

# SALLY'S HEALTHY LIVING – Corporate Wellness Services



## Stressed and overweight employees cost your company \$\$\$

### INSURANCE COSTS KEEP GOING UP

Depending on what source you read, health **insurance rates have risen 80-131% over the past 10 years.**

That means more costs for YOU the employer.

### ACCORDING TO OSHA

The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. **Stress costs American industry more than \$300 billion annually.**

### ACCORDING TO WBGH

"Organizations lose more than \$12 billion per year due to higher healthcare utilization rates, lowered productivity, increased absenteeism, elevated health and disability insurance premiums and other consequences associated with obesity and weight-related condition."

## Save \$\$\$ with in-services, lectures and workshops on stress reduction and weight loss

### FACTS

**A review of 32 studies of corporate wellness programs found claims costs were reduced by 27.8%, physician visits declined by 16.5%, hospital admissions declined by 62.5%, disability costs reduced by 34.4%, incidence of injury declined by 24.8%\***

\*Sarasota Living Well Employee Health and Benefits

### STRESS REDUCTION

On-site stress reduction programs offer hands on experience from a qualified instructor for stress reduction and education. Participants identify their personal stressors, learn how to let go of things they cannot change and learn techniques to help them cope with stressful situations.

### WEIGHT LOSS

**Experience is the best teacher.** Sally used to be obese. Not only does she bring her medical expertise to the workplace, she brings a rich experience of success for many years of keeping a healthy diet, exercise and normal weight. Sally shares her success strategies with participants and gives them practical tools they can use at work and at home.

## ABOUT SALLY



### CORPORATE SERVICES

- Lunch & Learns
- Workshops
- In-Services
- Lectures
- Article writing
- Health evaluations

### INDIVIDUAL SERVICES

- Coaching
- Health evaluation
- Personal goal setting
- Stress evaluation

**Personal Passion**  
Sally's passion for wellness coaching comes from her personal experiences. From failure to success, she learned to change her behaviors so she could navigate a healthy and enriching life.

### Life Path and Professional training

Sally graduated from college in the 1970s, just before her 21st birthday. She weighed almost 200 pounds and smoked two and a half packs of cigarettes a day. After a series of unsuccessful jobs and many moments of personal dissatisfaction, she

started studying lifestyle changes and meditation at Kripalu. (Yoga retreat center that is now located in Massachusetts).

Sally quickly learned that with a little inward focus and work, she could change her habits and how she responded to the world. She learned she could be content even when things didn't go her way.

She lost the weight, gave up smoking and some other unsavory habits. She went back to school and became a nurse and later got her Master's in Health Care Administration.

She continues her meditation practice and had attended many workshops and trainings about meditation, lifestyle and personal growth. She is currently certified as a Wellness Coach.

Sally says, if she could make such dramatic changes in her life, anyone could

## CONTACT INFORMATION

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Healthy  
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