



**HEALTHY EMPLOYEES =
HEALTHY BUSINESS**

HEALTH SOLUTIONS

Health Solutions' personal, flexible format provides companies and individuals with a well-targeted, common sense approach to improve their safety and health.

In business for more than 20 years, **Health Solutions** serves over 140 clients in the United States and Canada. We use several powerful formats to deliver the healthy lifestyle message, including:

Consulting

- Management Surveys
- Cost-Benefit Analysis
- Employee Interest Surveys
- Injury Prevention / Health Promotion / Wellness Campaigns
- PWP (Personal Wellness Programs®)
- Sustainability Programs

"Train the Trainer" Workshops and On-Site Classes

- Ergonomics: Office/Field/Plant Ergonomic Worksite Set-Ups
- Ergonomics: Ergonomic First Aid®
- Wellness: Learn to Be Lean® / Biggest Winners®
- Wellness: To Your Health®
- Wellness: Health Assessments®
- Wellness: Stress Success®

Health Assessments

- Blood Pressure
- Body Composition (% Body Fat)
- Carpal Tunnel, Neck, Shoulders, and Elbows
- Lifting and Grip Assessments
- Low Back Fitness
- Nutritional Analysis
- Stress Inventory
- Health Risk Appraisal
- Assess for Success® Campaign

Interactive Health Fairs

- Customized to the Client

Lectures

- Variety of Topics Upon Request

Contact us to schedule a consultation: 1-800-671-2154