

Want some practical ideas for feeling better in your body?



One-to-One Wellness Consultations

with **Heidi Joyce**, VLCT's Sr. Loss Control Wellness Consultant
as your **personal health coach**

**Schedule a 30-minute appointment *at work* for
whatever combination of these services you choose:**

1. **Fitness Evaluation** – with blood pressure, height, weight, % body fat, 3-min. cardiovascular step test, biceps strength, and flexibility options
2. **Fitness Consultation** – receive a customized workout plan
3. **Nutrition Consultation** – receive a customized dietary plan for health and/or weight loss with weekly nutrition tips
4. **Ergonomics Evaluation** – for optimal workstation set-up
5. **REST** – Relax, energize, and stress-relieving postures with guided meditation
6. **Reduce Minor Aches and Pains** – through gentle stretching