

We invite you to become a **Partner in Health!**

As a businessperson, I'm sure that you can appreciate the value of networking. At Healthy Lifestyles, we have some ideas about how we can work together efficiently and effectively.

The purpose of this program is to encourage and enable a variety of businesses to network with Healthy Lifestyles. The goals are to promote our businesses and enhance the health and wellness of our patients and clients at the same time. It's a win-win-win proposition!

The ways that you can become a Partner in Health include:

- Participate in the Healthy Lifestyles **Discovering Your Best Self** wellness workshop series. Present a 60 to 90 minute workshop on a topic of interest to Healthy Lifestyles clients and the general public. You provide a flyer and Healthy Lifestyles will publicize the workshop to all of our clients and associates plus we will post listings in the calendar sections of local newspapers. Workshop attendees will provide a \$5 to \$10 donation to benefit the Healthy Lifestyles scholarship fund. Past topics have included meditation, hypnosis for weight loss, healthy eating for menopause, heart-rate monitoring, and the diagnosis and treatment of metabolic dysfunction. The workshops can be held at Healthy Lifestyles or at your location. These workshops are a wonderful opportunity to promote your business.
- **Invite Healthy Lifestyles** to come to your place of business or community location to provide weight-management services. Offerings could include lifestyle workshops on a variety of topics, 12-week weight-management programs, lunch-and-learn sessions, resting metabolism testing, body-fat analysis and other health screenings for overweight and obesity.
- Participate in the Healthy Lifestyles **"Move it and Lose it!" Club**. The club meets weekly to exercise together, usually consisting of moderate walks or hikes. Occasionally, the club meets at a local fitness center or other location to participate in formal fitness or wellness classes. Sometimes the classes are scheduled specially for us and other times we join already scheduled classes. Classes that we have tried include Pilates, Spinning, water aerobics, Jazzercise and yoga. If you are a fitness or wellness provider (i.e. personal trainer) without a location, come with us on an outing to educate and energize us. By opening your fitness/wellness center to our club or joining us on an outing, you will gain exposure and possibly some new clients!
- We can provide professional **consultations** on matters related to weight management and lifestyle change. In return, we would request your expertise as needed.

- **Provide a prize** for our Healthy Lifestyles Challenge and/or free prize drawing. Many Healthy Lifestyles clients are participating in a challenge that encourages them to eat healthfully and exercise regularly. There are prizes awarded to those who attain certain levels of achievement. The free drawing is offered weekly to all of our clients. Prizes provided have included personal training sessions, a private mat Pilates session, bodywork, fitness assessments, salon services, gift certificates, memberships, etc. All manner of goods and services are encouraged. For each prize that you offer, Healthy Lifestyles will provide you with a \$45 gift certificate (50% off!) for a Resting Metabolic Rate test that you can use yourself or give away as a valuable gift to your clients.
- Be profiled as a Partner in Health in the Healthy Lifestyles **Website and/or email Newsletter**. Simply provide a written profile and photo, and Healthy Lifestyles will add your business to our website with your contact information and website link (if available). We may also include your profile in our monthly newsletter. You have the option of including a coupon for your goods/services on the website and/or newsletter. In addition, you can write an article related to health and fitness to be included in our website and/or newsletter.
- Provide your choice of discounts on your goods and/or services to Healthy Lifestyles clients via our **Healthy Lifestyles Savings Card**. All Healthy Lifestyles clients are given the savings card and are encouraged to use it to save on a variety of goods and services offered by our Partners. A full list of the businesses/providers accepting the Savings Card is located on our website along with their available discounts.
- And of course the obvious...**giving and receiving referrals!** Healthy Lifestyles can provide you with brochures, flyers and business cards to make available to your patients, clients, family, neighbors, co-workers, etc. In turn, we will display your information in our office and will refer appropriate individuals to you.
- We are open to other new and creative networking possibilities. Let's talk!

I have enclosed some materials so that you can become familiar with our services. Please feel free to share the materials with others who you think would be interested in learning more about Healthy Lifestyles as either a client or business associate.

Contact me soon so that we can sit down and discuss all of the possibilities. I look forward to meeting with you and to forming a productive relationship!

Kind regards,

Kathryn A. Evans, CLC
Founder & Program Director
Healthy Lifestyles, LLC