



How does a wellness program increase my Company's bottom line?

- Reduce Employee absenteeism
- Reduce turnover and increase retention
- Increase morale and productivity
- Lower escalating Health Care costs
- Attract top-notch talent

How does exercise benefit your employees?

- Reduce Blood pressure and the risk of cardiovascular disease
- Increase overall sense of well being and Morale
- Increase stamina and strength reducing injuries that can result in lost time
- Control weight and reduce risk of weight related illnesses – diabetes, heart disease, high bloody pressure and cancer
- Sleep better increasing productivity

Does healthy eating need to be boring?

- No it doesn't – Healthy eating is all about balance. Healthy eating incorporates an array of fruits and vegetables, whole grains, meats and meat alternatives, dairy products and many more or our favorite foods into our daily lives. Taste for Excellence will show you just how easy it is.

For More Information:

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We all know that happy, healthy workers are more productive,

and positive members of any team. Taste For Excellence has an excellent reputation for delivering creative, innovative and proven programs in wellness, nutrition, culinary skills and fitness to large and small companies.

We are passionate about our Healthy Lifestyle initiatives and can't wait to share them with you and your employees.

Interactive and Interesting Culinary Wellness Classes

(includes tastes, breakfast, lunch or dinner)

- o 20 in 20: Incredible Twenty Minute Meals
- o Planning Ahead: Creative Healthy Weekday Meals
- o Eating on the Run: Brown bagging It
- o Becoming a Label Detective: A Course on Label reading
- o Alphabet Soup: Nutritional Requirements for Feeling Good
- o Cruising: How to Work a Grocery Store

Taste For Excellence also provides tools and resources for your employees so they can implement healthy improvements to the work and home life:

- o Step programs
- o Weight management Website
- o Exercise incentives
- o Fitness Quick Starts: Getting Started on Fitness
- o Counseling on Nutrition and Fitness

We also create and guide Culinary Team-Building Events. Call us for Fun and Creative Ideas to make your next Office Event a Hit!

What others are saying:

"Not only will people go away knowing how to cook some simple, healthful and delicious meals—I mean DELICIOUS!—they will learn how to make healthier choices when buying prepackaged foods at the grocery store and elsewhere." - Atlanta

"Days after our National Women's Heart Health Fair people were still talking about Donna and Nancy's food!" - Atlanta

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