Almost 3/4 of Americans don't get the recommended 30 minutes of daily physical activity.

Encouraging physical activity may be one way to help improve employees health and productivity. **4 week program**

Working Americans spend about 2,000 hours a year at work. It's no surprise that all those hours can take a toll on your eyes, back, arms and neck.

Easy-to-use program, employees learn how to perform a series of 8 simple stretches divided into 2 groups—morning and afternoon—lasting about 5 minutes each.  **4 week program**

One of the most basic lifestyle choices made each day is what one eats.

Reviews the 5 food groups, the importance of balancing calories and making smart, healthy choices. **4 week program**