

# Fitness for Life™

*Fitness for Life* is a ready-to-use lifestyle change outreach package combining moderate exercise, nutrition, and motivation with behavior change. Participation, not merely listening, will make participants successful. The program is designed for church and other community leaders to use in ten weekly sessions with a few people or in large groups. The program is appropriate for community centers, church fellowship rooms, and homes.

*Fitness for Life* is based on the latest research linking physical activity with mental health and reduced risk of cardiovascular disease, diabetes, osteoporosis, and injuries. Handouts may be printed from the CD-ROM for participants to log progress and review presentations. Each 60-90 minute session includes health promoting and risk reducing insights in PowerPoint® format. Over 300 visuals also suitable for 5-15 minute Health Nuggets.

## Weekly Topics in Addition to Exercise:

- ◆ Cardiovascular Fitness. Water
- ◆ Strength-building Exercises. Breakfast
- ◆ Flexibility/Stretching Exercises. Fruits/Vegetables
- ◆ Heart Health. Healthy Fats
- ◆ Healthy Weight. Eating for Weight Control
- ◆ Healthy Weight. Preventing Diabetes
- ◆ Safety/Injury Prevention. Whole Grains
- ◆ Exercise for Good Bone Health. Calcium Foods
- ◆ Exercise for Good Mental Health. Stress Reduction
- ◆ Exercise for Lifelong Fitness. Eating Nuts

## Each Coordinator's Guide Includes:

- ◆ Suggestions for implementing the program & Speaker Notes
- ◆ CD-ROM: PowerPoint graphics for 10 sessions, Promotional & Participant materials to print, and additional Resources

## Titles in the LifestyleChange Series™

Eight Weeks to Wellness™ Ocho Semanas hacia la Salud Integral™  
Fitness for Life™ Lifelong Weight Management™

## System Requirements for PowerPoint Presentations

Microsoft Windows 95 or higher

To view slides, viewer included - no additional software needed

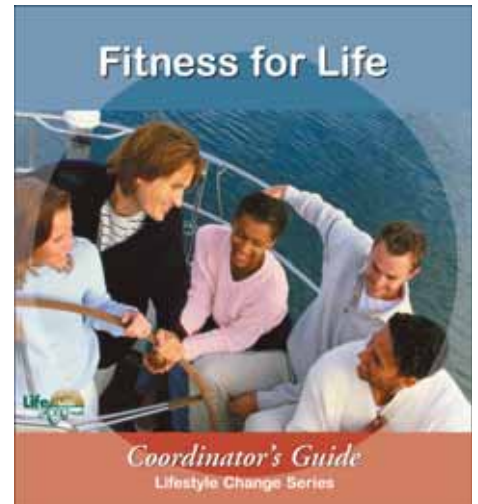
For large groups, LCD projector needed to project slides

## About LifeLong Health

LifeLong Health is a registered product line of health resources for community health outreach. It is offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong HealthÆ product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. Products include ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

LifeLong Health and the LifeLong HealthÆ logo are registered trademarks of Wellsource, Inc. Other trademarks are the property of their respective owners. This product is not intended to be a substitute for medical care. If you are under medical care, follow your doctor's recommendations regarding your condition.

© 1998-2007 LifeLong Health. All Rights Reserved.



**Coordinator's Guide & CD: EP1020-I**  
**Participant materials to print from CD**

**For information or to order, call:**

**800.533.9355**



**Tools & Training for Effective  
Health Outreach**

15431 SE 82nd Drive  
Clackamas, Oregon 97015

503.656.7446

[www.lifelonghealth.us](http://www.lifelonghealth.us)