

Nutrition is the "Elephant in the Room" that Needs to Be Addressed.

## Reduce health-related costs through successful wellness programming.

Failure to implement effective health systems directly affects your company's bottom line. The Institute of Healthcare Consumerism reports 28% fewer sick days, 30% fewer workers' compensation and disability management cases, and a 26% reduction in health costs due to employee participation in weight management programs.

## Improve company health and culture.

Healthy employees exhibit higher levels of energy and productivity, plus greater self-confidence. They get sick less often, so absenteeism is reduced. They stick with the company for longer, report feeling happier, and more connected to others in the workplace.

## Provide programming that educates and inspires.

Most wellness programs and local gyms focus on activity, steps, & calories burned. The last thing you want is another program that FAILS to produce sustainable results. You need an integrated approach that addresses nutrition and weight management in a unique way - a system with the structure and support to help your employees achieve results and empower them to sustain their success. Thrive Where You Work provides all of that and much more.

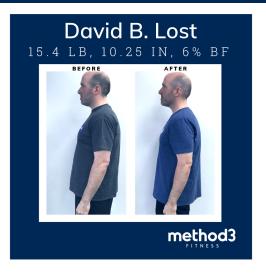


## Janelle K. Lost



11.6 LB, 9.5IN, 2.7% BF







For more information, visit method3fitness.com or call the studio at (408) 371-1212.

