



# Achieve Your Wellness Goals with the My Wellchoice+ Online Health and Wellness Program

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+ online health and wellness program can help you meet your personal goals by providing you with resources and tools to help you make more informed choices about your health.

**When you become a My Wellchoice+ online health and wellness program member, you will receive:**

## Customized Plans

GetFIT: Customized fitness plan

- Provides virtual exercise demonstrations
- Calculates amount of calories burned
- Accommodates individuals of all skill levels

EatFIT: Personalized nutrition plan

- Recommends/tracks calories and food servings
- Suggests meals or allows you to create your own
- Presents daily menus and shopping lists

LiveFIT: Self-improvement plan

- Instills a positive sense of life balance
- Helps you effectively deal with life's challenges
- Provides stress and anxiety management

Motivational Tools and Resources

## 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



**Log On Today!**  
**Visit [www.mywellchoiceplus.com](http://www.mywellchoiceplus.com)**

