

## WELLNESS PROGRAMS

Yearlong content to keep employees engaged and energized

## WELLNESS EDUCATION - LIFESTYLE PROGRAMS

The Mediterranean approach can lead to low weight, healthy hearts, and longer lives. Our programming adapts the principles of the Mediterranean lifestyle in a way that allows it to work for us.

Each of our programs include live and on-demand webinars, health coaching, daily recipes, activity trackers, discussion boards, and more. This Mediterranean approach includes 5 wellness curricula throughout the year:



### The Path - Mediterranean Wellness Core Program

Eat well, lose weight, and love your food again.



### The Grocery Store Tour

Smart shopping through the miles and miles of aisles and aisles.



### Summer Seminar Series

Everything you need to stay healthy all summer long.



### Cooking For Health

Returning health to the hearth with simple lessons.



### The Not One Ounce Program

Coaching you through the holiday gauntlet of dietary disaster.

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## WELLNESS EDUCATION - DISEASE MANAGEMENT

A series of programs that can reduce biometric risk variables through targeted guidance on better lifestyle choices in nutrition, eating behaviors, exercise, and stress management.

These 4 week programs include weekly live sessions, daily audios and tips, homework, a program manual, and recipe book to aid you in making changes.



### Diabetes

Controlling glucose swings is critical, and a difficult aspect of this struggle is that the many lifestyle factors that impact sugar homeostasis can vary widely. This Mediterranean approach works on each of them in order to improve glucose stability.



### Blood Pressure

High blood pressure contributes to the number 1 killer, cardiovascular disease. In order to lower blood pressure in the Mediterranean model, we move beyond just controlling sodium to a full lifestyle management approach.



### Cholesterol

Guidelines on cholesterol control have changed dramatically over time. Knowing the difference between the good, the bad, and the total changes how one should be coached. Mediterranean Wellness takes this into account within this program.



### Triglycerides

High triglycerides are the consequence of lifestyle choices that can be addressed, before they lead to hardening of the arteries. Our program drills down to those choices in order to get triglycerides under control.