



Zeitgeist
Wellness Group®



“Healthy Employees, Healthy Profits”

ON-SITE MASSAGE • FITNESS & NUTRITION • SMOKING CESSATION • HEALTH ASSESSMENT • WELLNESS SEMINARS • FIRST AID & CPR

JUMP START PROGRAM

Quick Steps to Healthier Employees

Zeitgeist Wellness Group has designed a beginner wellness program that motivates your employees to start on the road to a healthier life. **JUMP START** gives your employees the basic tools to better health through on-site workshops and exercise sessions conducted by our team of licensed professionals.

FITNESS & NUTRITION	Workshops on basic nutrition for balanced, healthy lifestyle Exercise for stretching and conditioning	Build the program that gets your employees <u>moving</u> toward better health. Starter Program: Weekly Bi-weekly Monthly
WELLNESS SEMINARS	Workshops on stress management, effective communication and living well	
SMOKING CESSATION	SmokeSignals® - custom-tailored behavioral modification program	
HEALTH ASSESSMENTS	Counseling one-to-one on healthy lifestyle choices	
ON-SITE MASSAGE	15-20 minute massage that focuses on the high tension areas of the neck, back, shoulders, arms & hands	

“Every dollar invested in corporate health promotion could mean a savings of between \$3.50 and nearly \$6 through reduced absenteeism, higher productivity, and fewer health care related costs.” Texas Coalition for Worksite Wellness

NOW YOUR EMPLOYEES CAN GET A JUMP START TO GOOD HEALTH!

Call 210-271-7411