



# Move It. Lose It. Live Healthy. Achieve a Healthier Workplace One Employee at a Time!

*Thomas B. Gilliam, Jane Neill*

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Achieving a healthy body weight is good for you. And what's good for you is good for your company. Want to live a longer, healthier, more productive life? Of course you do! The key is to lose excess weight and keep it off. And there's a financial benefit as well: a healthy body weight means you're less likely to suffer diseases, illnesses and injuries. That means your employer saves money on your health insurance—and that's good news for you and everyone with whom you work. In *Move It. Lose It. Live Healthy: A Healthier Workplace One Employee at a Time!*, Tom Gilliam provides the foundation to help you achieve a healthy body weight without putting your health at risk. Read this book and you will learn:

- How to achieve a healthy body weight
- How to select a physical activity that is right for you
- How to include more physical activity in your daily routine
- How to prepare more nutritious, balanced meals
- How to select healthier snacks
- How to help your children become more physically active
- How to help your children develop healthier snacking habits
- How to dine out more nutritiously.

This book is for anyone interested in achieving or maintaining a healthy body weight over time. Note the last two words. You didn't gain the weight overnight and you won't lose it overnight, either. But changing your lifestyle will pay off. Long term, you'll have more money in your pocket . . . and the energy to get out there and really enjoy it.

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Is it an individual who having spare time in that case spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This Move It. Lose It. Live Healthy. Achieve a Healthier Workplace One Employee at a Time! can be the reply, oh how comes? The

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