



Empower12

12 months of Smart Nutrition, powered by you!

Empower12: 12 months of Smart Nutrition, powered by your employees!

This worksite wellness program is ideal for companies with multiple locations or remote locations.
Reach all of your employees with this comprehensive program.

Finally—a COMPLETE program that will change the lives of your employees by using Smart Nutrition!

- Smart Nutrition, developed by Chef Marshall O'Brien, is a program of nutrition, sleep, hydration and physical activity that totally reinvents your employees' lives.
- We provide the pathway to get your employee participants from where they are to where they want to be.
- We supply employee participants with all the tools they need to make their desired changes.
- We provide weekly reinforcement to help employee participants to make sustainable changes.
- Employees do all of this at their own pace.

With Empower12 employee participants will receive:

- Chef Marshall's Smart Nutrition Workbook – This explains the process and lays out the detailed steps to get participants started.
- Chef Marshall's Smart Nutrition Cookbook & Meal Planner – These are the tools participants need to help them along their journey.
- 52 weeks of consistent support that includes coaching, tips, recipes, and motivation, emailed to participants by Chef Marshall to keep them on track.
- 5 seasonal topics with recipes, such as "Getting Through the Holidays," and "Having a Great Summer."

Contact Kristine Keykal to get started! kkeykal@advantagehealth.com

