


Table 1.1

Health and Wellness Motivation Workplace Wellness Offerings				
	FRESH START	STEP-BY-STEP	ABOUT FACE	A LA-CARTE
	Speaker			
Health Risk Assessment (HRA)	✓	✓	✓	✓
Basic Goal Setting	✓	✓	✓	
Goal Development		✓	✓	
Habit Analysis	✓	✓	✓	
Success Outline		✓	✓	
Personalized Success Plan		✓	✓	
Health Coaching	✓	✓	✓	
Lifestyle Modification	✓	✓	✓	
Behavioral Management	✓	✓	✓	
Basic Nutrition	✓	✓	✓	
Nutrition Application		✓	✓	
Weight Management	✓	✓	✓	
Body Composition Assessment		✓	✓	
Exercise Program Design		✓	✓	
Exercise Application	✓	✓	✓	
Menu Planning Tips	✓	✓	✓	
Portion Control	✓	✓	✓	
Stress Management		✓	✓	
Group Phone Call		✓	✓	
Group Phone Call 2			✓	
Webinar 1 (Exercise Transformation)		✓	✓	✓
Webinar 2 (Nutrition)			✓	
Prizes and Giveaways	✓	✓	✓	✓
Online Support, Motivation & Inspiration	✓	✓	✓	
Email Support		✓	✓	
Newsletter - Coffee Break			✓	✓
Fit Tip Videos			✓	✓
Exclusive FB Membership Group	✓	✓	✓	
Recipies	✓	✓	✓	✓
Karen's <i>Body Mind Spirit</i> Book			✓	✓
Fitness Challenge			✓	✓
Recipie Bonus Pack			✓	✓