

BEHAVIORAL IMPACT OF MEDITERRANEAN WELLNESS PROGRAMMING: IMPROVED BEHAVIORS LEAD TO BETTER HEALTH OUTCOMES

A survey was conducted at the end of the Path program for this client. Here are their responses.

IF YOU HAVE NOTICED A CHANGE IN HEALTH CONDITIONS WHICH HAVE YOU NOTICED?

> 13.1% responded to this question stating yes they have noticed a change in their health condition. This broke down to:

Blood Sugar Control	25%
Decrease In Blood Pressure	28.4%
Decrease In Cholesterol	26.7%
Decrease In Triglycerides	11.4%
Gastric Reflux Symptoms Subsided	33.5%
Lactose Intolerance Symptoms Subsided	5.9%
Migraine Headaches Decreased	18.2%

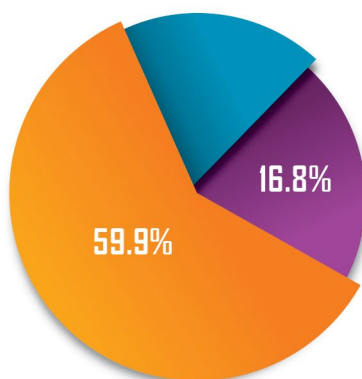
Other Notable Improvements In Medical Issues Included:

- Less aches and pains due to arthritis
- Less allergy flare-ups
- Less back pain
- Less hypoglycemia symptoms
- Improved blood iron levels

HAVE YOU BEEN ABLE TO REDUCE PRESCRIPTION MEDICATIONS?

> 2.3% of employees reported that they were able to decrease the use of prescription medications. These included medications for conditions such as:

- Blood Pressure
- Allergies
- Cholesterol
- Sleep
- Gastric Reflux
- Pain



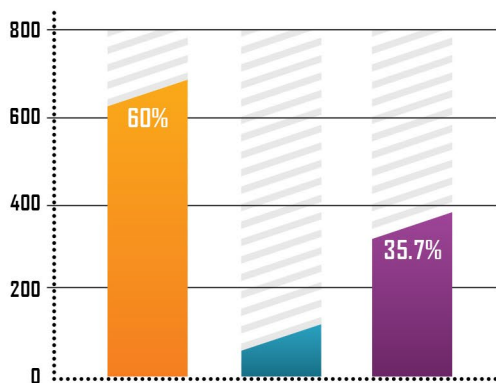
WEIGHT MANAGEMENT

Of the employees that responded to the question on weight loss, 59.9% of them stated they had lost weight. The average weight lost was 6.99 LBS (weight loss range: 1-30 LBS). This sensible rate reflects an amount that is both significant and sustainable. Research consistently shows that gradual changes (one to two LBS per week) are essential to prevent weight regain.

HAVE YOU NOTICED A CHANGE IN YOUR WEIGHT?

YES NO I DID NOT NEED TO LOSE WEIGHT

Note that, because The PATH is geared towards helping people eat healthier and live a more active and less stressed life, this question was not applicable to everyone. In fact 16.8% of the participants indicated that they did not need to lose weight, but attended in order to make healthier lifestyle choices and prevent chronic disease.

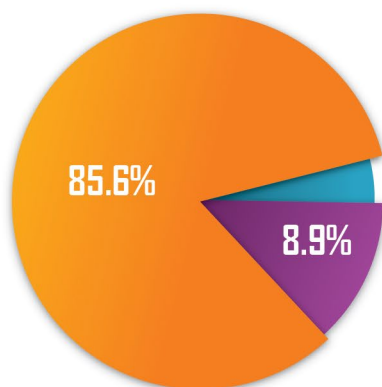


FRUIT AND VEGETABLE INTAKE

The American Heart Association, The American Cancer Society, The American Diabetes Association, and the Center for Disease Control as well as many other well-known health organizations stress the importance of a diet rich in fruits and vegetables. It was noted that 60.6% of the participants that answered this question stated YES, that they have increased their intake of fruits and vegetables and so many of them are becoming healthier by consuming foods high in nutrients, fiber, antioxidants, and the phytochemicals that help prevent so many chronic diseases. 35.7% indicated that this healthy lifestyle behavior was already incorporated into their daily life prior to participation in the program.

HAVE YOU INCREASED YOUR FRUIT AND VEGETABLE CONSUMPTION?

YES NO ALREADY ATE A HEALTHY AMOUNT



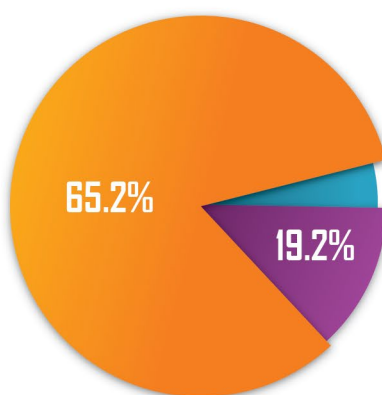
ARTIFICIAL FOOD CONSUMPTION

The current research indicates many harmful health effects associated with additives, preservatives, artificial food flavorings, colorings, and sweeteners. The research is also indicating the importance of a diet rich in whole foods to prevent many chronic diseases such as diabetes, osteoporosis, cancer, and heart disease. The employees learned of the many harmful effects of such ingredients causing an increased risk of becoming insulin resistant-which can lead to type 2 diabetes, an increased risk for heart disease, as well as weight gain. They also learned which foods to avoid and learned how to determine if a food contained a significant amount of fake ingredients.

In fact, 85.6% of the participants indicated that they have taken these lessons to heart and lowered the amount of fake foods they consume. They are reading food labels on a regular basis and are now choosing foods free of fake ingredients. 8.9% of participants noted that they did not consume artificial foods prior to beginning the program.

HAVE YOU DECREASED THE AMOUNT OF “FAKE FOODS” THAT YOU CONSUME?

YES NO PRIOR TO THE PROGRAM I DID NOT CONSUME “FAKE FOODS”

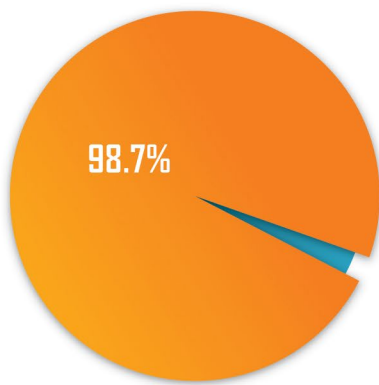


ENERGY THROUGHOUT THE DAY

This program coaches overall wellness through food, meditation, and activity. Each of these elements can have a positive effect on overall health. And, in synergy, their effect is multiplied. It was observed that 65.2% of employees stated that they noticed an increase in energy level throughout their day. This factor has a nonspecific but powerful effect on productivity, mood, and stress reduction! Note that 19.2% of employees mentioned that low energy levels were not an issue before starting this program.

HAS YOUR DAILY ENERGY LEVEL INCREASED?

YES NO PRIOR TO THE BEGINNING THIS PROGRAM MY ENERGY LEVEL HAS NEVER BEEN A PROBLEM



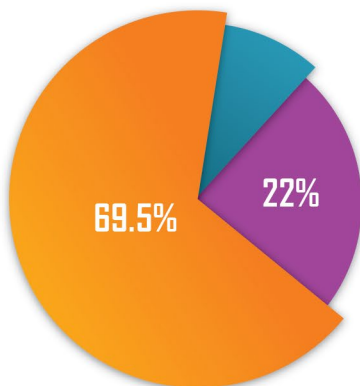
CONTINUING THIS LIFESTYLE APPROACH

The employees have learned a process of living. They have been coached to move away from quick fixes and to embrace a lifestyle approach that produces low weight, healthy hearts, and longer lives.

The best indication of their success is that 98.7% of participants, responded to this question stating that they fully intended to apply this approach to their families' lives as well as their own.

DO YOU EXPECT TO CONTINUE USING THIS LIFESTYLE APPROACH?

YES NO



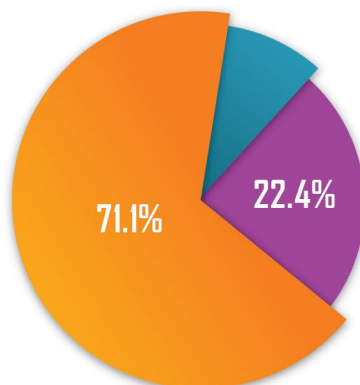
STRESS MANAGEMENT

Chronic stress has been shown to have many negative effects on the body, such as decreased immunity, irregular blood sugar control, high blood pressure, and depression. In the workplace, these problems cascade unseen until they result in physical symptoms.

Fantastically, 69.5% of the employees shared that they have now recognized this health liability to better manage stress in their life. 22% noted that they did well at managing stress prior to the program.

HAVE YOU INCORPORATED STRESS MANAGEMENT ACTIVITIES INTO YOUR DAY?

YES NO I ALREADY DID WELL MANAGING MY STRESS BEFORE STARTING THIS PROGRAM



EXERCISE

The participants of this program came to understand the physiological and psychological importance of exercise as a part of their everyday life. They learned to increase exercise in a way that they will stick with and make it a part of their lifestyle as opposed to a sporadic, every once in a while event. We have emphasized how exercise should be a joy rather than a chore that you look forward to. This is the only way to sustain a healthy level of activity.

71.1% of participants responded that they have taken this to heart and increased their exercise throughout their day with 22.4% noting that they exercised regularly prior to participation in the program.

HAVE YOU INCREASED YOUR ACTIVITY LEVEL?

YES NO MY ACTIVITY LEVEL WAS ALREADY GOOD BEFORE STARTING THIS PROGRAM

CLOSING

Finally, we at Mediterranean Wellness are proud to be a part of your company's commitment to a lasting healthy working environment. It is worth mentioning that 74% of the participants that completed the survey expressed interest in more programming from Mediterranean Wellness.

HERE ARE SOME COMMON RESPONSES THAT PARTICIPANTS GAVE WHEN ASKED:

WHAT WERE THE GREATEST BENEFITS YOU FOUND FROM THIS PROGRAM?

- Awareness and developing mindful eating habits.
- Learning how to read labels and avoid bad foods.
- Learning what foods are good / bad for you and learning to eat better on a more consistent basis for a healthier lifestyle.
- Weight loss.
- Eating and exercising with a common sense approach.