



NEWS RELEASE

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For immediate release

NON-PROFIT SEEKS HEALTH & WELLNESS PROFESSIONALS TO HELP BATTLE OBESITY BY OFFERING 12 WEEK WEIGHT MANAGEMENT SMALL GROUP WELLNESS CLASSES

WASHINGTON, DC (September 25, 2009) – National non-profit seeks Corporate Health Coaches to lead Small Group Wellness Classes at local employers and Risk Management Consultants to assist in advising employers of program availability. Corporate Health Coaches are compensated \$200 to \$500 per hour to teach the Classes and Risk Management Consultants generate an average of \$5,000 per day on-site of each employer to launch the programming. Training for both roles is provided by the US Wellness Chamber.

In a typical workforce, two thirds of the employees are overweight or obese. Excess weight can lead to a number of serious and costly illnesses such as type 2 diabetes, heart disease, several types of cancer, respiratory problems, and depression. For employers, the effects of obesity are not limited to having some workers with health problems. There is an enormous negative impact on the company's bottom line both from the exploding healthcare costs and lost productivity. Because of these factors, the United States Wellness Chamber of Commerce is offering to assist employees via 12 week Weight Management Small Group Wellness Class without any cost to the employer.

The price tag that companies pay for their employees' excess weight is staggering. Companies spend up to 52% more in annual healthcare costs on obese employees than they do on employees at a healthy weight. Lost worker productivity is also very costly. Heavier workers experience more disability and have more health-related absences than thinner workers. It's not simply about absenteeism, however. Excess weight is also linked to "presenteeism" – time spent on the job but performing at less than full capacity.

"Fortunately, relatively small reductions in weight, as little as 5% to 10% of body weight, can have a significant impact in reducing these costs to employers and improving the health and wellbeing of the employees," reports Thomas J. Montgomery, President & CEO of the United States Wellness Chamber of Commerce. Montgomery explained that the first step in improving the health of a workforce is to gather data to objectively identify the risks. Through a grant the US Wellness Chamber recently received, a local Corporate Health Coach and a Risk Management Consultant will come on-site of the employer to gather important data through clinically obtained biometric data in addition to the completion of a written health risk analysis without any cost to the employer.

While the employer receives an aggregate report to create an objective baseline, individual employees meet face to face with their local Corporate Health Coach to obtain their personal health report card. Based upon each participant's risk and readiness for change, they may qualify to participate in the Small Group Wellness Class—a 12 week program facilitated by the Corporate Health Coach.

Individuals interested in being considered as a Corporate Health Coach and/or Risk Management Consultant should first review the information on www.corporatehealthcoach.net and www.riskmanagementconsultant.net and then schedule a consultation with a Chamber representative by calling 800-429-4556 or emailing income@uswellnesschamber.org.

About United States Wellness Chamber of Commerce

The United States Wellness Chamber of Commerce is a nonprofit organization that aligns employers with local health and wellness professionals to create a healthier workforce. With headquarters in Frisco, Texas, the Wellness Chamber is creating a healthier nation, one employer at a time, through hands-on programming addressing each employee and dependant's physical, mental/emotional, and preparedness wellness. Specifically, the Wellness Chamber identifies and mitigates behavioral and lifestyle risk factors. For further information, please contact the Wellness Chamber at 800-429-4556.

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