

Cultivating Health **your resource for a healthier you**

These products focus on exploring and addressing attitude change—which is the key to long-term success. The self-paced materials combine messages of positive reinforcement with tools that will support you in your effort to make lasting lifestyle changes.

Cultivating Health Weight Management Kit—\$15

Want to lose weight?

Our kit includes:

- 10-step program *Workbook*.
- *Resource Guide*.
- Tape measure.
- Quote pad.
- Food guide pyramid magnet.
- Colored “trigger dots.”
- 33-page *Fast Food Guide*.



Cultivating Health Freedom from Tobacco Kit—\$15

Become a former tobacco user!

Our kit includes:

- 9-step program *Workbook*.
- *Resource Guide*.
- Chewing gum.
- Quote pad.
- “4 D’s” wallet card.
- Colored “trigger dots.”
- Worry stone.



Cultivating Health Everyday Fitness Kit—\$15

There’s more to activity than exercise!

Our kit includes:

- 10-step program *Workbook*.
- *Resource Guide*.
- “Activity Pyramid” mini-poster.
- Quote pad.
- Stretching guide.
- “Get Vertical” sticker.

