

# Ocho Semanas hacia la Salud Integral<sup>®</sup>

*Ocho Semanas hacia la Salud Integral™* is a ready-to-use, common-sense health outreach package that promotes a balanced lifestyle. Positive lifestyle behaviors are encouraged by the weekly Spanish health presentation in PowerPoint format and by individual progress. Participants use a 32-page guide for additional information and to record daily progress. Suited for homes, churches, and other community places.

*Ocho Semanas hacia la Salud Integral™* combines the latest evidence-based population health research and tested behavior change principles to help participants achieve a healthier lifestyle. Research from world-renowned journals as well as guidelines from the National Institutes of Health are referenced on each graphic as appropriate. Promotional and resource materials are included. There are over 240 visuals suitable for 5-15 minute Health Nuggets.

## Weekly Topics:

- ◆ Desarrollando un Estilo de Vida Saludable
- ◆ Como Ser Físicamente Más Activo
- ◆ Dieta Baja en Grasa Saturada y Colesterol
- ◆ Dietas Altas en Fibra
- ◆ Un Peso Saludable
- ◆ Frente a las Dependencias
- ◆ Frente al Estrés
- ◆ Exámenes Preventivos y Seguridad

## Each Instructor's Manual & CD Includes:

- ◆ Eight PowerPoint presentations & a Participant Guide in Spanish
- ◆ Spanish promotional materials & certificates in Spanish
- ◆ Suggestions in English for implementing the program
- ◆ An overview of and a comprehensive plan in English for each session
- ◆ Speaker Notes in Spanish for each graphic in each presentation

## 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 Health® 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 Health® 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.

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**Instructor's Manual & CD: EP1010S-I**  
**Participant Guides (20, 60, 100)**

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

**800.533.9355**



**Tools & Training for Effective  
Health Outreach**

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