



Our Mission

To help people make healthier choices
so they can enjoy lifelong health.

Good Health...

is not an accident. It results from healthy choices made over a lifetime. Genetics play an important role, but lifestyle choices have by far the greatest impact. LifeLong Health is dedicated to helping people make healthier choices.

Health Enhancement Programs

LifeLong Health provides a variety of health awareness and lifestyle change programs for use in:



Community health outreach



Church health ministry



Small businesses to keep employees healthy

Lifestyle Change Programs

The following programs are designed for people desiring to make major changes in their life – losing weight, developing personal fitness, improving eating habits, and generally improving lifestyle skills. It takes time to accomplish these goals. Thus, these programs provide instruction and support for 8-10 weeks to help people establish healthier lifestyles.

Each CD program includes:

- Instructions for conducting the class
- Weekly lesson guides
- Power Point slides for group presentations
- A tracking and monitoring system for participants
- Handouts and educational resources

Eight Weeks to Wellness

Learn the basics of healthy living including healthy eating, physical activity, coping with stress, mind-body health, weight management tips, and getting good health care including key preventive exams.

Learn the key ingredients for enjoying lifelong health.



Fitness for Life

Learn how physical activity can improve your health and basic guidelines for developing your personal fitness program. The class combines both presentations and group exercise. Presentations include benefits of exercise, fitness guidelines, overcoming roadblocks, and weekly health challenges.



Weight Management for Life

Maintaining a healthy weight is fundamental to good health but a challenge for most people in our modern society. Learn the basics of managing your weight through healthy eating, being more physically active, and developing good coping and mental health practices. Learn why quick weight loss schemes don't work and what will help you manage your weight for a lifetime.



Prevention Series

New research shows that most chronic diseases can be largely prevented by making healthier lifestyle choices. Here are current estimates of some of our more serious health problems that can be prevented:

- 70%-80% of all heart disease and strokes
- Most types of cancers
- 90% of type-2 diabetes
- Most cases of Alzheimer's disease/dementia
- 70% or more of high blood pressure

The Prevention Series addresses what can be done to prevent these serious health problems. (See list of current topics on back side).

LifeLong Health Products

Prevention Series

The programs in this series are one to one-and-a half hours long. Each presentation includes Power Point slides (32-120), handouts, and a self-scoring assessment on the topic. Emphasis is on prevention through lifestyle changes. Many of the same principles also apply to those living with these health challenges. Available topics include:

- Preventing Heart Disease
- Preventing Diabetes
- Achieving a Lower Blood Pressure
- Preventing Alzheimer's Disease/Brain Health for Life
- Preventing Cancer
- Preventing Osteoporosis
- Understanding Depression
- Coping with Stress
- Eating for Health and Prevention of Disease
- Exercise is Preventive Medicine

Choose Life Series

A series of Power Point presentations on various health topic for use in health ministry programs. It includes over 200 Power Point slides.

Books, DVDs, & Testing Equipment

Books for health classes or individual study including: *Step into Fitness & Health*, *Weight Management for Life*, *Eight Weeks to Wellness*, *The Vegetarian Advantage*, *9 Ways to Prevent Diabetes*, *Staying Healthy for Life* and several cookbooks.

DVDs for health classes or individual study including: *Eight Weeks to Wellness*, *Preventing Diabetes*, *Building Heart Health* and *The Vegetarian Advantage*.

Health testing equipment for screening programs and health fairs including: digital blood pressure equipment, percent body fat and BMI tester, digital grip strength tester, pedometers, etc.

Health Surveys and Assessments

These programs are popular at health fairs and follow up classes to help people become aware of their health needs and encourage them to take preventive actions. All programs provide a personal report and include Power Point presentations to be used in educational programs to help people know how to make needed changes.



- **Be*Healthy.** A computerized health and lifestyle screening program designed to help people become aware of their present health. Calculates a person's "Health Age" and projects how many years they can add to their life by adopting a healthier lifestyle. The questionnaire is only 1 page long. Health statistics are saved so you can make group reports to see how the whole group is doing – what percent are exercising, eating well, coping with stress, overweight, etc. Power Points are included.
- **My Heart Health.** A computerized coronary risk profile showing risks of a heart attack and how to lower your risk. Power Point slides included.
- **My Nutrition Profile.** A computerized nutrition screening program helps people learn how to improve their health through eating habits. Power Points included.
- **My Fitness Profile.** A computerized screening program helps individuals see how fit they currently are and what they need to do to improve their overall fitness and health. Power Points included.
- **Stress Profile.** A computerized stress profile showing people how they are currently coping with stress in their life. Includes Power Point slides to help improve coping skills.
- **Body Composition.** A computerized health screening program with Power Points designed to help people become aware of their present weight and body composition, to recognize if they have a weight problem and to take positive action to manage their weight either by preventing further weight gain, or by weight loss.
- **How Healthy is Your Lifestyle?** A simple to complete "self-scoring" health risk assessment.



For more information go to: www.MyLifeLongHealth.org

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