



■ Why Choosing Fit for Life Makes Sense

▶ Save Money & Improve Work Productivity Levels

Many employees are not able to work optimally due to their health concerns, an issue known as presenteeism. According to the American Institute of Preventative Medicine, presenteeism costs an average of \$22-\$157 per employee each year.

▶ Gain Healthier Employees

In the United States, the following is true:

- 1 out of 3 have high cholesterol
- 1 out of 3 have high blood pressure
- 2 out of 3 are overweight or obese
- 3 out of 4 don't exercise regularly
- 4 out of 5 eat poorly

If your business is like most, 87.5% of your healthcare claims costs result from employee lifestyles. More than 67% of serious illnesses are preventable, but lifestyle changes must occur to stave off diseases like diabetes and heart disease. Fit for Life helps your employees make those lifestyle changes.

▶ Benefit from Fit for Life's Proven Success Record

More than 1,000 adults have graduated from Trinity Hospital Twin City's Fit for Life program. More than 84% of graduates lost weight, and 60% reported maintenance of their weight loss. Nearly 100% of participants said they would recommend Fit for Life to family and friends.

■ Fit for Life is Transforming Lives

"The Fit for Life program offers people the opportunity to make positive, lasting changes in their lives. It does so at an appropriate pace using tried and true practices anyone can follow. If you are serious about making a healthier choice in life, this program can help you do it."
David Wheeler

"...Dr. Tim McKnight was so knowledgeable and focused on telling us just the right things and gave us hope and enthusiasm to continue. I wish this could be a mandatory class that everyone would have to take."
Patti Strickling

"I am proud to say that I have lost an additional 18 pounds since the class (ended) bringing my total weight loss to almost 40 pounds. I am back to the weight I was in high school!...the Fit for Life class has changed my life."
Shannan Boone

■ Why Wait?

Call the staff of Fit for Life today at (740) 922-7471 to learn how your company can benefit from this successful wellness program.



Transforming lives through
the balance of might, mind,
heart and spirit to achieve
overall wellness!



Fit for Life at Trinity Hospital Twin City
819 N. First Street, Dennison, Ohio 44621
740-922-7471 www.trinitytwincity.org





Educate, Motivate, Inspire, Change! Invite Fit for Life into Your Workplace!

■ Who We Are

Trinity Hospital Twin City's Fit for Life program is an innovative wellness program that helps people make the lifestyle changes necessary to achieve overall wellness and lead happier, more productive lives. Thanks to a grant from the Health Resources and Service Administration Office of Rural Health Policy, Fit for Life began in May 2006 under the direction of Dr. Tim McKnight, a Board Certified Family Practitioner.

■ What We Offer

Our Fit for Life program can be designed to meet the needs of your company/organization's employees. We can conveniently offer our services at your place of business and/or at Trinity Hospital Twin City, 819 N. First Street, Dennison. Our services include Fit for Life classes, health risk assessments, and other special wellness presentations that are budget-friendly and can accommodate most schedules.

Fit for Life classes take place once weekly for 12 weeks. The classes include a curriculum that emphasizes realistic lifestyle changes, resulting in enhanced levels of health and fitness. Class participants meet for one hour weekly and use customized nutrition and fitness plans. Some of the class topics include stress management, the wellness choice, nutrition for life, eat to live, food labels, cardiovascular fitness, flexibility fitness, strength fitness, disease prevention, healthy aging and more.

■ Why Fit for Life Works

Fit for Life participants experience success where they may not have experienced success with other programs because Fit for Life provides a more holistic approach to achieving wellness. Participants are encouraged to make gradual changes to their lifestyles, changes that are much easier to sustain over time.

Traditional wellness programs focus on how much a person eats or exercises. Instead, Dr. McKnight emphasizes how to maintain balance between might, mind, heart and spirit to achieve overall wellness. Fit for Life provides the education, motivation and inspiration needed for positive change.

■ What to Expect from Fit for Life

After taking the 12 week Fit for Life class, you can expect the average participant to achieve the following:

- Lose at least 7 pounds from starting weight
- Lower systolic blood pressure by about 7 points
- Lower diastolic blood pressure by about 2.5 points
- Lower total cholesterol by over 13 points
- Lower triglyceride level by over 20 points

■ Your Return on Investment

Trinity Hospital Twin City's Fit for Life programming offers a tremendous value that will result in cost-savings for your company/organization. Fit for Life leads to less employee absenteeism and presenteeism, and creates happier and more productive employees. For a reasonable investment, each Fit for Life participant receives blood tests and measurements of weight, blood pressure, body fat percentages and waist circumference. Participants also receive helpful printed wellness information for easy reference as they continue their new, healthier way of living.

Fit for Life participants also receive a health risk assessment report with personalized wellness suggestions. Most importantly, participants have the rare opportunity to interact one-on-one with wellness experts during Fit for Life classes.

For more information about the value of Fit for Life and how our program can fit into your company/organization's budget, please call 740-922-7471.

■ About Our Staff



Trinity Hospital Twin City's Fit for Life Program Director, Dr. Tim McKnight, is a Board Certified Family Practitioner who earned his medical degree and Master's degree in Nutrition from Ohio State University. He has been a featured guest speaker at many physician seminars on preventative medicine across the United States.

Other Fit for Life program staff includes a chiropractor, psychologist, registered dietitians, renowned coach, fitness instructor, wellness educator and more. Together with Dr. McKnight, the Fit for Life staff is dedicated to meeting your employees' health and wellness needs.

Any approach

to healthcare that does not start with prevention
and health promotion is simply rearranging

deck chairs on the **Titanic.**

