intended to be a substitute for professional medical care.