



**WEIGHT
TOBACCO
HEALTHY
LIVING**

Imagine taking a trip to a place where you're at your best. You're relaxed. You're tobacco-free. You exercise regularly, and you eat well. You feel good. This isn't just the stuff of fairy tales. You can have all of this and more—and Healthyroads can help!

The Healthyroads Coaching® Program, offered at no cost to you, pairs you up with a dedicated health coach who will call you on the phone and help you set and achieve your personal health goals. Every tool is at your disposal!

The program includes:

- Telephone coaching sessions on weight management, tobacco cessation, and/or healthy living
- Robust e-tools including nutrition and fitness planners, animated exercises, e-coaching courses, Ask a Coach section, daily e-mail tips on personalized topics, health articles, trackers, and a personal health calendar
- Award-winning program materials such as manuals, guides, and self-care mental imagery or relaxation modules

**GET
REWARDED!**

Finding the motivation to change your health habits can be hard. That's why we reward you for starting your journey to better health!

When you complete your first three coaching sessions, you can choose one of 12 Get Started! Kits, which feature exercise or nicotine replacement therapy products that can help you reach your health goals. See the next page for a list of our Get Started! Kits.

Check out our Get Started! Kits* that can help you travel the road to better health—for good. Simply complete three telephone coaching sessions!



Weight Management Kit



Yoga Home Exercise Kit



Stress Management Kit



Walking Exercise Kit



Core Strength Exercise Kit



Pilates Home Exercise Kit



Tai Chi Home Exercise Kit



Aquatic Aerobics Home Exercise Kit



Home Exercise Kit



Dance Home Exercise Kit



Wireless Accelerometer Exercise Kit



Tobacco Kit

* Not all kits are available to all groups.



What Are You Waiting For?
 Get started with your Healthyroads Coaching Program today.
 Call Healthyroads at 877.330.2746 to start your journey to better health.
 Or, visit us online at www.Healthyroads.com.

