



# Achieve Your Wellness Goals with My Wellchoice+ & Shape Up The Nation

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+ and Shape Up The Nation wellness programs can help you meet your personal and company goals by providing you with resources and tools to help you make more informed choices about health.

## Shape Up The Nation

Bringing People Together  
Through Wellness

**We use teamwork and accountability to help your employees succeed.**

- Employees love Shape Up The Nation because it is fun, motivating, and easy to use
- Provides a turnkey solution
- Employees achieve impressive results
- Metrics provided for ROI analysis

### Program Overview

- Customize your timeline; the standard program is 12 weeks
- Team captains recruit teams of colleagues
- Compete in exercise hours, weight loss, or pedometer steps
- Participants report their progress and view team results online

### Philosophy

- Teamwork, inclusion, competition

## My Wellchoice+

Education & Personal Tracking Tools

**Customized FIT plans to respond to your specific needs:**

- GetFIT: Customized fitness plan
- EatFIT: Personalized nutrition plan
- LiveFIT: Self-improvement plan

### 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