



# cayenne

## wellness center and children's foundation

A Quarterly Newsletter

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### A month of action for healthier employees

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### Tackling obesity in the workplace

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### Cayenne Wellness Center

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Hours: Sunday - Friday by appointment only

### Quote:

The greatest wealth is health.

Virgil



# A month of action for healthier employees

Facts suggest that healthier employees require less medical care and have lower health benefit costs. However, studies show that a majority of "healthy" individuals in the U.S. will develop chronic illnesses due to behavioral factors that put them at high risk, such as inactivity, obesity, or tobacco use. To lower benefit costs and increase employee satisfaction, it is essential to implement and endorse a successful health promotion program.

September, the month officially dedicated to the benefits of active living and healthy eating by America on the Move, is the perfect time to promote healthier life

choices. America on the Move is a national non-profit initiative aimed at improving the quality of life through minor changes that prevent weight gain and enhance health. Small, consistent changes to daily activity and eating patterns can add up to better health and quality of life over time.

### What can you do to support these efforts?

Create an environment for success with these simple, practical ideas at work:

- Support smart food choices - serve bottled water, fresh fruit, veggie trays, mini bagels, salads and whole grain breads for lunch meetings; ask your vending company to stock the machine with healthier options, such as protein bars and baked chips; include at least one or more healthy alternatives at office celebrations, like low-fat muffins or fresh fruit.
- Promote movement strategies - encourage office walks around the building

at lunch or during breaks; hand-deliver messages to colleagues for short movement breaks; promote use of the stairwell.

Encourage your employees to experience the simplicity and success of an improved quality of life by contacting Cayenne Wellness Center. We offer:

- **Nutritional seminars** based on the renowned 3-4-4 nutritional method of eating
- **Holistic Psychotherapy** to assist your employees with coping with the stressors of life (work, family and self esteem, to name a few).

For more information on how Cayenne Wellness Center can support the health, well being and productivity of your employees, contact us at: 818.377.5170 or via email at: [info@cayennewellness.com](mailto:info@cayennewellness.com).



## Tackling obesity in the workplace

Millions of Americans struggle each year with obesity, a condition that increases the risk of serious conditions such as diabetes, heart disease, and high blood pressure and leads to premature death. These complications can make a big impact in the workplace, causing an increase in healthcare costs and absenteeism while reducing productivity. Because group support is vital to successful weight loss and adults spend most of their day in the office, the workplace is the perfect setting to promote lasting lifestyle changes.

### What can you do, as the employer, to help improve the health of your employees?

1. Educate employees on the importance of maintaining a healthy weight.
2. Make physical activity a priority by encouraging the use of stairs instead of the elevator, supporting activity breaks throughout the day, and allowing employees enough time for lunch to exercise.
3. Offer healthy food choices in vending machines and at meetings to promote sensible eating habits.
4. Implement wellness programs and provide your employees with resources to reach their goal weight.

As a Cayenne Wellness Center (CWC) Corporate Member, your employees would save on a variety of health and wellness programs:

### Cayenne Wellness Center Healthy Eating Plan for Individuals

- 4 week plan: Includes (4) 1 hour in person sessions, an exercise plan, and complete meal plan suggestions so you will know what to eat.

- 8 week plan: Includes (7) 1 hour in person sessions, a health food market tour and how to stock your kitchen, an exercise plan, complete meal plan suggestions so you will know what to eat, and (4) 15 minute follow up sessions to answer questions and monitor progress.

**As a CWC Corporate Member**, you would pay an annual fee which would include receiving our quarterly newsletter and a CWC professional presenting a health and wellness seminar twice a year to your employees. Membership would also include participating in Cayenne Wellness Center's EAP program. Current research has substantiated organizations that have an Employee Assistance Program (EAP) save significant dollars through early intervention and prevention efforts, as well as creating a sense of caring for the employees. The savings is often realized through increased productivity and reduced health claims.

Start a healthy weight culture in your company by spreading the word and increasing awareness. To provide your employees with these resources, direct them to our website at [www.cayennewellness.com](http://www.cayennewellness.com).

For more information on how Cayenne Wellness Center can educate, support and provide wellness programs to your employees, contact us at: 818.377.5170 or via email at: [info@cayennewellness.com](mailto:info@cayennewellness.com).

### Annual Fee Schedule:

**For 1 - 25 employees<sup>1</sup>**, the cost of your annual membership is \$1,800.00. This includes receiving our quarterly newsletter, and a Cayenne Wellness Center professional presenting a health and wellness seminar twice a year to your employees at your office. Your membership also includes a CWC trained professional available to offer holistic psychotherapy twelve times<sup>2</sup> a year to your employees, either at our Glendale office or at yours.

**For 25 - 50 employees<sup>1</sup>**, the cost of your annual membership is: \$3,240.00 (a 10% savings) and would include all of the above, offering 24 (instead of 12) psychotherapy sessions to your employees, either at our Glendale office or at yours.

**For 50+ employees**, the cost of your annual membership is: \$4,860.00 (a 10% savings) and would include all of the above, offering 36 psychotherapy sessions.

<sup>1</sup> The number of employees is not the number you employ but the maximum number to attend the seminars.

<sup>2</sup> EAP program consists of offering a total of twelve psychotherapy sessions throughout the year. Contact us if you wish to purchase more sessions for your employees.