

A PARTNERSHIP FOR HEALTH



bellin
health

HEALTH & WELLNESS ONSITE CLINIC

WOW! Works On Wellness

Your 2013 7-week energy boost to get healthy & stay fit.

Open to ALL onsite West De Pere Employees & Spouses

Invest a little time and energy for a better you in the next 7 weeks! Our certified Personal Trainer, Molly, will deliver motivation, encouragement, and accountability to help you make a lifestyle change, feel better about yourself and accomplish things you've never dreamed of!

- **Pre & Post Weigh-In** — Circumference Measurements
- **Nutrition Segment** — includes consultation with a dietitian, a detailed segment on supplements, the Eat Right for Life book (WELCOA), goal setting, food log tracking, identifying barriers, healthy recipes, eating out, grocery store strategies, etc.
- **Exercise Segment** — includes workouts that change each session and focus on improving strength, balance, flexibility, and help jump start your weight loss.
- **At-Home Exercises** — personalized corrective exercise plan to follow away from class.



Date: Sept 10 - Oct 24

Every Tuesday and Thursday

Time: 3:45 – 4:45 pm

Place: Westwood Gym

Cost: Only \$109 for
14 classes =
less than \$8/class

Call today to reserve
your spot!

(920) 436-8684

 bellinfitness

SAVE

50%

If you have participated in the **WOW** program, bring a friend or spouse and you'll receive **50% off your program cost.**