

# The Biggest Loser Scholarship Program

A unique opportunity to kick start your company's health and wellness goals

## Special Offer for Independent Health Groups

### Ready to make a commitment to your health?

Thanks to The Biggest Loser Scholarship Program, sponsored by Independent Health, you and your employees have the unique opportunity to spend a week at The Biggest Loser Resort Niagara for **FREE**.

During this stay, you and/or your employees will experience the full-immersion program of nutrition, life coaching and fitness education in a controlled and supportive environment. You'll have a chance to try a variety of fitness classes tailored to all fitness levels. It's a great way to start on the path toward a healthier lifestyle.

**Total Cost: \$2,695 per person**

**% Funded by Independent Health: 100%**

**YOUR COST: \$0\***

## WHY SHOULD MY COMPANY PARTICIPATE?

Whether you choose to participate in the Biggest Loser Scholarship Program and lead by example, or take this opportunity to help improve the health of your employees, it's a win-win situation.

Evidence shows that promotion of good health in the workplace benefits employers through:

- Reduced employee turnover
- Reduced costs associated with chronic disease
- Decreased absenteeism
- Increased worker morale and satisfaction



\*Participants are required to complete the program in order to receive full coverage; leaving before the completion of the program will result in the participant being held responsible for 50% of the total cost.



**Check out some of the exciting activities you'll experience during your stay.**

**Sample One-Week Daily Agenda**

6 a.m.	Stretching Class/Open Gym
7 a.m.	Breakfast
8:30 a.m.	Hike or Outdoor Activity
11:15 a.m.	Total Toning Class
12:15 p.m.	Lunch
1:15 p.m.	Educational Series
2:30 p.m.	Core Strength Training
3:30 p.m.	Circuit Training
4:30 p.m.	Water Aerobics
5:30 p.m.	Dinner
6:30 p.m.	Educational Series



**Sending Additional Participants**

Is there another employee, family member or friend who would like to join the scholarship recipient(s) during their one-week stay? To help make it possible for more individuals to take advantage of this great opportunity, it may be possible to receive a special rate or discount to send additional individuals. Speak with your sales representative to learn more.

**Take advantage of this exclusive offer today! Space is limited, so please call your Independent Health sales representative for more information and to register.**



**Independent Health and The Biggest Loser Partnership**

Inspired by NBC's hit weight-loss series, "The Biggest Loser," the resort focuses on exercise, healthy nutrition and education. The rigorous program engages participants in their own health and gives them the tools they need to adopt lifestyle changes to stay healthy and reduce their risk of chronic disease.

Independent Health's partnership with The Biggest Loser Resort Niagara is just one of many community initiatives we have in place that aims to enhance prevention and wellness in Western New York. This collaborative effort offers those looking to take control of their health, a unique and exciting opportunity to get the support and guidance they need to achieve their health and wellness goals.

