

Corporate Wellness *PROPOSAL*

Businesses throughout America are finally recognizing that it is their profits being lost due to employee illness and injury, and that to help their bottom line they can and must take action to improve their employee's health.



Today I would like to introduce to you a cutting-edge solution to your healthcare costs that will increase your profits and employee production while reducing absenteeism and workers' compensation claims.



More than 80
percent of
healthcare costs
can be traced to
three contributing
factors:

These three factors are:



- Being overweight
- Unmanaged stress
- Repetitive motion disorders.

Let's look more closely at these three factors and what they mean to your business. We will then show you our proposed solution.

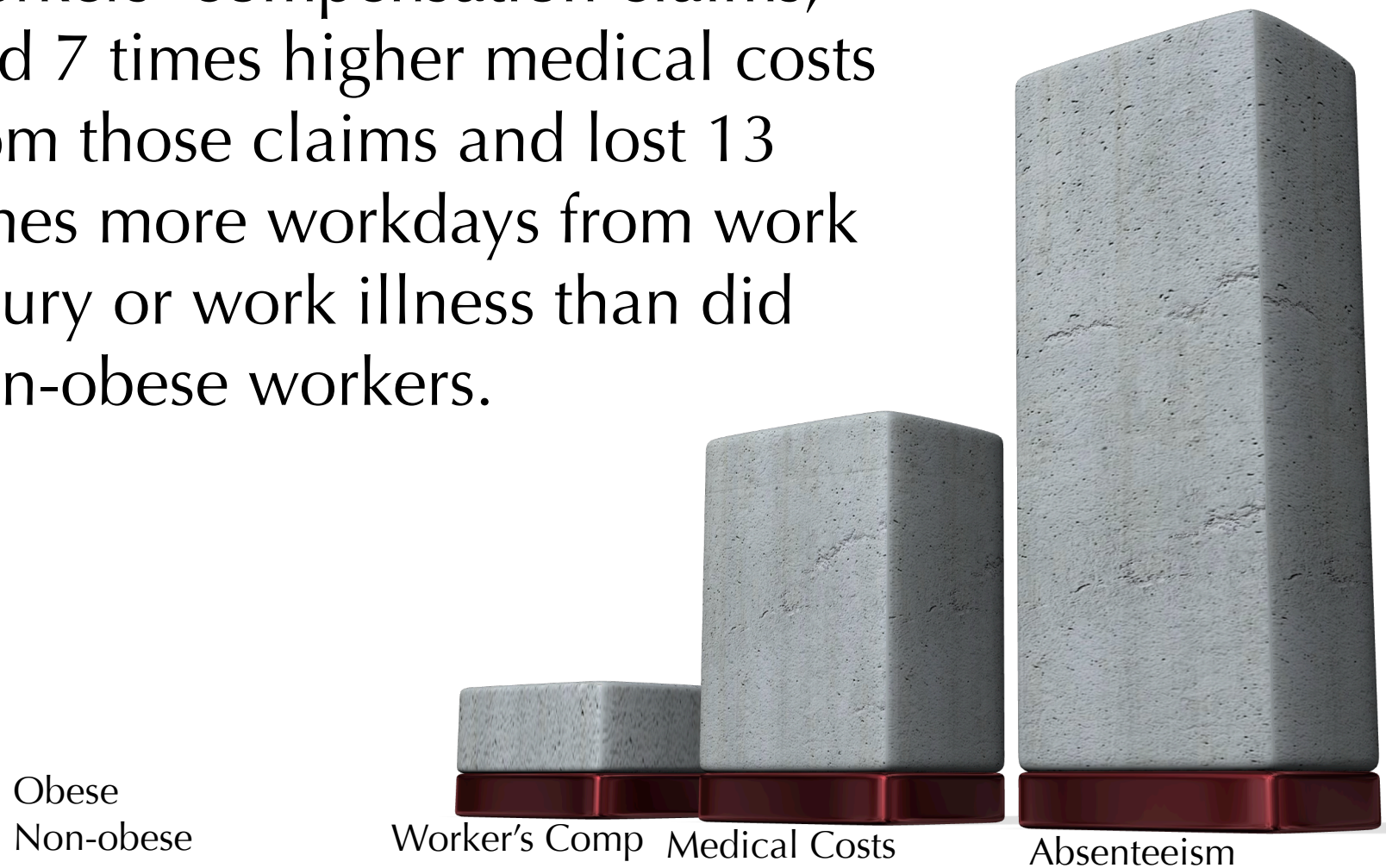


First, let's look at what having overweight employees is costing you, versus providing your employees a workable weight loss program.



These statements have not been evaluated by the FDA. The programs and products described herein are not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician or health care professional before starting this or any other health and wellness program.

A Duke University Medical Center analysis found that obese workers filed twice the number of workers' compensation claims, had 7 times higher medical costs from those claims and lost 13 times more workdays from work injury or work illness than did non-obese workers.



Since being overweight can be the main contributing factor to those healthcare costs related to workers' compensation claims, absenteeism, and lost production, in addition to doctor or hospital visits, it must be addressed in order to increase business profits.

The second area our wellness program would address is the negative effect stress has on one's health.



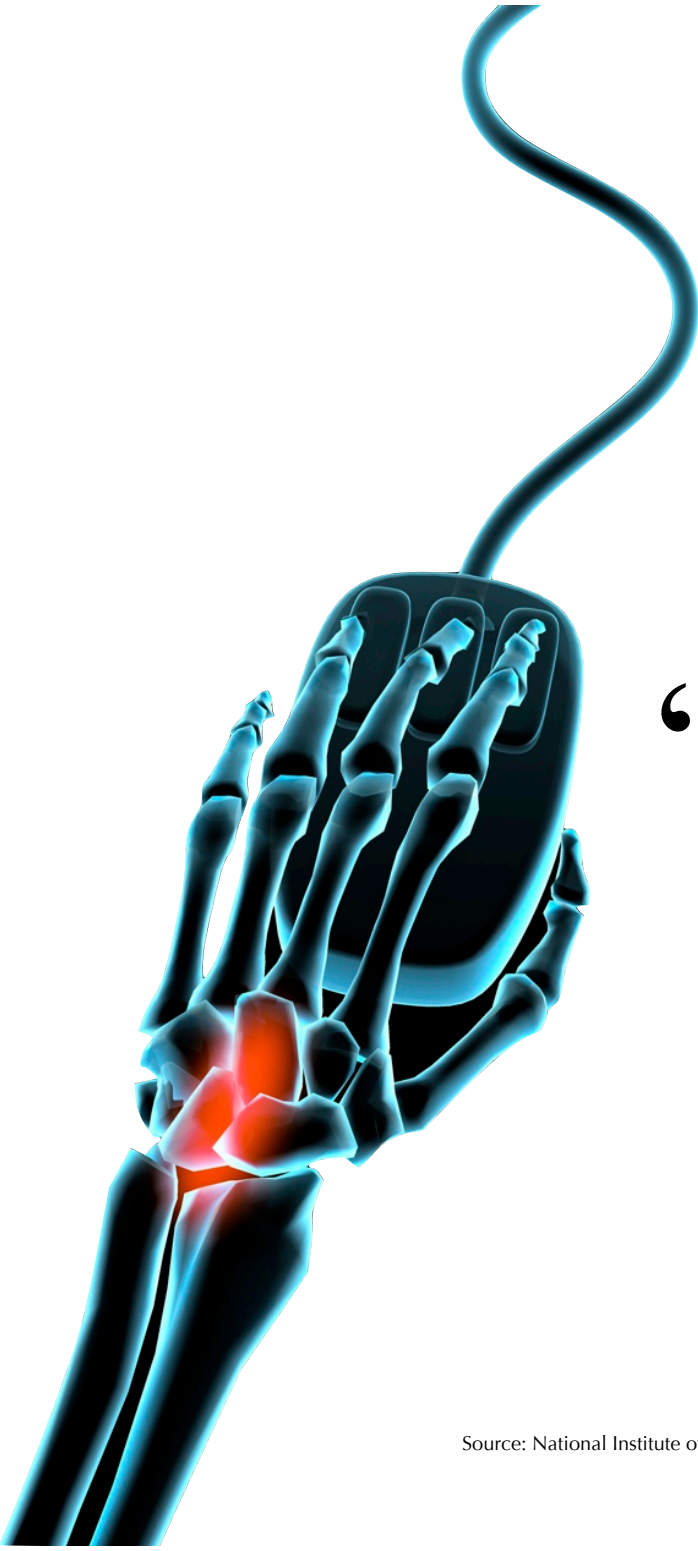
According to Dr. Han Selye's breakthrough book, *Stress Without Distress*, both stress and distress destroy the body by causing the over-production of adrenal gland hormones.

Exhausted adrenal glands lead to: insomnia, fatigue, weight problems, digestive problems, headaches, estrogen problems, frequent infections, etc.



The third area of corporate healthcare costs that should be addressed is preventing on-the-job injuries, which primarily come from repetitive motion disorders.



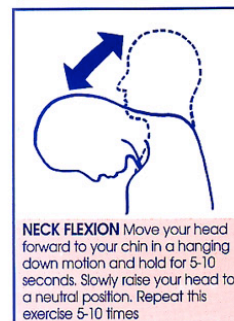
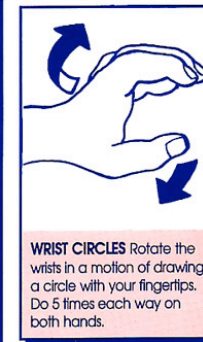
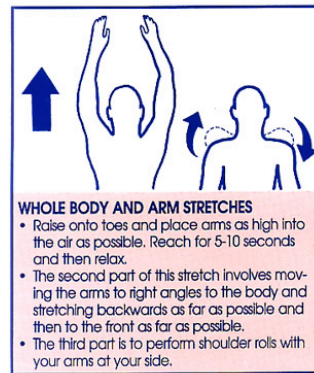


The National Institute of Occupational Safety and Health Administration stated:

“Sixty percent of all on-the-job injuries will be caused by repetitive motion injuries. Of these, Carpal Tunnel Syndrome is the most frequent.”

We can provide you a free lunch & learn workshop called Stretch Your Way to Good Health. As part of this presentation, your employees learn a 5-minute stretch program to be done once per day. This program will prevent workers' compensation injuries from occurring.

CARPAL TUNNEL SYNDROME Exercises



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First, we could provide wellness screenings to check for weight, stress and repetitive motion related problems.

Again, this would be at no charge.

Second, we could also do a series of Lunch & Learn workshops on different topics such as: *Stretch Your Way To Good Health, Stay Fit While You Sit, Stress Reduction, or How to Turn Your Body Into a Fat Burning Machine.* Again, these would be at no charge.



Third, we could provide a weight loss program paid for by you, in full or in part, or paid by the employees themselves.



Our anticipated return to you would be a minimum of 5 to 1. In other words, for every dollar you spend on weight loss, you should receive (in reduced healthcare costs, reduced absenteeism, reduced workers' comp claims and increased productivity) a 500 percent annual return!