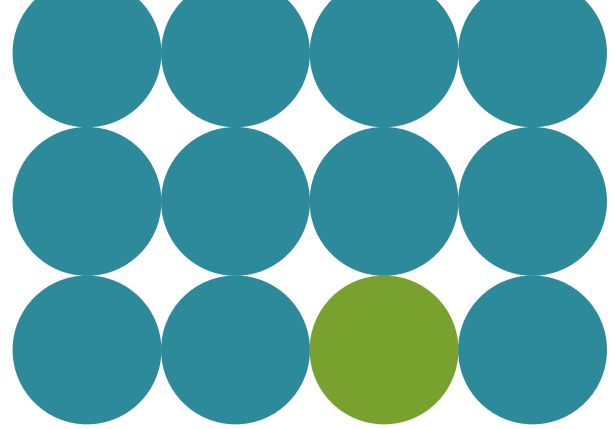


Call [888.434.4358](tel:888.434.4358) now for a custom detailed price quote.



Online **weight loss** tools to help employees be successful.

Give your employees customized diet & fitness plans, expert advice and support.

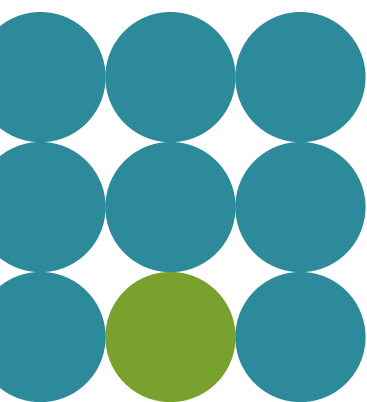
Ready, Set, Fit!

Ready, Set, Fit! is a module that is part of the **Go! TotalWellness Portal**, based on over a decade of development, resulting in the best web-based diet, fitness and weight loss tools.



TotalWellnessHealth.com
888.434.4358
news@totalwellnesshealth.com

As an employer, you know that a healthy lifestyle is critical to the productivity of your employees and to keeping health care costs under control. You need a program that will engage your workforce and help them develop healthy lifestyle habits.



Ready, Set, Fit! features interactive tools, helpful strategies, recipes and so **much** more.

A Heavy Burden

Obesity costs private U.S. employers an estimated **\$45 Billion** annually in medical expenditures and work lost.¹

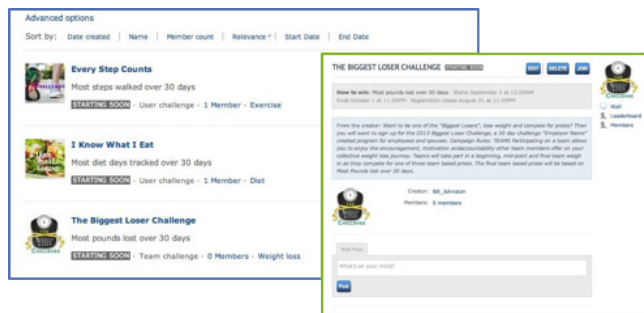
Obese employees have **42%** higher health care costs than those with a healthy weight.²

Employees who are a healthy weight are **less likely** to call in sick or use vacation due to illness.³

About two-thirds of the adult population is overweight or obese. This growing trend greatly affects employers who often foot the bill for employee health care and absenteeism. **Ready, Set, Fit!** can start your employees on the path toward better fitness and healthier eating. With a personal nutrition and exercise journal, employees can record their calories and activity to increase success. Integration with FitBit® activity trackers allows participants to easily sync steps, distance, sleep, weight and calories burned. Plus, with the iPhone® app, employees can conveniently track from anywhere, anytime.

Highlights

- Calorie Counter and Food Journal
- Workout Tracker
- 1000's of Diet Plans
- 1000's of Workout Routines
- Diet Creator and Diet Sharing
- Workout Creator
- 800+ Exercise Demonstration Videos
- Weight Loss Tips and Support
- 120,000+ Food Database
- Over 10,000 Recipes and Recipe Maker
- Message Boards and Blogs
- Diet and Fitness Articles
- Friends and Groups Functionality
- Calorie Calculator and Calories Burned Calculator
- Weight Chart and Measurement Chart
- BMI Calculator
- Body Fat Calculator



Easily create individual and team challenges around weight loss, fitness, body inches lost and nutrition.

Call **888.434.4358** now for a free demo.



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¹Rosen, B. & Barrington, L. 2008. Weights & Measures: What Employers Should Know about Obesity. The Conference Board.
²Finkelstein EA, Trogdon JG, Cohen JW, Dietz W. Annual medical spending attributable to obesity: payer- and service-specific estimates. Health Aff (Millwood). 2009 Sep-Oct;28(5):w822-31.
³Tucker, LA and Friedman, GM. Obesity and absenteeism: an epidemiologic study of 10,825 employed adults . Am J Health Promotion. 1998 Jan-Feb;12(3):202-7.