

*Eight Weeks to Wellness™* is an up-to-date, ready-to-use, common-sense health outreach package promoting a balanced lifestyle. Positive lifestyle behaviors are encouraged. This broad lifestyle improvement program is presented in PowerPoint® format in eight weekly 60-90 minute sessions. Participants use a 40-page guide for additional information and to record daily progress. This program is suitable for use in homes, churches, small businesses, and corporations.

*Eight Weeks to Wellness™* combines the latest evidence-based population health research and tested behavior change principles to help participants achieve a healthier lifestyle. Research from world-renowned journals as well as guidelines from the National Institutes of Health are referenced on each graphic as appropriate. Promotional and resource materials are included. There are more than 350 graphics.

### WEEKLY TOPICS

- Developing a healthy lifestyle
- Becoming more physically active
- Choosing healthy fats
- Choosing healthy carbohydrates
- Achieving and maintaining a healthy weight
- Enhancing mind-body connections
- Coping with stress
- Preventing disease & getting appropriate health checks

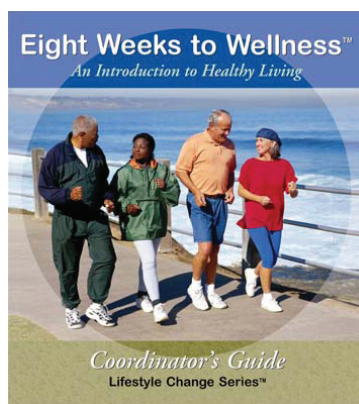
### INCLUDED ON THE COORDINATOR'S GUIDE CD

- Advertising tools and suggestions for implementing the program
- An overview of and a comprehensive plan for each week's session
- PowerPoint™ presentations for all eight topics, promotional materials, resource materials, handouts, and certificates of completion
- Speaker notes for each slide in the PPT presentations

The printed Coordinator's Guide containing all files on the CD and the Participant Guides are sold separately.

### SYSTEM REQUIREMENTS FOR POWERPOINT® PRESENTATIONS

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



### Available on DVD\*

- Eight Weeks to Wellness
- Building Heart Health
- Preventing Diabetes

\*sold separately

### About LifeLong Health®

LifeLong Health® is a product line of health resources for corporate and community health outreach. LifeLong Health® is a leader in community 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.

### FOR MORE INFORMATION:

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