

putting your team ahead



## Let's help your employees achieve a healthy weight.

CITAHEALTH offers information and strategies for your employees to achieve a healthy body composition:

**DEFINITION:** ▶ a situation where your fat, muscle, and bone weights are in their recommended ranges.

We measure body composition with X-ray technology:

**DEFINITION:** ▶ the new safe, accurate, and reliable method of testing body composition, considered the "gold standard" for testing in Canada.

### *How can this benefit?*

An employee with a healthy weight contributes to his or her personal health which can help your company in areas such as:

- lowering absenteeism rates,
- lowering staff turn-over,
- decreasing medical/insurance costs,
- increasing morale,
- & increasing productivity.

At CITAHEALTH we also address health concerns such as high blood sugar, high blood pressure, and osteoporosis.

Our professional staff have many strategies for helping your staff lose fat, gain muscle, and build bone *naturally*.



A healthy staff can help your company move forward.



In addition to helping helping your employees gain a Balanced Weight, we also help with work place ergonomics!

Our staff will come to your business and provide a full ergonomic assessment of your workplace. This includes work space, lighting, heating, and ventilation.

## You may have too many employees calling in sick!

Lack of energy, lack of sleep or poor diet can affect employee's health. We address these issues by teaching new healthy tips to your employees.

Each employee will have individual needs. We monitor and address these issues with our large and extensive health & medical team. We use advanced testing methods to get to root causes as to why an employee may be having difficulties with weight and health issues.

### *Why?*

It is essential that employees do not lose bone or muscle weight on any health or weight management program. This can lead to health concerns as the body can be drawing upon these weights for mineral or energy reserves.

*Your employees can be of real asset to your company!*

Our service can help with your overall work environment. Our certified and experienced Consultants come right into your workplace to give uplifting seminars and lectures about health and weight issues. Employees can also discuss personal and private issues at our downtown clinic.



Investing in their health can pay big dividends.

## Workplace health...a solid investment.

Do you have any key players that need any personal or additional attention? Give us a call, we'll help you out.

Download our *Individual Information Package* for more program details at [www.citahealth.com](http://www.citahealth.com) under Individual Health & Fitness - Total Weight Management.

Our friendly and thoroughly trained staff have much to give to your team. Your employees are now empowered and health concerns are less stressful. You can return and focus on what makes your company productive.

### Our program includes:

- Six onsite group counseling sessions,
- Pre and post x-ray testing (to compare results) and interpretation,
- Personally designed program using Balanced Weight's special strategies and methods for losing fat, gaining muscle, and building bone,
- Addressing employees special health concerns,
- Workplace environment building (ie. ergonomics).

### Program fees:

- \$600 base cost, plus \$350 per each individual employee on top. (***we require a minimum of four employees***)

To arrange a meeting to see how we can help your business, call us.