

Problem:
Rising Cost of Healthcare

Solution:

**Healthy
Employees
for a
Healthy
Bottom Line!**



Health and Fitness Life Coaching



Tough Economic Times call for Smart Economic Choices!

■ **Problem:** *RISING COST* of Healthcare

“According to the Centers for Disease Control, more than 75% of employers’ health care costs and productivity losses are related to employee lifestyle choices.”

Poor physical and mental health of employees, rob financial dividends from your company!

Your employees are people just like you who need to be healthy, energetic and productive ... so what can you do to make this happen?

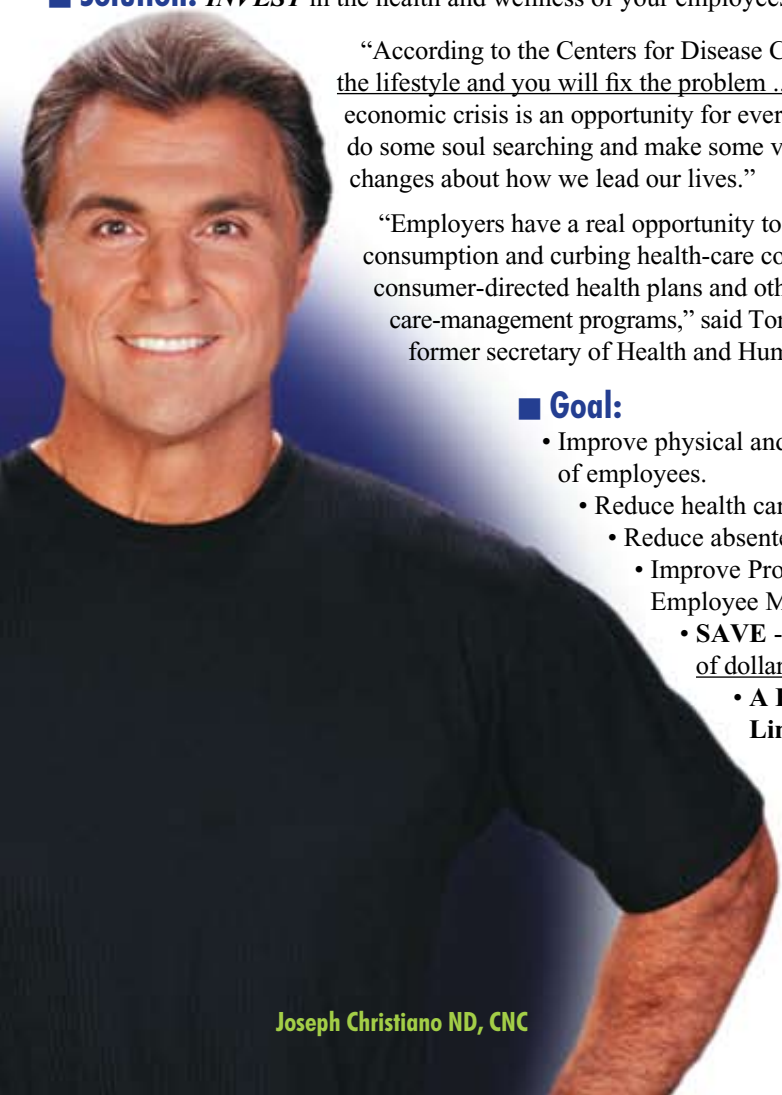
■ **Solution:** *INVEST* in the health and wellness of your employees.

“According to the Centers for Disease Control, “Change the lifestyle and you will fix the problem ...” “The present economic crisis is an opportunity for every one of us to do some soul searching and make some very fundamental changes about how we lead our lives.”

“Employers have a real opportunity to start managing consumption and curbing health-care costs through consumer-directed health plans and other wellness and care-management programs,” said Tommy G. Thompson, former secretary of Health and Human Services.

■ **Goal:**

- Improve physical and mental health of employees.
- Reduce health care claims.
- Reduce absenteeism.
- Improve Productivity and Employee Morale.
- SAVE - Thousands/Millions of dollars in healthcare costs.
- **A Healthy Bottom Line!**



Joseph Christiano ND, CNC

CorpAmerica® Health and Fitness Life Coaching provides:

WELLNESS INTERVENTION SERVICE

■ Products

The Body Redesigning Healthy Lifestyle System:

- Fork in the Road DVD Health and Fitness Life Coaching Series.
- 6+ hours of coaching on Exercise, Diet and Attitude plus exercise programs.
- Mapping Journal for 'renewing your mind'.
- Charts for recording measurements and progress.
- Wallet-size Food Cards for easy dining and or shopping.
- Home Blood Typing Kit.

Books by Dr. Joseph Christiano

- Bloodtypes, Bodytypes and YOU – A 310 page user-friendly book.
- Never Go Back – Emotional / Food Triggers/Positive Attitude.

■ Online Weekly Coaching Sessions

- Include our central topics - Diet, Exercise and Attitude plus additional topics such as; Stress Management, Personal Financial Fitness and more.
- Viewed On-Demand for the privacy and convenience of your employees and run approximately 10 -20 minutes.
- Targeted for reaching and maintaining ideal weight for life and improving illness profiles such as; reducing cholesterol and blood pressure levels, etc.
- Include Dr. Christiano and his team of experts, who will challenge, motivate and inspire your employees throughout the year to attain their highest level of achievement for maximizing productivity.

■ Accountability and Motivational Services

- Weekly follow-up e-mail per coaching session with recap, tips and motivation to stay on track plus a link to the next coaching session.
- Access to Dr. Joe for Q&A via e-mail.
- Health related resources.
- Quarterly Evaluation and Progress Reports.
- Scheduled on-site workshops, seminars, etc.
- 30% discount off all Body Redesigning nutritional products.
- Scheduled Live streaming sessions sent to employees via e-mail.
- Incentive Programs
- Teleconferences



Health and Fitness Life Coaching

ALERT

Due to the annual rising cost of health care, companies throughout America are seeing their '**bottom line**' shrink from year to year. This financial crisis will not go away on its own and can not be fixed without targeting the '**root cause**' – the physical and mental health of its employees.

“Until a company is willing to *invest* in the health and wellness of its employee community, its financial future will remain in trouble ...” Dr. Joe.



Joseph Christiano ND, CNC, a naturopathic doctor and certified nutritional counselor, has spent forty years developing specialized diet and exercise programs for groups and individuals alike. The former Mr. Florida and Mr. America/USA runner-up is a motivational speaker, best-selling author plus health and fitness life coach to Hollywood celebrities, executives and major media personalities.

His expertise in implementing one's body genetics has allowed him to successfully redesign thousands of bodies plus improve their illness profiles, throughout the country and other parts of the world.

CorpAmerica Health and Fitness Life Coaching wellness intervention service has been developed by Dr. Christiano. His purpose is to help each employee reach their health and fitness goals with the 'tools' of the trade in diet, exercise and attitude along with his weekly motivational online coaching sessions.

In a team effort, Dr. Christiano is helping companies throughout America fight their financial crisis due to the rising cost of health care.



Health and Fitness Life Coaching

A Division of Body Redesigning by Joseph Christiano®
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