

Customized Wellness Programs and Services

PHYSICAL ACTIVITY
NUTRITION
STRESS

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ZONE
Sports and Wellness Complex

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Physical Activity

Whether a wellness goal is to lose weight or to maximize health, it can be accomplished with good exercise habits. The following Body Zone's programs and services will help employees achieve those goals:

- **Active Anytime**

You hear and see the message everywhere: exercise more. You ask how you are supposed to fit exercise into your busy day. Most people need some help getting started with incorporating exercise into their daily lives. Let us guide you to get you up and moving.

- **On-site cardio and/or strength training classes**

Walking/Running Club
Cardio Circuit Class
Kickbox Bootcamp Class
Exertube Class
Yoga

- **Personal Training**

One-to-one or small group.

- **Wellness challenge**

10,000 Step Challenge
Weight Loss Challenge
Weighting for the New Year
30K in 60 Days

- **Presentations:**

My Ab Workout Isn't Working
20 Minute Workout
Rev Up Your Walking Workout
Moving at the Office
The Best of Both Worlds ... Circuit Train



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Nutrition

Weight and other health issues aren't necessarily due to a lack of information, but a lack of personalization and how to break that information down in a meaningful way. Coaching helps your employees to get the right information for their situation, develop strategies, offers accountability, and helps them work through challenges and obstacles. Personalized attention can make the difference between just simply learning and taking actionable steps to get results. Nutrition programs and services include the following:

- **Personal Nutrition Coaching**

A one-to-one and structured conversation with a Body Zone registered dietician.

- **Lose 8 Pounds in Eight Weeks**

A small class approach that helps participants lose weight and keep it off. Includes nutrition counseling and personal training.

- **Presentations:**

How is Your Portion Telling?

Learn how to become a better portion teller. This class covers the effects of portion distortion on your waist line, what a portion really is (you will be surprised), and how some simple tools can improve your portion telling skills and your health.

Do You Need an Oil Change?

This class covers everything one would want to know about oil, butter, margarine, fish oils and hydrogenated fats. No more confusion about what fat to buy.

Sugar, sugar on the wall. Honey, agave, Splenda, high fructose corn syrup, who is the best of them all?

This class covers everything you need to know about the sweet truth.

10 Ways to Fiber Up.

Find out which foods are the best in filling you up, reducing your cholesterol and controlling your blood sugar.

Meat Less Monday: Why go meatless for a day?

Discover how you can benefit from this simple idea! This class includes three recipe demonstrations and tastings.

Brain Pain? 5 ways to improve your brain.

Discover that certain foods and exercises improve your brain function.



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Stress Management

Stress is often a bi-product of today's lifestyles. Stress impacts work performance, health and overall well-being. Body Zone offers customized programs and services to ease the ravages of stress for our employees:

• Presentations:

The Way of Worry

"Worry" is often a precursor to more serious illness. At best, it can be paralyzing and de-motivating in our everyday lives. So why do we do it? Why do some of us engage in it more than others? By understanding both the habitual and genetic elements of worry, it becomes possible to change pre-established thought patterns, and reduce or eliminate its negative effects. Practice mental strategies and practical solutions including self-care, guided imagery, and progressive muscle relaxation and meditation techniques, all in a gentle and worry-free zone you can duplicate at home.

The Fitness Formula

An interactive presentation that deals with the why and the how to overcome the obstacles that lead to an active, stress-resistant lifestyle.



• Breathing for Life

Breathing techniques, mindfulness practices and introductory focus/meditation.

• Stretch and Release

A pure, hand-to-toe stretching class that is great for back pain, headaches and muscle tension.

• Therapeutic Yoga

Therapeutic Yoga blends restorative yoga (supported postures), gentle yoga, breath work, hands-on healing, and guided meditation techniques combined in such a way that it is an excellent choice for those who need something gentle yet effective for bringing the body into balance and reducing stress.

• Self-care, Guided Imagery and Progressive Muscle Relaxation Program

• Chair Massage

On-site chair massage is a proven and cost-effective way to increase morale and reduce healthcare expenses.

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