



Portfolio of Services Classes and Programs

You Can Benefit from a Work Place Wellness Program

- Increase productivity
- Reduce health care claims & cost
- Lower workers' compensation claims
- Reduce sick leave & absenteeism
- Decrease rates of illness and injury
- Strengthen employee loyalty and morale
- Enhance recruitment and retention

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Overview

Enliven Wellness Works takes an integrated approach to help employees and employers reduce health care costs. In addition, our programs improve productivity and morale. We offer a broad array of programs and services designed to improve lifestyle and behavior as well as bring knowledge and awareness to the lives of our participants.

Motivation+ Healthy Body

Our Motivation Plus Programs are affordable solutions because your employees need year round support. Our energetic Motivation Plus coaches facilitate educational, support-style meetings, offer resources and accountability to keep your employees focused on their wellness goals. Through the support meetings, weekly motivational emails and an interactive online platform, we motivate, reward and celebrate your employees moving them towards their greatest potential.



Mind-Body Wellness

Mind and Body Wellness programs are designed to give education to your employees by our credentialed health & wellness professionals complete with course manuals and materials. A high level of service, coordination, and reporting comes with these programs that run on a 6-12 week schedule. With our clients, we learn their priorities, goals, budget, and then tailor and customize programs accordingly. The formats of delivery will vary depending on our clients' needs. Our programs may also be conducted via live webinar.



Move Your Body!

Move Your Body is a fun and effective program. We have a variety of movement classes for all levels of fitness. Our certified and credentialed fitness instructors are CPR-certified and are trained to safely conduct group fitness classes, including; yoga, dance (everything from salsa to hip-hop), Pilates, strength training, and core conditioning. Classes are offered in 8-week sessions and are designed to run year-round.



Massage at Work

Who doesn't love a good massage? Massage increases employees' performance and productivity, reduces adverse effects associated with repetitive work tasks and prolonged sitting positions, reduces stress and tension and improves good feelings about the workplace. Massage can be done in a specialized massage chair or on a massage table. Sessions generally run 5-30 minutes or sometimes up to an hour, depending on your needs.



Wellness Coaching

One-on-one and group coaching. Are you ready for change?

Enliven Wellness coaches are trained as behavior specialists and utilize a motivational interviewing approach to coaching. Research has shown that self-change is a staged process and that we move from not thinking about behavioral change, to thinking about it, to planning to change, then testing out ways to do it before we actually start. Enliven Wellness coaches guide your employees through these stages to bring them closer to their wellness goals.



Wellness Consulting & Coordination

Our wellness consultants will meet with you to identify your company's wellness needs, priorities, and challenges. We will collaborate with you to help you reduce your organization's health care costs and increase employee productivity.

We Can Help

- Bring awareness & long term behavior change
- Flexible approaches to wellness
- Over 100 programs and services to fit your needs
- Increase productivity
- Reduce health care claims & cost
- Lower workers' compensation claims
- Reduce sick leave & absenteeism
- Decrease rates of illness and injury
- Strengthen employee loyalty and morale
- Enhance recruitment and retention

Reasons Why You Should Choose Us

Reason #1: When it comes to wellness in the workplace, we feel that no two companies are alike and that it is important not to offer cookie-cutter programs. Although we have information in this portfolio about our most popular programs, classes and workshops, we always sit down with our clients to learn their priorities, goals and budget. We then tailor and customize their programs accordingly. Depending on our clients' work schedule the format of delivery will vary.

Reason #2: Our instructors are all certified health professionals who are cross-trained in the fields of nutrition, fitness and exercise, injury rehabilitation, nursing, smoking cessation, stress management, neuro-muscular massage therapy, personal training, life coaching and personalized counseling (Team members' bios provided upon request).

Reason #3: Our clients typically see a return of \$4.00 to \$7.00 for every \$1 invested in our programs. We track our participants' results through our programs, and these results impact health claims and ultimately, our clients' bottom line.

National Wellness Statistics

- One-third of all U.S. deaths are attributable to three unhealthy behaviors: poor eating habits, physical inactivity and smoking. *U.S. Surgeon General*
- More than 75% of employers' healthcare costs and productivity are related to employee lifestyle choices. *Centers for disease Control and Prevention*

Our Statistics - Since 2007, these are the results that have been measured, on average:

- 62% lost weight, inches or body fat.
- 53% lowered glucose, cholesterol or blood pressure
- 12% dropped within normal range for cholesterol ratios (all were originally inactive, then became active)
- 15% moved from obese to overweight
- 75% were exercising at end of program vs. 25% at the beginning
- 59% of smokers remained tobacco-free after two years

Our Clientele

We have helped many companies and individuals achieve their wellness goals. Below is a list of some of our corporate clients in the Tampa Bay area. If you are interested in references, please send a request to contact@enlivenwellnessworks.com or our general number 1-800-878-9623.

Company	Programs (see pages 9-18 for descriptions)
Baycare Center	Functional Exercise Techniques for Trainers & Doctors
City of Clearwater	Nutrition Enhancement, 8 Keys to Fitness & Vitality, Dance 4 Wellness, Tobacco Cessation, Ergonomics, Eat Yourself Lean, Yogalates, Health Assessments, Health Fairs, Navigating the Health Care Maze, Life Balance, Be Happy at Work, Stop the Chaos, Stress Management, Exercise 4 Success, Don't Sweat it it's Your Hormones, From Mindless to Mindful Eating
City of Tampa	Bye-Bye Back Pain, Stress Management, Conscious Choices, Lectures on nutrition, stress and smoking cessation, health fairs, Motivation +
Hillsborough County Government	Eating for Wellness
Hillsborough County School Board	12 Weeks to Weight Management, Eating for Wellness, Exercise for Success, Health Assessments, Teleseminars, Wellness Coaching, Health Fairs, Yogalates, Dance Your Way to Wellness, Motivation + Healthy Body, Massage Therapy
Hillsborough County Sheriff's Office	Tobacco Cessation, Motivation + Healthy Body
Integrity Organics	Health and Wellness Lunch n' Learns
Lazydays	12 Weeks to Wellness, Healthy Habits
Local Churches	Health and Wellness Lunch n' Learns
ME Wilson	Stress Management, Weight Loss
Oak Manor Senior Living Community	Health Fairs
Pinellas County Schools	12 Weeks to Wellness, Motivation + Healthy Body
Transitions Optical	Massage Therapy, Walking programs, Cardio Salsa, Smoking Cessation
TSE Industries	Health Fairs

Our programs focus on health promotion and disease prevention. The following insurance carriers, Aetna, Cigna and Humana have been supporting our programs since 2007.

Testimonials

School Teacher, Connie M. of Tampa FL had a major lifestyle change.

"Classes were very informative, the instructor and the wellness coach kept me motivated. The results from the assessments were really helpful to mark my progress: I lost 11 Lbs in 12 weeks, my cholesterol went down 24 points, and my body fat percentage went down 5 points. I'm grateful I was offered this opportunity."

City Employee, Edwin M. of Clearwater, FL expressed his appreciation.

"I'm glad to have quit smoking. The presenter was excellent. I appreciate the positive approach, helpful sessions and getting the encouragement to continue in this lifestyle to a healthier place. Thanks for providing these resources for city employees."

City Employee, Allie S. of Clearwater, FL changed her eating habits and saw results.

"I used to drink 1-2 liter bottles of Pepsi per day, never water. I changed to no diet soda (occasionally 1 diet soda per month). I eat more veggies and switched to water all day- every day. Also, I switched to a toddler plate/bowl for portion control. I got rid of chips, junk food, ice cream and cookies. I lowered my BMI 5 points, my body fat by 8%, and lost 11 lbs in the past 8 months."

Administrative Assistant, Susan A. of Tampa, FL was able to eliminate her prescription medications.

"I was considered very high risk when I joined the program last fall, from being overweight, to my blood pressure and cholesterol both being extremely high, and being on antidepressants for over 5 years. The 12 Weeks to Wellness Program was a start for me to change my life around. I have dropped 47 Lbs, my cholesterol, glucose and blood pressure are ALL at normal range, and I got off my meds. I finally found a team who was able to teach me tools for life, and not a crash diet thing."

Broker, Gloria M. of Tampa, FL reduced cholesterol by 40 points.

The program helped me lose weight and fat. I lost 3% of body fat and my cholesterol went down 40 points. The weekly meetings had very helpful information on eating habits and exercise, and the phone calls with a wellness coach were also helpful for further 1-on-1 information. Please keep these programs going, people really need them!"

Market Medical Officer, Carmella M. Sebastian, MD of Tampa, FL recommends Enliven as a preferred provider.

"We utilize several providers for the various health & wellness services we offer to our members. Using Mind & Body Wellness programs, which provides on-site educational wellness seminars, is the one that has provided us with the most tangible results. We have seen a return on our investment of between \$4 & \$7 for every dollar invested. The caliber of the staff is excellent and the service has been outstanding. We will continue to use them as much as possible in the future."

HR Director, Allen Del Prete of City of Clearwater, FL utilizes Enliven Wellness Works' Mind and Body Programs.

"The City of Clearwater is in its second year of utilizing the Mind and Body Wellness programs. Initially introduced to the City by a prior health insurance carrier, the City uses Mind and Body programs as a key component of our Well@Work workplace wellness initiative. Mind and Body Wellness programs and activities cover a broad range of interests and levels of ability. We have taken advantage of activities focusing on fitness, nutrition enhancement, smoking cessation, and stress management.

One of the most attractive aspects of working with the Mind and Body Wellness programs has been their willingness to be flexible and adapt program schedules and components to meet our organizational needs. We have found the instructors to be extremely knowledgeable, energetic, and passionate about communicating wellness initiatives to our employees. They have been willing to engage our employees in addressing their individual concerns, and offered numerous suggestions to help us promote our activities, as well as providing us with helpful informational materials. The staff has been a pleasure to work with and has displayed a genuine concern for the health and welfare of our workforce. Our organization welcomes the opportunity to continue working together in the future."

Affiliations

Enliven Wellness, Inc. is very active in the community. We help make our area a healthier place to live, work and play. Below are the current organizations we are affiliated with:

- Healthy Together Tampa Bay Coalition
- Tampa Bay Healthcare Collaborative
- Pinellas on the Move
- Step Up Florida
- Tobacco-Free Coalition of Pinellas County
- Tobacco-Free Coalition of Hillsborough County

We are also a member of the "Put Smoking Cessation Back on the Radar" taskforce, working closely with the Florida Department of Health and the Lee Moffitt Cancer Center to help promote effective policy change to reduce smoking in the workplace.

Motivation

“Motivation Plus” Programs for Healthy Body, Stress Management and Smoking Cessation are affordable solutions to your wellness needs. Our energetic Motivation Plus coaches facilitate educational, support-style meetings, and offer resources and accountability to keep your employees focused on their wellness goals. Through the support meetings and weekly motivational emails, we motivate, reward and celebrate your employees moving them towards their greatest potential. These programs are designed to run in 8 week sessions and can continue year-round. The program can be initiated by employee or employer and funded by individual or corporate budget.

- Group coaching and topic-driven discussions
- A mind/body approach to wellness
- Support and accountability both in and out of the meeting room
- Focus on stress and time management
- Goal setting and vision planning
- Incorporating movement for fun, health and stress management

Motivation Healthy Body

A “back to basics” nutritional education and weight management program designed to keep your employees on track with their goals. Participants of this program have the option of joining their coach on an interactive online platform for food and fitness journaling, results tracking, and social networking.

Motivation Stress Management

A stress management program designed to help your employees become happier, healthier and more productive.

Motivation Smoking Cessation

A motivational smoking cessation program that engages participants to get to the root of why they smoke and why they want to quit, forever.

Meetings

On-site meetings at your work place are a great way for your employees to stay motivated and focused on their health goals. Motivation Plus Healthy Body meetings start with a private self weigh-in to gauge progress. The coach will lead a group discussion based on a weekly topic. Participants will have an opportunity to interact by asking questions, sharing successes, discussing challenges and providing support to fellow members.

E-mails

Each week that your employees are signed up they will receive correspondence with the weekly topic, motivation and more!



Mind & Body Wellness

Mind and Body Wellness programs are designed to educate your employees using our credentialed health and wellness professionals as well as supplemental course manuals and materials. These programs run on a 6-12 week schedule and come with high level of service, coordination, and reporting. We tailor and customize the programs according to our clients' priorities, goals and budget. Our programs can also be conducted via live webinar.

Tobacco Cessation

On average, smokers cost employers \$2,300 more per year in productivity.

Source: Journal of Occupational and Environmental Medicine: October 2008 - Volume 48 - Issue 10 - pp 1099-1108].

“Giving up smoking” alludes to letting go of something valuable or committing to a tremendous sacrifice. This class will focus on the contrary—freeing oneself from the bondage of nicotine. There is nothing to lose, but everything to gain. The goal of this class is to ignite the empowerment to break free from nicotine addiction. Through self-exploration, education, and group sharing, participants will have the opportunity to say “yes” to a life of newfound freedom and health!



Healthy Habits

For those who suffer from addictions of any kind, this program addresses every level of change needed from a simple sugar addiction to more challenging addictions like drugs or tobacco, with the comfort of anonymity.

We provide you with simple methods to improve your entire health and quality of life. Upon completing this program, participants will have helped themselves and learned how to help those they love as well.



8 - 12 Weeks to Wellness

This is our most popular program, as it touches upon several foundation principles. We provide the education, resources, and tools to help your employees. Through our programs, employees learn how to live a healthier lifestyle. We help you reduce stress, improve sleep, and maintain a healthy body weight. However, long-term success requires a commitment to good nutrition and regular exercise.

Don't Sweat it! It's Your Hormones

The majority of our participants are women who fall within the range of 35-55. We felt it was important to offer a program that would address women's specific health issues, such as hormone fluctuations, menopause, thyroid problems and others.



"Don't Sweat it" educates participants on how and why these imbalances impact their mood, sleep pattern and weight. This program is about empowering women to regain control of their quality of life. This program will change the life of every woman attending, guaranteed!

From Mindless to Mindful Eating



"Mindless to Mindful Eating" explores the influences that govern the way we eat, when we eat, what we eat and how much we eat. Based partly on the books *Mindless Eating* by Brian Wansink, M.D. and *Mindful Eating* by Jan Chozen Bays, Ph.D., this class covers a full spectrum of approaches to looking at the issue of eating without thought or intention. Experts state the difference between "hunger," the physiological need for food, and "appetite," the psychological desire to eat. Recognizing and being mindful of your emotions is a crucial factor in helping anyone change their behaviors towards food.

Over the past 25 years, "mindful" practices in general, have been shown to have a positive impact on many areas of psychological and physical health, including stress, depression, anxiety, chronic pain, and heart disease. Whether you are looking to lose weight, feel more in control of your eating choices, improve your relationship with food or just find more peace and balance in your daily meal routine, this class is for you.

Nutrition 4 Wellness

Media bombards us with information about diet and nutrition which may not be in the best interest of whole body health. We help our participants navigate the nutrition issues and controversies such as fad diets and quick fixes. Our 12-week program teaches the facts about proper nutrition and provides motivation which can then be applied in daily life, which will minimize risk of illness.



Eat Yourself Lean

Our interactive 12-week program is designed to educate you on what "real" food is, what it does for you and what you should be eating to achieve not only an ideal body weight, but more importantly, a better quality of life. You will learn the many different ways in which the negative effects of eating poorly can present themselves and create a new outlook on the food you are eating. You will walk away feeling empowered about how to make the food you eat work for you. An absolute MUST for anyone who is tired of yo-yo diets, bad eating habits and poor results.

Cancer without You

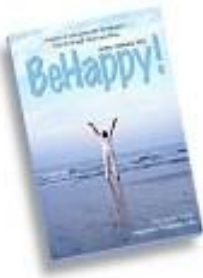
It is estimated that about 1.5 million new cases of cancer will be diagnosed in 2009

(Source: US Mortality Data 2006, National Center for Health Statistics, Centers for Disease Control and Prevention, 2009).

Our program is designed to educate participants on the basic principles of disease prevention. One-third of all cancer deaths in the United States are related to cancer. If a survey of your health insurance utilization shows a high level of therapies and medications to treat cancer, this program is an absolute must.



4 Weeks to a Happier and Healthier You



Are you under daily pressure? If your answer is yes, then our 4-week program is for you! Learn how to set priorities, manage your time more efficiently, plan a budget for rainy days, and let go of what is no longer serving you. You will leave the program with a practical plan of action, which, when implemented, will bring balance into all areas of your life.

Participants will learn practical tips and techniques currently used by thousands of very busy professionals in America who are able to remain happy, healthy and wealthy.

Keys to Fitness and Vitality

"Keys to Fitness and Vitality" is our "boot camp for the mind" program. We teach you the 8 principles of health and show you how to achieve your goals and stay on track! This program is presented in your choice of a dynamic 1-day seminar or 8 week class series.

Movement with Education Classes

Moving Towards Wellness

A study of 1.5 million health plan members showed total health plan expenditures attributing to physical inactivity costing \$83.6 million in 2002. Health conditions directly connected to physical inactivity are: heart disease, stroke, hypertension, type 2 diabetes, colon cancer, breast cancer, osteoporosis, depression, and anxiety in adults. [Source: American Journal of Preventive Medicine. 2004 Nov; 27(4):304-9].

The costs associated with physical inactivity are incurred by taxpayers, employers, and individuals. Due to higher taxes to subsidize public insurance programs and increased health insurance premiums, it is imperative to take action now. Our program is designed to get participants to become active and does not require a gym membership or the purchase of expensive equipment. Through our easy-to-use techniques anyone can achieve results.



Exercise 4 Success

Your ability to perform, both physically and mentally is directly linked to how well your body functions. Muscle weakness and postural imbalance will impair your body's ability to function at its full potential. These imbalances can be corrected with properly targeted exercise. Our 12-week program begins with an assessment for postural issues, followed by weekly educational and corrective exercises. If exercise machines are available at the worksite, the class can incorporate the use of this equipment. The program ends with a re-assessment of the participants' posture, which allows them to measure their progress.



Dance 4 Wellness



Dancing is a fun way to exercise, think and socialize. Dancing is an intense, non-impact activity that not only raises your heart rate, but also utilizes the entire body. Dance incorporates the mind, as moves are learned and require cognitive activity. Dance promotes interaction, laughter and lots of enjoyment. Participants meet for 1 hour weekly for 12 weeks to dance their way to a healthier lifestyle!

Yogalates

A 12-week program including energizing exercises, deep relaxation, flexibility and inner core strengthening along with nutrition and healthy lifestyle education. Comfortable clothing, a yoga mat, water and a towel are all you need! This class is an absolute must for anyone experiencing physical pain, chaos or stress in his or her life.



“Move Your Body!” is a fun and effective program. We have a variety of movement classes for all levels of fitness. Our fitness instructors are CPR-certified, fully-credentialed and are trained to safely conduct group fitness classes. Classes include yoga, dance (everything from salsa to hip-hop), Pilates, strength training, and core conditioning. Classes are offered in 8-week sessions and are designed to run year-round. The program can be initiated by employee or employer and funded by individual or corporate budget.

Move Your Body! Basics - Have you ever wanted to start an exercise routine but were afraid of hurting yourself? If you said yes, “Move Your Body! Basics” is your answer. You will learn how to squat, lunge, bend, twist, push and pull with proper form as well as how many repetitions and sets are appropriate for you. Working out can be fun and pain-free, so join us today! Appropriate for all fitness levels.

Move Your Body! Boot Camp - Time to get up and move, blast the calories, sweat, and have fun! Come enjoy 60 minutes of non-stop moving action with “Move Your Body! Boot Camp”. For intermediate to advanced levels.

Cardio Blast - Improve your cardiovascular fitness with cardio interval training. This class is proven to shed those unwanted pounds while strengthening your heart. Can it get any better than that? Appropriate for all fitness levels.



Pilates & Core Crunch Time - Throw away the spanks and girdles! This class is the answer to a tighter stomach and stronger back. That’s the best of both worlds! Appropriate for all fitness levels.

Cardio-Salsa Dance - Add a little fun to your work day while improving your overall fitness and muscle tone with our “Cardio-Salsa” dance classes. “Cardio-Salsa” is a low-impact but high-intensity workout combining precise, fast-paced Latin choreography (merengue, mambo, cha-cha, samba) with traditional aerobic dance steps. Much of the action is centered on the glutes and core. A must for anyone who likes music and fun!

Yoga - Whether you are looking for an inner glow and outer radiance or a challenging workout, yoga can provide you both, depending on how deep you choose to go into a pose. Classes include energizing exercises, deep relaxation, flexibility and inner core strength. Comfortable clothing, a yoga mat, water and a towel are all you need!



Walking / Running Programs - If you are interested in joining an existing walking/running group or set one up yourself at your place of business or neighborhood, we can help, even if all you need to get started is the motivation! Our programs can be adapted to any levels and age groups and will provide you the tools for a successful work out and keep you energized, toned, motivated and injury-free.

Personal & Small Group Training & Fitness



Need a little one-on-one attention? Looking for someone to keep you on track? Don’t like the large gyms’ impersonal feel? We have the solution. We come to you! This option is ideal for individuals or groups of up to 3 people who are committed to their health and vitality.

Regardless of your current physical activity and ability levels, we will show you that you don't need much equipment to benefit from personal training or help you challenge yourself to your best potential. Our certified personal trainers will help you lose weight, gain energy, build muscle tone, sleep great, and be more productive and focused at home and at work.

Other Classes and Workshops



Lunch & Learns

These 1-hour seminars are offered during your employees' lunch time and can be on any wellness topic of your choice. They are informative and a lot of fun at the same time! We call these our "sampler platters" because they allow our clients to "sample" our services and classes before they commit to a full length program. We can even provide healthy catering for your lunch & learn! Ask for more information about catering.

Nutrition Enhancement Workshop

Have you noticed that certain foods make you feel bad and others make you feel good? Learn to eat the best foods for your individual biochemical makeup. This 3-hour workshop has a 100% success rate, when you implement the basic principles as directed. Start moving forward by increasing your energy, losing weight, eliminating cravings and building a healthy, strong body.

Financial Fitness and Wellness

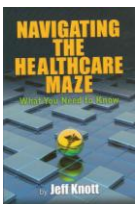
Wellness is about finding balance in all areas of our lives, including our finances. If your employees are interested in developing a workable spending and savings plan, getting out of debt, understanding and improving their credit report, buying a home, or planning for their financial future, this 3-hour workshop is what they need.

The C.O.R.E.® Principles for Successful Management

A manager, supervisor or director is not just the "boss." He or she is accountable for leading their team to achieve the desired goals and objectives in a timely and efficient manner, being more productive, and supporting the company's culture. Being a good leader requires skills that are truly fundamental to the success of any organization.

C.O.R.E.® is a proven operational and cultural philosophy which stands for Commitment, Ownership, Results & Empowerment (mostly operational), as well as Collaboration, Openness, Respect and Enthusiasm (mostly cultural). This 3-hour **C.O.R.E.®** workshop is guaranteed to support the leaders in your organization in motivating their teams, creating better business results, and making your company an even more positive place to work.

Navigating the Healthcare Maze



During challenging economic times, it becomes more important to maintain your health. If you get sick, the challenge of navigating the healthcare system is potentially dangerous and very expensive. Personal health and healthcare must be regarded as a top priority. This 1 to 3-hour workshop is a wakeup call meant to encourage participants to take a more responsible, proactive, and consumer-oriented approach to personal and family health.

Bye-Bye Back Pain

Did you know that 85% of Americans are suffering or will suffer from low back pain? The average American spends 6-8 hours a day behind a computer desk and another 3-4 hours in front of the television. This is one of the leading causes of the rising epidemic of low back pain. Our program teaches participants basic moves they can do while in the office, even while sitting at their desk. A powerful tool for anyone claiming they do not have the time to exercise. You can select this topic as a lunch & learn overview, or as a 3-hour workshop.



Stress Management

Let's face it, life can be stressful. Stress impedes a person's ability to think and perform to their highest potential. Your company's growth and success is linked to your employee's productivity. Our program teaches participants how to identify the stressors in their life (money, people, relationships, time, health, family, etc.) and how to manage them. We have several topics to choose from, so just give us a call to discuss what would best fit your needs.



Massage at Work

Who doesn't love a good massage? Massage increases employees' performance and productivity, reduces adverse effects associated with repetitive work tasks and prolonged sitting positions, reduces stress and tension and improves good feelings about the workplace. Massage can be done in a specialized massage chair or on a massage table. Sessions generally run 5-30 minutes but can last as long as an hour, depending on your needs. The program can be initiated by employee or employer and funded by individual or corporate budget.

Chair massage: A popular service that does not require a private room and can be offered at the employees' workstation, in a conference room or office. The massage therapist uses a special chair for the massage sessions that can range from 5-20 minutes. During the massage, the recipient is seated and fully clothed. No oil is used. The massage therapist uses techniques that focus on the upper part of the body – neck, head, shoulders, back, and arms.

Table Massage: Some work places prefer to offer the employees a longer and more relaxing massage session. We come to your work site and transform a conference room or private office into a soothing stress-free zone for the day! Our therapists bring a massage table, linens, music and lighting to create the perfect environment for relaxation. Massages may be scheduled on the half hour and hour.

Why is on-site chair massage so popular?

- Immediate positive effects – employees feel better right away
- Suitable for a variety of work environments
- Massage complements other wellness programs



Benefits of Massage at Work Programs:

- Increases employee performance and productivity
- Reduces adverse effects associated with repetitive work tasks and prolonged sitting positions
- Appeals to a broad employee base
- Shows that the employer cares
- Improves good feelings about the workplace
- Enhances employee loyalty
- Relieves tension and tired muscles
- Reduces employee absenteeism
- Energizes employees and motivates them to return to work

How to initiate your on-site massage program

Enliven Wellness Works provides you with options to incorporate massage into your workplace wellness program. An ongoing program will help you achieve long-term results and our event packages are great for health fairs and special occasions. Also, consider integrating massage therapy as an incentive to your other wellness initiatives. You can offer massage as a reward for participation in wellness programs, meeting sales goals, employment anniversaries and more!



Our wellness consultants will meet with you to identify your company's wellness needs, priorities, and challenges. We will collaborate with you to help you reduce your organization's health care costs and increase your employees' productivity. As consultants we have helped several companies earn a return on investment of \$4 -\$7 for every \$1 spent on our programs. Whether it is your first time introducing wellness initiatives in your organization or you have several years of practice, utilizing the guidance and expertise of a professionally-trained wellness consultant will maximize the success rate of your activities.

Wellness Program Coordination

Program coordination is the key to any successful wellness program. Whether it is your first time offering an on-site wellness program or you have several years of practice, you can benefit from the experience of our program coordinators. We have three different levels of coordination you can choose from, depending on your needs.

Level 1 is for the experienced group who just needs a little support. Our program coordinator will help with phone and e-mail communications, material gathering and delivery. In addition, we provide attendance reporting and a program synopsis from the weekly class evaluations at the end of the program. Level 1 coordination is included with the purchase of any of our Mind and Body Wellness 8 to 12 week programs.

Level 2 is for the group who has some experience with wellness at work initiatives, but needs extra support to handle the details that will ensure the success of a program. In addition to the items from level 1, our program coordinator will also help promote the program(s) to potential participants, provide an on-site program sign-up, e-mail reminders and updates to participants prior to each session.

Level 3 is for the group who needs assistance every step of the way. In addition to the services in levels 1 and 2, the program coordinator will assist with room set up and breakdown, communicate with client once a week on the progress of the program, and provide on-going support throughout the length of a program, not only to the client, but to the participants.

Other Services

Health Fairs, Screenings & Assessments

Health fairs are an educational and interactive way to reach out to your employees and let them know that their health is important to you. If you are not sure what your employees' needs are, a health fair is a good way to start. During these 1-day events, information and activities provided can include but are not limited to: global benefits of a healthy lifestyle, health and nutrition, cholesterol, glucose and blood pressure screening, stress level assessment, BMI calculations, posture evaluations, and more.

The majority of our clients want to know the results their employees obtain from attending our programs. We can provide screenings before and after any program to measure BMI, body fat, blood analysis, posture, ergonomics, and fitness tests (weight, flexibility, endurance, cardiovascular & strength). We then provide you with a health results report (no names, just data) once the program is completed. This report helps you estimate the return on your investment (ROI). Several formats of reporting are available (see data collection/analysis below).

Data Collection, Analysis and Reporting

Health screenings can be performed before and after a program (see details on screening/assessments above). The data collected is then analyzed and compiled into an executive report that will help you measure the ROI. The report can be done in a variety of levels from basic bullet point format, or including tables and graphs and provided as a spreadsheet with all supporting documents.

- Program Reporting – An end of the program bullet evaluation with subjective data from the participants.
- Weekly Reporting – Includes weekly synopsis evaluation and end of the program subjective data from the participants.
- Measured Results Reporting – Biometric screenings are done before and after the program. The results are shown with a full report of the findings including graphs, plus all of the above.

Wellness Coaching

One-on-one and group coaching. Are you ready for change?

Enliven Wellness coaches are trained as behavior specialists and utilize a motivational interviewing approach to coaching. Research has shown that self-change is a staged process and that we move from not thinking about behavioral change, to thinking about it, to planning to change, then testing out ways to do it before we actually start. Enliven Wellness coaches guide your employees through these stages to bring them closer to their wellness goals. Both in-person and phone coaching sessions are available, and you can mix them depending on your needs. This is where you'll get the one-on-one feedback you cannot get anywhere else. We offer wellness coaching for many different purposes:

- Personal health with a focus on nutrition and fitness
- Establishing goals & increasing productivity
- Stress management and happiness
- Smoking cessation or addiction recovery
- General life or business coaching
- Management and executive focus

Wellness Coordinators Coaching

We provide coaching and training for your on-site wellness coordinators, champions, representatives and/or HR team to ensure the success of your wellness program. We train your wellness team on wellness program promotions, choosing programs, obtaining maximum levels of participation, ensuring above average retention on participation, establishing and maintaining open communication, encouraging constructive feedback, and collecting and assessing data. We even offer "train the trainer" services if you are interested in programs that your onsite wellness person can facilitate.

Grocery Store Shopping Tours



A grocery store is an excellent way to teach your employees the tricks of shopping for your health. Learn how to read the nutrition labels, avoid marketing traps, improve nutrient quality and add variety to your diet. This can be done with groups of up to 10 people at a time. This service is one of our clients' favorite as they can implement what they are learning in any of our nutrition related program in a very practical and hands-on manner.

Healthy Cooking Demonstrations & Catering

Our chef will show your employees how to prepare simple, healthy meals at home. This informative service includes education on how to shop for, plan, and prepare healthy meals. Healthy cooking demonstrations can be done at work, events and health fairs. What a great way to give practical solutions to the everyday problem of "too little time to eat right". Our healthy chef will show you how to do it with ease! We also provide healthy food tastings and can cater your events, functions and wellness lunch & learns.

Ergonomics and Postural Assessment

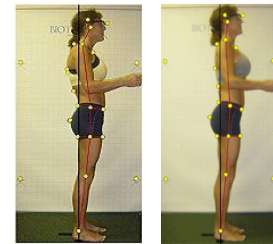


This service is offered at 2 different levels. The **BASIC** level consists of measuring and assessing one's posture using a backdrop grid, a plumb line and taking a series of four pictures (front, back, left, right) which gives a visual aid to demonstrate posture deviations and to educate our clients about their posture. The assessment takes only about 10 minutes per person.

The **ADVANCED** level is a thorough assessment of the posture one has when sitting and working at a desk and takes anywhere from 30 to 60 minutes per person to complete. We look at 8 different key position points including position and height of desk, chair, monitor, keyboard, eyes, feet, hands, phone and lighting. Once the assessment is complete, each participant receives customized recommendations that will promote a better work place environment for their bodies and help prevent injury from repetitive motions.

Ergonomics and Postural Remodeling Clinic

A key component to wellness is good posture. After assessing employees' posture, we provide a clinic that aims to modify muscular-skeletal imbalances that create postural issues. Learn the corrective stretches and strengthening exercises that will result in balanced joints, improved range of motion and minimized muscular-skeletal stress and dysfunction.



Tools you will learn in this program can be adapted to any areas of your life, from the workplace to your home and hobbies, from being at your desk to lifting your child or heavy objects, playing golf and more.

Injury Rehabilitation

If you have had an injury or surgery, rehabilitation is an important part of recovery. The first step in injury management is getting an accurate diagnosis. Our certified personal trainers will plan and implement the treatment required. The initial stage of treatment involves reducing pain and promoting healing. Then, we set goals and implement exercises. Initially, these are likely to be mobility and flexibility training and then we move into strengthening work.

Webinars

You can attend a class from the comfort of your home or office. All you need is a computer and a phone. If you find yourself too busy to travel anywhere to attend a class in person, but want to learn how to make better food choices, change your nutritional habits, reduce stress or back pain, and adopt a healthier lifestyle, our webinars are for you.

There is one topic each week including but not limited to:

Flattening our ABS forever, The ABC's of Exercise, Weight Management, Prevention of Disease Through Nutrition Education, Managing Diabetes, Diet & Cancer, How to Prevent Heart Disease, Food Allergies & Other Ailments, Back Care & Pain Management, Decoding a Nutrition Label, Shopping Smart and Restaurant Survival Guide, and more. Webinars are one hour each week. Conference line & access code provided at registration time.

Company Wellness Programs Pay Off Over Time

AUGUST 19, 2010 By Jeanette Mulvey, BusinessNewsDaily Managing Editor

Free gym memberships, yoga classes, time off to achieve work-life balance. To a small business owner struggling to pay the bills, these kinds of employee perks can seem like pie-in-the-sky ideas. New research reveals, however, that wellness programs may just improve the bottom line.

In one of the only long-term studies of its kind, researchers followed the wellness efforts of a Midwest utility company over the course of nine years. While the company spent \$7.3 million for the program, it ultimately saved \$12.1 million in medical and pharmacy costs, employee time off, and worker's compensation costs.

The findings are good news for companies looking to implement wellness programs, said Dee Edington, director of the University of Michigan Health Management Research Center and the study's principal researcher.

"One of the advantages of the study is it shows that a sustainable program will give you savings," said Edington.

Slowly, companies are realizing that healthcare insurance plans, aimed at helping the unwell, should also include wellness plans to keep healthy workers healthy, Edington said. While wellness plans remain largely the domain of large companies, they are growing among medium-sized companies," she said.

So what should a company do when looking for a benefit plan for employees?

"You want a benefit plan that will take care of your sick people but also keep your healthy people healthy and working," Edington said.

There are myriad programs companies can offer to contribute to employee wellness.

"Companies both big and small provide their employees with wellness programs. These built-in programs often include online risk assessments, on-site screening and health coaching programs. These coaches motivate employees and employers to initiate behavioral changes to help everyone in the company achieve a more physically fit lifestyle," said John Leifer, National Director of Health Policy at CBIZ, a national business consulting firm.

Leifer said companies should not let the bad economy discourage their use of wellness programs.

"It's imperative, now more than ever, to keep these programs intact for employees," Leifer told BusinessNewsDaily.