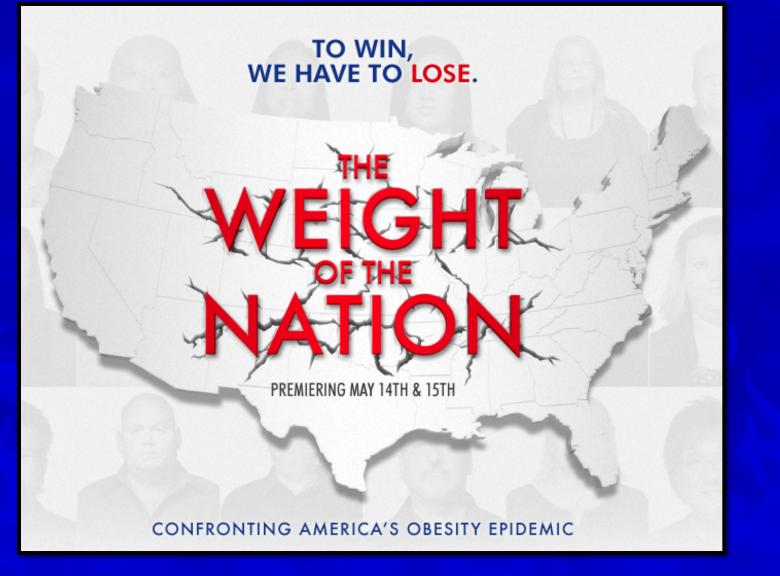


Corporate Wellness: *"Igniting Shift to Solution!"*



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http://theweightofthenation.hbo.com/trailer



Objectives

Injury Prevention! Weight/Disease Management Mental Health



Creative ACTION!

- Joint Mobility
- Core Strength
- Functional Fitness
- Hiking
- Education
- Self Defense!

- Organic Farm Tours
- Hydrostatic Weighing
- Movement Screens
- Raw Food Classes
- Metabolic Circuits
- FUN!





Ron Jones HIGH-PERFORMANCE HEALTH ronjones.org

"Wellness Councils of America" (March 2011)

- The US spends more on health care than any other industrialized country—4X what we spend on defense.
- Starbucks spends 200 million per year on insurance—more than it spends on coffee



Women @ Work

1.WEIGHTFocus on Lean Muscle

2.TIMEMetabolic Training



Body Composition & Weight? Lean Mass: -Muscle **–**Bones -Organs -Fluids Fat: -Reserves & Insulation



Body Composition & Weight? 1500 Resting Metabolic Calories +300Activities of Daily Living ← "Pre-Exercise" Calories to PRESERVE lean mass!!!
 1800

<1800 Calories/Day = V Muscle & A Fat



Winning the "Weight" War!

1. Redefine "Weight"

2. Stop Starving!

3. Balance Carbs, *Protein*, & Fat

4. Maintain (& Gain) Muscle

5. REDEFINE WEIGHT!!!



This is the first generation of American children predicted to NOT outlive the ages of their parents due to obesity-related diseases...







Give them a chance for a HEALTHY AMERICA!





Shift Happens!



