

# Lifestyle Programs

powered by SelfHelpWorks, Inc.

## Real, lasting change.

Empower participants to achieve their health and wellness goals in a way that makes them feel good about themselves, excited about their future, and willing to change their lifestyle. Each program is conveniently accessible to participants in an online multimedia format through the Wellsource® WellSuite® Portal.



### Programs are:

Simple  
Personal  
Motivating  
Practical  
Enlightening

### Our Approach is:

Evidence Driven  
Peer Reviewed  
Clinically Tested  
Results Oriented

## A video a week can change a life.

Participants watch as little as one video per week at their leisure. Between sessions, they apply one principle learned in the video that empowers them to remove barriers, create possibilities, and stay focused.

**Instruction** – Each lesson is a coaching session led by a certified trainer who demonstrates how to apply each simple but powerful concept so participants actually adopt healthy behaviors.

**Support** – Each program contains a wide spectrum of support options to ensure participant concerns are addressed efficiently and professionally.

**MP3 Downloads** – A series of 13 short motivational support talks are available for participants to listen to via cell phone, iPod, or CD.

**Coaching** – A sophisticated software program tracks each participant's experience and provides online coaching to deal with challenging situations.

**Online Support Group** – Once a week participants can call, email, or fax in questions, problems, and challenges for feedback from an instructor or guest presenter. Or, they can simply listen in on the live session.

**Emails** – Participants receive up to 50 motivational or educational emails each year.

**Program Manual** – At the end of each lesson, reading material, that mirrors the delivered message is available to print and refer to as desired.

**Program Exercises** – Each session contains actualization exercises (incorporated within the reading materials) designed to bring that lesson to life.



[www.wellsource.com](http://www.wellsource.com)

[well@wellsource.com](mailto:well@wellsource.com)

800.533.9355

# Lifestyle Programs

## Lose Weight

Most choices about eating are based on the way you feel about food. LivingLean™ will change your mindset and feelings about weight loss. You will start seeing and feeling differently about food, your health, and the possibilities that are available to you through living lean, healthy, and free.

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## Quit Smoking

You will discover new techniques that change the way you think about the smoking cessation process. These techniques are very different from any program you've tried. LivingFree™ treats the root physical and emotional causes of smoking and eliminates the psychological barriers that have kept you from succeeding in the past. Your emotional desire for tobacco will dissolve, allowing you to make rational rather than emotional decisions about smoking.

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## Calm Stress

In small quantities, stress is good. It can motivate you and help you be more productive. However, too much stress or a negative stress response can actually harm your mind and your body. LivingEasy™ helps you implement calming techniques and build fulfilling relationships. It provides clarity where there was once overwhelming confusion.

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## Stop Drinking

You will learn how to become an ex-drinker without feeling deprived. LivingSmart™ teaches you how to take control, eliminate the psychological road blocks, and change your emotional relationship with alcohol.

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## Get Active

Most of what you do on a daily basis is a function of habit. Some habits are productive, while others do not contribute to well-being. One thing all habits have in common is that once they are established, they become automatic. The LivingFit™ 90-Day Walking Program makes exercise an activity that you anticipate and enjoy daily so it becomes a regular part of your life.

