

“Motivation Plus” Programs for Healthy Body, Stress Management and Smoking Cessation are three different programs that cover the “top 3 health concerns” facing your employees. 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 affordable 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

Three Different Programs to Choose from:

Motivation Plus 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 Plus Stress Management - A stress management program designed to help your employees become happier, healthier and more productive.

Motivation Plus 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!

For more information call 1-800-878-9623 ext. 105 or email Jennifer Oppelt at: jennifer@enlivenwellnessworks.com