

# LifeLong Health® Catalog

A division of Wellsource, Inc.



## The LifeLong Health® product line:

- Assessments with Lifestyle Education – *self-scoring & computer-scored*
- Lifestyle Change Programs with Assessments – *8- and 10-week series*
- Seminar Presentations with Assessments – *1- 3-hour sessions*
- DVD Lifestyle Presentations – *ten DVDs available*
- Training in Health Ministry – *manuals with handouts from lifestyle programs*
- Equipment for Health Testing & Wellness – *pedometers, analyzers, monitors*
- Free Resources – *PowerPoint® slides, inserts, various calculators, etc.*

See the website for additional information on each program or item here.

## Eight Weeks to Wellness™

A lifestyle education program with a self-scoring assessment. Eight Weeks to Wellness™ is a broad program that promotes a healthy lifestyle for a lifetime. Ready-to-use with local presenters making PowerPoint® presentations from the accompanying CD or the DVD presentations by Don Hall, DrPH, CHES, available separately. Practical research outcomes and group support promote lasting, informed behaviors. **Topics:** *Developing a healthy lifestyle, Becoming more physically active, Choosing healthy fats, Choosing healthy carbohydrates, Achieving/Maintaining a healthy weight, Enhancing mind-body connections, Coping with stress, Getting preventive health checks.* **CD:** promotional materials, certificates, eight presentations (over 350 graphics), resources, and a PowerPoint® viewer—*no additional software is needed.* **Manual:** weekly plans and helps, speaker notes for each slide, and promotional samples. **Participant Guide:** a lifestyle assessment, daily logs, and information that builds on each presentation. *Available in Spanish.*

**Coordinator's Manual, CD, and one Participant Workbook: \$325.00**

**Participant Workbook – 1: \$6.95**

**Participant Workbook – 20 for \$5.954.45 each: \$119.00**

**Participant Workbook – 60 for \$4.85 each: \$291.00**

**Participant Workbook – 100 for \$4.10 each: \$410.00**

## DVD Presentations of Eight Weeks to Wellness

Ten DVD presentations are available—eight for the program, two for follow-up.

**Eight Presentations on 8 DVDs (Eight Weeks to Wellness): \$150.00**

**Plus Heart Health: \$19.95**

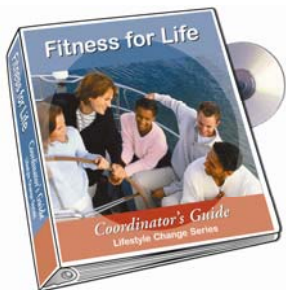
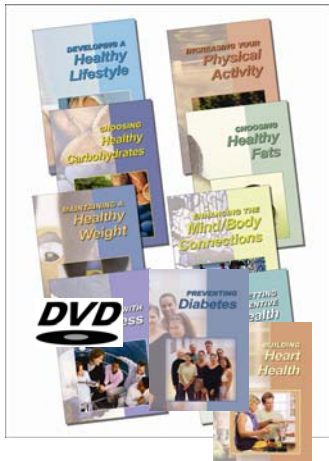
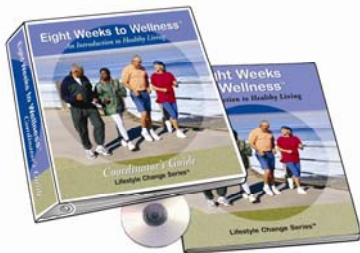
**Preventing Diabetes: \$19.95**

**Total: \$189.90**

## Fitness for Life™

A lifestyle education program with a before-&-after fitness assessment. This 10-week program suits each participant's comfort zone. It combines physical activity, motivation, nutrition, and behavior change. **Topics:** *Cardiovascular fitness, Strength-building exercises, Flexibility & stretching exercises, Heart health, Healthy weight 1 and 2, Exercise safety & injury prevention, Exercise and good bone health, good mental health, and lifelong fitness.* **CD:** ten (10) PowerPoint® presentations (over 350 slides), calculators, promotional materials to print, and other resources. **Manual:** fitness testing manual, speaker notes for each slide, and samples. **Participant materials:** print from CD. *Program also available as an online version.*

**Coordinator's Guide & CD: \$325.00**

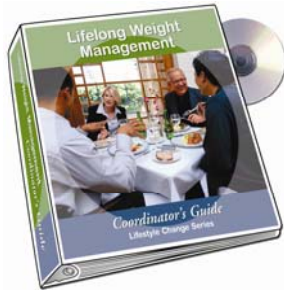




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## Lifelong Weight Management™



A lifestyle education program with a before-&-after self-assessment. The 10-week program is based on current scientific research. It has two goals: weight management and improved health for a lifetime. Handouts reinforce weekly presentations and record progress. **Topics:** *Achieving & Maintaining a healthy weight, Developing your physical activity plan, Managing overeating cues, meal planning, Choosing healthier protein foods, Choosing food, feelings, and healthy carbohydrates, Increasing your physical activity, Choosing healthy low-calorie food, Limiting calories and choosing healthy fats, Handling eating out, Eating for heart health, Handling celebrations, Eating to reduce cancer risk.* **CD:** 10 PowerPoint® presentations (over 400 slides), handouts, calculators, promotional materials to print, etc. **Manual:** weekly plans and aids for the instructor, speaker notes for each slide, and sample promotional materials. **Participant materials:** print from CD. **Coordinator's Guide & CD: \$325.00**

## WellAssured® Guides to Better Health

*Lifestyle Self-Help Guides.* Each 24-36-page WellAssured® Guide is profusely illustrated, easy-to-read, colorful, and kept current with changing practice guidelines. The award-winning Guides are produced by Wellsource, Inc. An Instructor's Manual with Speaker Notes and a CD with a PowerPoint® presentation of 30-50 graphics are available for each topic. *Perfect for one-to-one teaching.*



- Quit Smoking
- Improving Fitness
- Weight Management
- Stress Management & Emotional Wellbeing
- Managing High Blood Pressure
- Living Well With Arthritis
- Living with Diabetes
- Cancer: Prevention, Identification, Management
- Women's Health
- A Healthy Heart
- Healthy Living
- Managing Cholesterol
- Living with Asthma
- Living with Allergies
- Senior Living
- Better Nutrition

**Participant Guides – 1: \$6.95**  
**Participant Guides – 20 for \$5.95 each: \$119.00**  
**Participant Guides – 60 for \$4.85 each: \$291.00**  
**Sample Pack ~ 14 Participant Guides: \$95.00**  
**Manual, CD with Presentation, & 1 Participant Guide: \$235.00 each**

## Books

**HealthWise® Handbook** *A Self-Care Guide for You and Your Family.* Look up your health issue in the index. Look for symptoms in the easy-to-use charts. Learn how to save money and improve the quality of your care. Address first aid, emergency topics, and common health problems, all arranged from A to Z. Includes lifestyle choices, preventive care, and safety. **Each: \$14.95. Call for quantity pricing.**

**Healthy Weight for Everybody**, Donald D. Hensrud, Editor, 319 pages. Use this as a resource for teaching a weight-loss program. **Each: \$22.95**

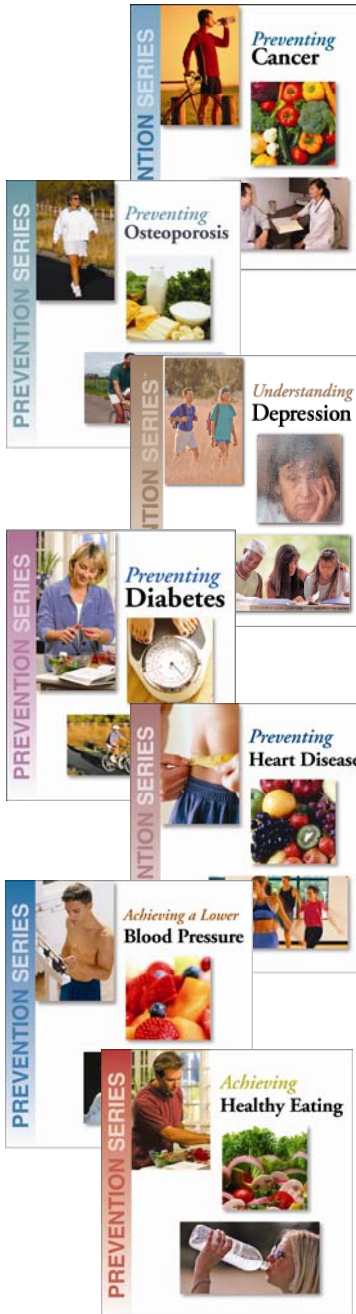
**Fitness for Everybody**, Diane Dahm, M.D., and Jay Smith, M.D., Editors, 358 pages. This is a helpful resource for the Fitness for Life program. **Each: \$22.95**





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## The Prevention Series™

### Cancer Prevention – 93 slides

No one can predict who gets cancer, but the self-assessment focuses prevention efforts. To fight cancer, create a healthy internal environment hostile to its growth, be watchful, screen appropriately, and treat early.

**Manual, CD, & 100 Self-scored Assessments: \$125.00 each topic, \$450.00/set of 7**

### Osteoporosis Prevention – 59 slides

Sixteen areas of risk are discussed, most of them modifiable. The latest researched findings are included. Suggested preventive actions are practical.

**Manual, CD, & 100 Self-scored Assessments: \$125.00 each topic, \$450.00/set of 7**

### Understanding Depression – 33 slides

Depression is a leading cause of disability, affects people world-wide, and is associated with physical changes in the brain. Symptoms are scaled in severity, of variable duration, and may need professional care.

**Manual, CD, & 100 Self-scored Assessments: \$125.00 each topic, \$450.00/set of 7**

### Preventing Diabetes – 88 slides

Abundant research shows diabetes is largely preventable through lowering known risks, and when not prevented, the results of diabetes are minimized through lifestyle.

**Manual, CD, & 100 Self-scored Assessments: \$125.00 each topic, \$450.00/set of 7**

### Preventing Heart Disease – 74 slides

Modifiable risks for heart disease are so well-studied one can be assured of lifestyle behaviors that effectively lower risks for heart disease. It's never too late to begin.

**Manual, CD, & 100 Self-scored Assessments: \$125.00 each topic, \$450.00/set of 7**

### Achieving a Lower Blood Pressure – 53 slides

Uncontrolled high blood pressure can lead to stroke, heart attack and heart or kidney failure. Research shows several lifestyle factors significantly lower blood pressure.

**Manual, CD, & 100 Self-scored Assessments: \$125.00 each topic, \$450.00/set of 7**

### Achieving Healthy Eating – 118 slides

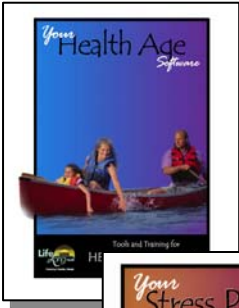
Research finds that many foods lower disease risk and contribute to human health. It also shows that some of what we eat does not contribute to our well-being.

**Manual, CD, & 100 Self-scored Assessments: \$125.00 each topic, \$450.00/set of 7**



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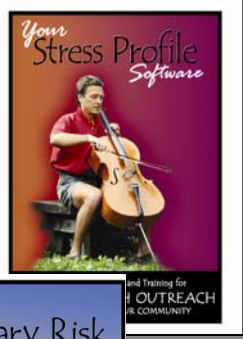
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## Your Health Age™

A computer scored lifestyle assessment and education program. Popular at Health Fairs and Malls. Fun and easy to use. Health age may not equal actual age. Seven health practices directly affect longevity. Version 2.5.0 enables screen and output translation into any language. Exportable database. Interactive software. CD has promotional material, software, and supporting presentation in PowerPoint® format. Complete manual. *Spanish* output and presentation included.

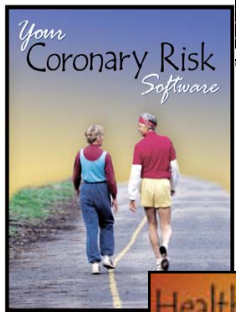
**Manual & CD: \$215.00 Questionnaires & Reports: \$35.00/100 sets**



## Your Stress Profile™

A computer scored assessment and lifestyle education program for Fairs, Malls, and pre- and post-testing Stress Seminars. Shows source of stress, calculates summary stress score and a score for six stress indicators. *Spanish* recommendations and presentation included. Based on National Center for Health Statistics. Version 2.5.0 enables screen translation. Exportable database. Interactive software. CD includes promotional material, software, and presentation in PowerPoint® format.

**Manual & CD: \$215.00 Questionnaires & Reports: \$35.00/100 set**



## Your Coronary Risk™

A computer scored assessment and lifestyle education program that provide a coronary risk rating with self-reported data or with laboratory data. Scoring based on the latest medical guidelines. Report has space for personalized recommendations and sponsor info. Lifestyle presentation in PowerPoint® format, English & Spanish. Recommendations and presentation in English & *Spanish*. Exportable database. CD has promotional material, software, and presentation. Complete manual.

**Manual & CD: \$215.00 Questionnaires & Reports: \$35.00/100**



## Healthy Foods Index

A self-scored assessment and introduction to plant foods based on a longevity study of 42,000 people. Regularly eating healthy foods was associated with a 79% lower mortality rate! The food list is categorical. For seminars and cookery classes. Comes with 100 self-scoring assessment sheets, Manual with speaker notes, and CD with promotional materials, additional resources, and 48 PowerPoint® slides.

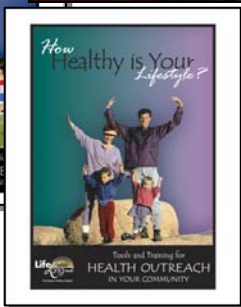
**Manual, CD, & 100 Questionnaires: \$125.00 More Questionnaires: \$25.00/100**



## How Healthy is your Lifestyle?

A self-scored assessment and introductory lifestyle program. Studying 750,000 people in four population studies showed that 12 health practices significantly predict health and longevity. The assessment evaluates and the lifestyle teaches toward each of the twelve health practices. Manual has ideas, helps, a sample assessment, and speaker notes for each slide. CD has promotional materials to print, and 37 lifestyle PowerPoint® slides. Second Edition 2006. *Spanish available.*

**Manual, CD, & 100 Questionnaires: \$125.00 More Questionnaires: \$25.00/100**



## HealthStyle Index

A self- survey designed to help evaluate present lifestyle and encourage healthy lifestyle changes. Utilizes the ten leading health indicators as expressed in “Healthy People 2010 Goals” from the US Surgeon General’s Report and the report, “Diet, Nutrition, and Prevention of Chronic Diseases” by the World Health Organization.. Runs under an MS Internet browser. Includes a PowerPoint® lifestyle presentation with 100 slides.

**Manual, CD and 100 Questionnaires: \$125.00 More Questionnaires: \$35.00**

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## Health Testing Equipment



### **Body Fat Analyzer:**

Athlete and non-athlete modes. 9-person memory, Body Logic. Accurate results in 7 seconds. Comes with AAA batteries Omron 306 BL **\$45.00**



### **HR-100 Heart Rate Monitor:**

Exercising in your “zone” is important in helping you reach and achieve your weight loss and physical fitness goals. The high and low alert function makes sure you’re staying in your “zone,” ensuring you a successful workout. The HR-100 includes: wrist receiver monitor, transmitter with chest strap, storage case, and two lithium batteries. Stopwatch and time/day information available in a large, back-lighted display. Sleek design with easy to read display. One year warranty. **\$55.00**



### **Grip Strength Tester: Smedley III T18:**

Men, women, boy, girl norms included.

This grip strength tester is used to determine general upper body strength and an index of right vs left handedness. When combined with other forms of strength measurements you can determine a comprehensive physical fitness level. Studies show that low grip strength values prior to age 68 may predict increased physical limitations later in life. Includes age and gender related tables of norms. Hard plastic case included. **\$195.00**



### **Walk 10,000 steps a day for a healthier lifestyle.**

**Omron's HJ-150 HIP pedometer** is specially designed for those who have/hope to have an active lifestyle. The HJ-150 displays steps. Moderate intensity physical activity is recommended by national health organizations to produce health benefits. Features include: Counts steps; 7-day history lets you review a full week of exercise; Resets step count at midnight automatically so it's ready to go every morning; Sleek design; Easy-to-read large display; Clock and convenient belt clip. One year warranty. **\$15.00 (Order 12: \$13.00 each)**



**Omron's HJ-151 HIP pedometer** displays steps, moderate steps\* and minutes walked at a moderate pace separately. Moderate intensity physical activity is recommended by national health organizations to produce health benefits. Features include: Count steps; moderate steps; and minutes, calorie consumption and distance. \* A 7-day history lets you review a full week of exercise; Resets step count at midnight automatically so it's ready to go every morning; Sleek design; Easy-to-read large display; Clock and convenient belt clip. One year warranty. **\$20.00 (Order 12: \$17.50 each)**



**The Omron HEM-711DLX arm deluxe Blood Pressure Monitor** with auto inflation comfit™ cuff fits 9” to 17” in circumference. Includes 60-memory recall. Detects irregular heartbeat, hypertension indicator, advanced averaging, date and time. Comes with AC adapter and carrying case. Also operates on four AA batteries (not included). Five-year warranty. **\$79.00**



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## Order Form

### PERSON WHO IS ORDERING

### SHIP TO IF DIFFERENT

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Organization \_\_\_\_\_

### PAYMENT INFORMATION

Name on card if different from person ordering \_\_\_\_\_

Card number \_\_\_\_\_ Expiration month/year \_\_\_\_/\_\_\_\_

### ORDER INFORMATION

QUANTITY	FULL NAME OF ITEM	PRICE EACH	TOTAL
Prices subject to change without notice. Returns within 30 days of paid invoice: 10% re-stocking fee.  <b>Shipping charges in U.S.:</b> <u>A</u> : \$7 for items up to \$100.00 and 8% thereafter. <u>B</u> : Alternatively, actual shipping cost plus handling (often cheaper)		<b>TAX</b> Where applicable	
		<b>SHIPPING</b>	
		<b>SUB TOTAL</b>	
		<b>VOUCHER</b>	
		<b>TOTAL</b>	