

WINTER PROMOTION

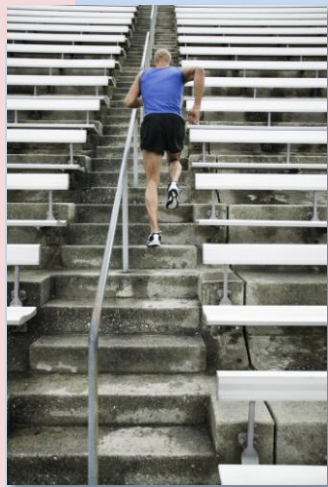
Free Total Wellness program consultation and absenteeism report! Give us a call at 888.434.4358 for more details. Offer good until February 28, 2009.

HEALTHY LIVING TIPS

- One pound of fat equals 3500 calories. Try to reduce your calorie intake by 500 calories a day to lose one pound a week.

- An average 12oz. can of soda contains 140 calories. By replacing one soda a day with a glass of water you could lose over 14 pounds a year.

- Try making small weight loss benchmarks until you reach your goal weight. Each time you reach a benchmark reward yourself with something healthy, such as 15 minutes to read a book, a nice hot bath, or a new music track to keep you motivated.



Total Wellness is the new name for Health Fairs of America and Vaccination Services of America. For over 12 years we have offered company flu vaccinations and on-site health screenings. Beginning this year we are also proud to offer consulting, health risk assessments, and return on investment reporting. Total Wellness is your "one stop shop" for your company wellness initiative.

Total Wellness can help you and your employees keep their new year's resolutions to live healthier lives. Total Wellness will provide your company with personalized reports and programs including on-site health screenings and a customized Health Risk Assessment. We will store all of the data and provide it in easy to read, customizable reports. Together we can make your wellness program a success.

Total Wellness wants to work with you to make your company as healthy as it can be. Give us a call at 888.434.4358 or email us at kpatch@totalwellneshealth.com for more information. We look forward to hearing from you!



Total Wellness Staff
888.434.4358