

**Are your employee healthcare costs skyrocketing due to lifestyle-related illnesses associated with obesity and unhealthy habits?**

**Are you seeking a worksite  
wellness program that can help  
change that?**

**Other worksite wellness programs tell your employees **WHAT** they need to do in order to get healthier and more fit.**

**“Eat Better”**

**“Exercise More”**

**“Stop Smoking”**

**But your employees already know this.**

**If they already know it, why don't they do it?**

**The information most wellness programs provide is ineffective if your employees are not taught **HOW** to overcome their perceived obstacles to leading a healthier life.**



**“I don’t have time to work out”**



**“It costs too much to eat healthy foods”**



**“I can’t afford a gym membership”**



**Your employees feel lost, confused, and stuck.**

**It's time to call in the healthy lifestyle coach.**

**Someone who can empower  
your employees with actual,  
effective tools for making  
lasting healthy lifestyle  
changes despite their current  
challenges and excuses.**





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## **Sara Hauber, M.A.**

Sara's health and fitness education includes:

- M.A. Health Communication, Purdue University
- ACSM Health/Fitness Specialist
- Wellness Coach by Wellcoaches
- ACE Lifestyle & Weight Management Counselor
- LMA Nutrition Manager Consultant

**Featured presenter and official wellness content creator of the General Mills & Nestle Fitness Virtual Coach software**  
*(International release)*

**Creator of Lifestyle Management Associates  
“Essentials of Coaching for Wellness Professionals”**

**Wellness coach for CBS2 Chicago's  
“Fit Eye for the News Guy” program**

**Featured on WGN Morning News, and in the Chicago Tribune, Pioneer Press, and Skyline News**

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**Healthy lifestyles** can only be achieved by changing what a person thinks and how a person acts.

Coach Sara specializes in teaching your employees the **step-by-step process** for achieving long-term healthy behavior changes.

Her **Reality Check** method incorporates a **Motivation** component, which addresses unproductive thoughts and beliefs; and an **Action** component, which provides the tools your employees need to successfully change their behaviors.



Through a series of short, interactive segments with Q&A, “buddy” activities, and “Reality Checks,” Coach Sara guides your employees through the process of:

- **discovering the healthy goals they would like to achieve,**
- **identifying barriers to change and applying effective techniques to overcome them,**
- **modifying the destructive thinking that leads to unhealthy lifestyle habits, and**
- **making realistic choices that lead to sustained healthy lifestyle changes.**



Your employees will come away with a new set of **life skills** that not only help them improve their health, but can also increase their **effective decision making** and performance at work and in daily life.

Skills such as:

- **Carefully selecting actions based on relevance to desired outcomes**
- **Performing cost/benefits analyses prior to choosing actions**
- **Communicating reasons for goals and recruiting support to achieve them**
- **Taking (and enjoying) responsibility for their choices and actions**
- **Evaluating unsuccessful actions and making better subsequent choices**



Your company or organization will benefit as well by taking full advantage of Sara's expertise in **program evaluation** and **outcomes assessment**.

Sara believes that no program is complete unless it is fully evaluated to gauge its **successful attainment of your organization's goals**.

When you work with Sara, she will:

- **Collaborate with you to determine the needs of your employees**
- **Select desired outcomes for your workforce**
- **Measure program effects**
- **Evaluate successful achievement of outcomes**
- **Communicate results to organizational leaders in plain language**
- **Recommend future courses of action**



### Whether

- your organization is big or small,
- you have full- or part-time employees (or both),
- you need a one-day workshop, several shorter seminars, or a series of workshops with continuing support throughout the year,

Sara will design an effective program that addresses the individual needs of your company and the specific wellness issues facing your employees.

**Don't waste your money on worksite wellness programs that don't work**

**Other Programs**

**Eat this**

**Exercise more**

**Stop smoking**



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**Do a Reality Check!  
Give your employees the tools  
that will empower them to  
overcome obstacles and achieve  
lasting healthy lifestyle  
changes.**



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**All worksite wellness programs are not created equal.**

**Choose one that works.**

Contact **Coach Sara Hauber**  
to discuss your needs.

**773-320-5765**