A Creative, Community Wellness Program
Did You Know Today the adults in the U.S.
• Over 66% of adults are obese or overweight
• Medical costs for obese adults is 77% higher than a healthy adult
• 55% do not get enough physical activity

And the Future if trends Continue... by 2030
• 33% of adults will have diabetes by 2050 and 75% of these cases will develop cardiovascular disease
• Obesity rates for adults could reach or exceed 44% in every state and 60% in 13 states
• Children who are obese after age 6 are 50% more likely to be obese adults
• The number of new cases of diabetes could be 7.9 million per year
• And chronic heart disease and stroke could be 6.8 million per year

1 Robert Wood Johnson Foundation & Trust for America’s Health: “F as in Fat, How Obesity Threatens America’s Future”
2 New England Journal of Medicine: “Childhood Obesity, Other Cardiovascular Risk Factors, and Premature Death”
We want “Community Wellness” to be at the core of our value to L.S. RevUp is one of our more focused tools to advance Community Wellness for Individuals, couples, families, churches, public organizations, schools and businesses.
Why Community Wellness?

Major problem in the workplace: Absenteeism

- Stress
- Personal Illness & Injury
- Family needs
- Personal needs
- Developmental illnesses
  - Heart disease
  - Stroke
  - Diabetes
Return on Investment Benefits

- Decreased absenteeism
- Lower health and insurance costs
- Improvements to employee performance
- Improvements to employee productivity
  - Improved employee morale
- Enhanced retention of key employees
- Lower rate of employee turnover
- Reduction in workers’ compensation and disability management claims
Successful Corporations

- For each dollar spent on Coors Corporate Wellness Program, they saw a $5.50 return. The employees who participated reduced their absentee rate by 18%. The company saved $1.9 million dollars annually.
- Prudential Insurance Company reported that they employee benefits costs for those participating in their program was $312, as opposed to $574 for non-participants.
- DuPont & General Mills reported reductions in absenteeism by 14-19%.
- General Electric reported a reduction in absenteeism by 45%.
12 week RevUp Program

- LPCC Membership
- Small group personal training
- Healthy Eating Every Day nutrition classes
- Coach calls
- Exercise & Nutritional journals
- Incentives and challenges
- Full support and accountability
Pre & Post Assessments

- Lipid profiling
  - Total cholesterol
  - Triglycerides
  - LDL & HDL levels
  - Fasting Glucose

- Body Composition
- Muscular strength
- Muscular endurance
- Cardiovascular endurance
- Flexibility
- Body mass index
- Waist circumference
- Hip circumference
- Waist to hip ratio
Healthy Eating Every Day (HEED)

• Weekly 60 minute nutrition classes
• Aspects of nutrition are covered from in-depth knowledge to healthier cooking options to emotional eating triggers
• Healthy Eating Every Day workbook included for each RevUp client
Personal Training

• Weekly 60 minute training sessions in small groups 2-6
• Training time will be consistent over the 12 weeks of RevUp
• Training takes place at LPCC and the style of workout will vary every time
Coach calls

- Weekly 15 minute phone calls conducted by personal trainers to each RevUp client
- Support system provided to track daily nutrition and exercise journals, goals, and progress
- Accountability and help offered for everyone and extra workouts for those wanting more
12 Week Legacy Park Community Center Membership

- All group exercise classes
- Cycling classes
- Aqua Fit classes
- Fitness Center
- Aquatics center
- Gymnasium
- Racquetball courts
- Locker rooms and family changing rooms
Before RevUp I had almost no energy, didn’t have much desire to work out and was making poor eating choices. Several people at the Police Department had told me of the results they had so I thought I would give it a try. My initial goal was to lose enough weight to Zip Line during a family vacation to celebrate my youngest son graduation high school. I achieved that goal plus some. I am not in reload and still working hard and losing the pounds. I highly recommend this for anyone that is fighting the battle to stay healthy.

-Rodger Bowers
Testimonials

“RevUp is the single best thing I have ever done for my physical well-being! I believe the combination of the nutrition classes and personal training were the key to my success. The MyFitnessPal app, made it a cinch to track both my food and exercise. Turning that information in each week kept me accountable and allowed my fitness coach to review my diaries and offer suggestions during my weekly coach calls. The before and after assessments showed the positive results of my hard work! I lost weight, gained muscle, and improved my cholesterol, triglycerides, blood sugar, heart rate and flexibility. I would recommend this program to anyone of any age who would like to lose weight, build strength and endurance, and improve their overall health. I was a 59-year-old with poor eating habits and a sedentary life style. In July, I will be a 60-year-old who is healthier and more fit than I have been in year. Trust me, if I can achieve success through RevUp, anyone can! What a great team!!!”

-Pat Huskey
Over 1,000 Served!