

Personal Health Management

Health Risk Assessment

Health Coaching

Wellness Feedback

Bringing Online Wellness to Your Employees

HEALTH
YOUNIVERSITY



What do our participants say?

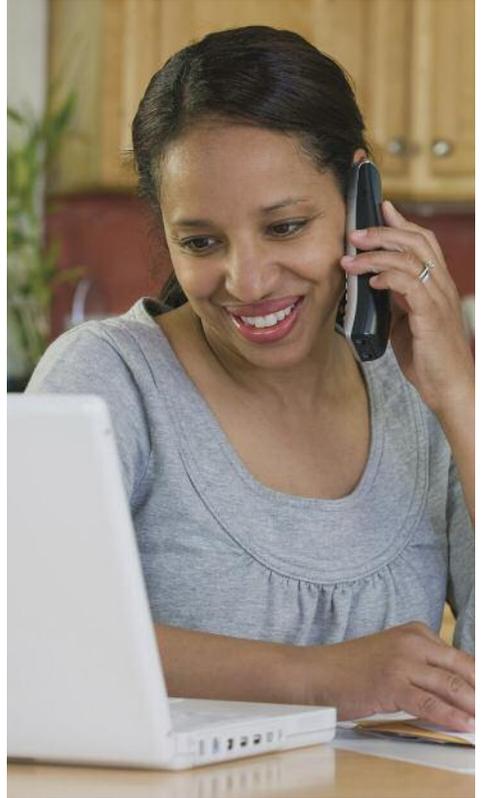
Read What Health YOUiversity Program Participants Have to Say:

"The Work at Home Wellness program has helped to keep me on track and continue working towards my goal of losing 25 lbs total. I think that I am now more motivated to continue exercising not only for weight loss but also to be healthy. Thank you for this wonderful program."

"I just wanted to tell you thank you so much for your excellent program! I can't believe how much it has changed my way of thinking about myself, my eating behaviors and my life. I've lost six pounds and 1 inch from my waist since Developing a Healthy Relationship with Eating started, and I don't feel like I'm on a diet. I think this program is the best thing that I've ever done, and will stay with me for the rest of my life."

"The Health YOUiversity coaching staff has helped me lay a solid foundation. They designed a strength training and a cardio plan, discussed my short term and long term goals, and encouraged my meal plan to support my level of activity. I've discovered achieving my goals aren't too far off; I just needed the extra support, thank you!"

"Since 9/2010 I have lost 11lbs, not that drastic. But more important, I have lost 7 inches. My days are not perfect and I struggle with my body image daily, but I look at old pictures and see how far I have come. They keep me motivated to not go back. :) Thanks for the support and the extra information to help me along my journey. I will reach my goals and reward myself for all of my accomplishments."



Get Started Today!

Contact Bethany Garrity, at

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