



# **Weigh To Wellness Trim Down**

**Get Support. Move More. Lose Weight. Feel Better!**

**Give employee wellness a major boost with Body Zone's Weigh To Wellness Trim Down.** Weigh To Wellness Trim Down is a supervised, highly supportive and motivating group wellness program and includes customized workout classes, health and fitness assessments including a biometric screening package by the clinical team at Power Kunkle Wellness Matters, nutrition education by registered dietitians at Penn State Health St. Joseph Medical Center, accountability partnerships with Body Zone's fitness team, behavioral change support and more. This program is open to the public; membership isn't required.

Learn more here: [bodyzonesports.com/trimdown](http://bodyzonesports.com/trimdown)

Interested in losing weight and feeling better? Want to get back to a healthy lifestyle and focus on you? Join Body Zone's Weigh To Wellness Trim Down, an eight-week motivating, supervised and supportive group wellness program organized and led by Body Zone's team of fitness and health experts.

**You'll benefit from Weigh To Wellness Trim Down if:**

- Your current workout and weight loss regimen aren't working and you need that extra boost.
- You need a health reset or because you are engaging in eating and exercise habits that are putting or keeping you at risk for disease and illness.
- You have been told by your physician to lose weight.
- You have Type 2 Diabetes.
- You are preparing for orthopedic surgery and have been told to lose weight.



**Power Kunkle**  
BENEFITS CONSULTING

**WEIGH**<sup>TO</sup>  
**Wellness**  
**TRIM DOWN** 

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