

## Keep Fit and Healthy Using Your EAP Member Discounts!

Most Americans (70%) say they are concerned about their weight and an overwhelming majority (77%) is actively trying to lose or maintain their weight, according to a recent survey conducted by the International Food Information Council. Fortunately, your EAP has negotiated deep discounts in your behalf with some of the best known health and wellness organizations to help you make necessary changes to improve your health and well being. These include:



### Bally's Total Fitness ®

Enjoy a special ESI member rate of just \$24.99 per month with no enrollment fee. Includes *Kids Club* daycare at participating locations.



### SMOKENDERS ®

Experience the nation's oldest and most successful smoking cessation program at a discounted member rate of \$89; Includes a Learn to Quit Kit and free access to the toll-free quit-line staffed by smoking cessation professionals who are SMOKENDERS® graduates.



### Jenny Craig ®

Try out a 30-day program at no cost; Major ESI member discounts thereafter. Also look for periodic Jenny Craig ® newsletters on our website.



### Healthtrax ®

Receive a cost-free one week membership; Major ESI member discounts available thereafter.



### Apex Nutrition ®

Receive a cost-free nutrition evaluation at our website. Also receive one month of free nutrition counseling with a Purchased Nutrition Plan - a \$30 savings.



### Workouts ForYou ®

Personalized online fitness coaching at a great ESI member rate of \$89 per year.

Additional information about these special pricing arrangements can be found under *Lifestyle Benefits* at your Information Resources Website or by calling the EAP directly. If you believe that "the first wealth is health," these plans may provide the starting point for your personal wellness makeover!