

Tsawwassen Wellness Centre

corporate health programs



EAT TO YOUR METABOLISM

1. Metabolic Test

Learn exactly how much you can eat to achieve and maintain your ideal body weight. The only way to really know if you are burning fat is to test your metabolism.

2. Metabolic Typing

Customize a precise diet plan based on your metabolic type. For hereditary and lifestyle reasons, each person's metabolism is unique. Find out your metabolic type and discover the best foods for your metabolism.

** 2 programs to choose from.*

HEALTHY BACK

Imagine... life without back pain. Receive an assessment and exercise protocols from our Physiotherapist then participate in our Healthy Back Class 1-2x per week. The Physiotherapist and Healthy Back Instructor will work together to ensure both your home and in-class exercise program matches your personal needs. If you are under the care of a physiotherapist already, we can work with him/her to ensure streamlined care.

** Programs in Pilates, Meditation, Desk Exercises and more also available.*

LUNCH 'N LEARN SEMINARS

Seminars to provide you with the skills, tools, knowledge and resources so you can make informed choices about your health and well-being.

Most popular topics:

- Eating for Energy
- Stress Management
- Eat to Your Metabolism
- Work-Life Balance
- pH, Water and Your Health
- Metabolism, Weight Loss & Health
- Aging Well in the 21st Century

** More topics available.*



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Your employees are your best asset! It just makes good cents.

BENEFITS TO THE EMPLOYEE

- Weight loss
- Improved energy
- Increased mental clarity
- Increased mental focus
- Increased physical resilience
- Decreased absenteeism

