



*Healthy Girl
Holistic Lifestyle*

*Wellness In The
Workplace*

Comprehensive Wellness

Healthy Girl Holistic Lifestyle was founded by Elizabeth Stanley as a community for people to find truth amongst all the noise of healthy fads, diets that don't work and popular meal replacement options. As a single mom of two wonderful girls, I have been able to find a way to provide guidance and follow my passion of helping as many people as I can. I look forward to talking to you about your goals and how I can help!



Elizabeth achieved her Bachelors Degree from **Marist College** and a Master's Degree from **Boston University**. She is a Holistic Nutritionist / Health Coach and is also a graduate of **Institute of Integrated Nutrition** in New York City. Elizabeth is a certified personal trainer and is also certified in Pilates, barre, core conditioning and advanced strength training. Her experience in different worlds of wellness provide her with a unique ability to provide comprehensive wellness plans.

Bringing A Strategy to the Workplace

At **HGHL** we put together a strategy for our corporate clients to create custom health and wellness programs. Each company and their employees have different health and wellness goals. We work with you to create customized programs tailored to your organizational needs. Corporate Wellness programs see many benefits to everyone:

Company Benefits:

- Reduction in Health Care Premiums*
- Increased Productivity
- Lowered Stress Levels
- Less Sick Days Taken
- Employee Empowerment and Increased Morale

Whether your company is looking to start a new wellness program or you are looking to enrich an existing program, *HGHL's* team of **Holistic Nutritionists & Health Coaches, Certified Personal Trainers & Yoga Professionals, and Certified Wellness Consultants** will work with you to identify your employees' wellness needs and interests and work to create the most effective wellness program for your company.



* Health Care plans vary; please contact your health care provider to confirm what types of savings are possible on premiums.

What is Wellness?

What is Wellness? There are many definitions of wellness, but at *HGHL* wellness is not merely the absence of disease but an ongoing process: becoming aware of making healthier choices, maximizing an individual's potential, and achieving a state of optimal well-being.

HGHL's wellness programs are designed to integrate nutrition, fitness, stress management and work/life balance.

Though each client program is unique, these are some of our most popular wellness programs:

- ✓ Nutrition & Weight Management Programs
- ✓ One on One Health Coaching
- ✓ Fitness Workshops & Group Fitness Classes
- ✓ Interactive Workshops & Webinars
- ✓ Organic Cooking Demonstrations & Classes
- ✓ Corporate Wellness Seminars
- ✓ Health Management Coaching & Consulting
- ✓ Health Risk Assessments & Wellness Questionnaires
- ✓ Wellness Video Blogs
- ✓ Team-based Health & Fitness Challenges



Our Wellness Team All of our wellness programs are designed and run by a team of licensed and certified health and wellness professionals.

- Certified Health & Wellness Coaches
- Certified Chiropractors and Massage Therapists
- Certified Personal Trainers & Group Fitness Instructors
- Cooking Coaches and Organic Chefs

Wellness Doesn't Have to Be an Expense!

Wellness Funding

There are both MA state grants and a wellness tax credit available to assist your organization in putting your wellness program into action.

- MA Wellness Tax Credit is available for companies with 200 or fewer employees and covers 25% of your wellness expenses.
- MA Workforce Training Fund Program Grants cover up to 50% of your wellness program. The Express Grant is available for companies with 100 or fewer employees and the General Grant is available for companies of any size, including those with 100 or fewer employees.

Schedule a meeting with us and your benefits specialist to see what we can do to help reduce your company's premiums and increase your employees' productivity at the same time!

**We can help make Wellness a
Win - Win for everyone!**

More Information can be found at
www.healthygirlholisticlifestyle.com

To Schedule a Consultation please call:
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