

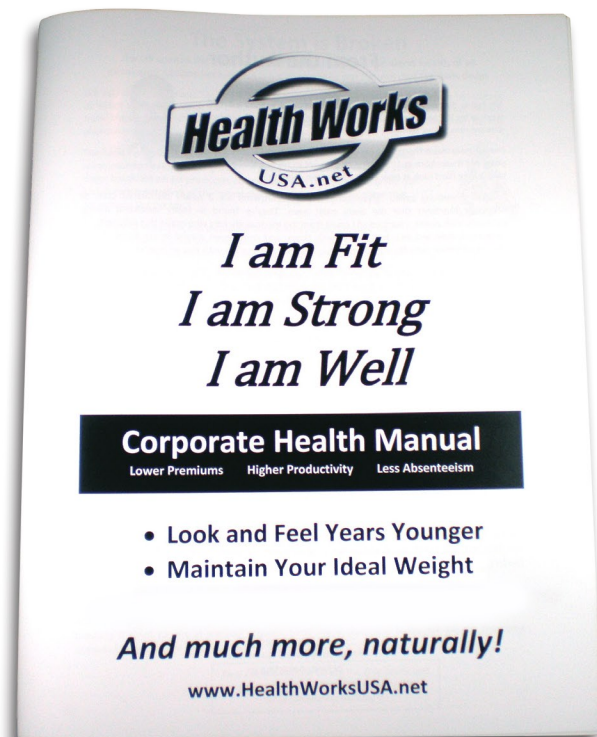
# Isn't it time you got serious about reducing your healthcare costs?

Simply *telling* people to eat better and exercise *doesn't work!*

Our Corporate Health Manual is a step-by-step guide that shows them what foods are best and how to exercise the easy way.



Blah, Blah, Blah!



## Low cost, high results!

- No expensive gym memberships
- No expensive testing or lab work
- No lectures, no classes, no surveys

*It's so simple, just follow the manual.*

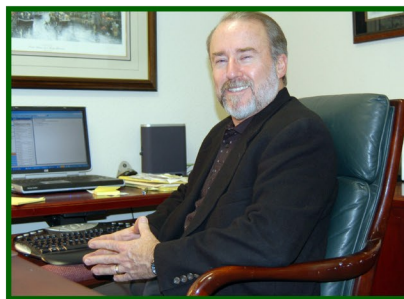
Each employee gets this 35-page manual. *It goes home so everyone in the family joins in!*

\$5.00 each  
Order your **FREE** copy today!



### How do you measure success?

- Less absenteeism
- Higher productivity
- Lower premiums
- Less turnover
- Loyal employees



### "This program worked far better than we expected".

"Not only are we saving thousands on our premiums, but absenteeism and productivity are much improved.."



### Unfit, unhealthy employees are a poor reflection on you.

Your customers will notice the difference, *and so will your accountant!*

