



Achieve Your Wellness Goals with the My Wellchoice+ Online Health and Wellness Program

Do you want to LOSE WEIGHT, EAT HEALTHY or just GET IN SHAPE but are not sure how to achieve results? If so, the My Wellchoice+ online health and wellness program can help you meet your personal goals by providing you with resources and tools to help you make more informed choices about your health.

When you become a My Wellchoice+ online health and wellness program member, you will receive:

Customized Plans

GetFIT: Customized fitness plan

- Provides virtual exercise demonstrations
- Calculates amount of calories burned
- Accommodates individuals of all skill levels

EatFIT: Personalized nutrition plan

- Recommends/tracks calories and food servings
- Suggests meals or allows you to create your own
- Presents daily menus and shopping lists

LiveFIT: Self-improvement plan

- Instills a positive sense of life balance
 - Helps you effectively deal with life's challenges
 - Provides stress and anxiety management
- Motivational Tools and Resources



Motivational Tools

Coaching: Personal, confidential interaction with health and wellness professionals

- Allows you to ask personal trainers, dieticians and psychologists your wellness questions confidentially via built in secure email service
- Sends personalized and confidential responses in 24 hours or less

Virtual Trainer: An animated coach who conducts exercise demonstrations

- Teaches members how to properly execute each exercise and avoid injury
- Includes hundreds of cardiovascular, strength and flexibility exercises
- Provides spotting guidelines and helpful tips

Fitness Facility Benefit: Includes a discounted gym membership benefit from over 9,000 credentialed clubs such as Bally's, Gold's, Ladies Workout Express, Lady of America, Curves, Snap Fitness, and Anytime Fitness as well as thousands of individually owned clubs.

Discounted Fitness Equipment: Members who want to purchase fitness equipment to workout at home can receive top of the line equipment at a 20% discount.

Log On Today!
Visit www.mywellchoiceplus.com

