

Higher Productivity & Morale, Lower Healthcare Costs With FREE Lighten Up 4 Life

The successful community weight loss challenge instituted in 2008 by area businesses and Mission Health System resumes September 1, 2009, with new features and schedule requested by many participants:

- Shorter sessions: 16-week sessions three times a year.
- Year round program: Begins September, January and May.
- New! LightenUpCommunity.com — social network site.
- Builds employee morale.



We believe this not only makes it easier for your employees to be involved, but it also lends itself to promoting a true lifestyle change that is healthier for the individual and represents real cost savings for employers.

You've seen these Centers for Disease Control facts:

- Employers in the United States spend \$13 billion annually on the total cost of obesity.
- Obese individuals spend 77 percent more on medications than non-obese individuals.
- A healthy lifestyle program can not only reduce costs for chronic disease but can decrease absenteeism, reduce employee turn-over, improve worker satisfaction, improve morale, and overflow into employees' families and communities.

Area employers report that Lighten Up 4 Life and the teams that were developed to participate brought unexpected benefits of increased teamwork among employees. We've found that this idea of community is extremely important for employees, and those who work as a team, tend to have the best results.

Visit LightenUp4Life.com for more information. Participants can register online, so directing your employees there is simple.

For more information, support materials, or a presentation to your organization, please contact:

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LightenUp4Life.com

MISSION HEALTH SYSTEM'S
Lighten Up **4** Life