

The Path to Success!

HealthAmerica is presenting the Pound Down corporate challenge program for all its members. Companies will compete as a team, against other corporations, en route to meeting their fitness goals. The HealthAmerica Pound Down Program is the most comprehensive wellness initiative on the planet, and extends through the entire year. Award winning author Dr. Will Clower takes you, week by week, through the Mediterranean diet, interactive fitness programs, Cooking For Health, and a cure for the dietary gauntlet that extends from November to New Years.



HealthAmerica members receive \$150 reimbursement for this program!

HealthAmerica Pound Down Program

Beginning the Program

Health Risk Assessments and Screenings are available to create a baseline for your current health status.

The Path Healthy Eating Curriculum

The eight week PATH program teaches optimal food selection, healthy eating habits, and preventing stress-induced consumption in our hurried, harried lives.

Lectures are given to every company and location, simultaneously, via webcast, for approximately 45 minutes. Questions can be asked throughout the lecture via a chat function.

Interactive Fitness Program

Focus on Fitness is an online tool that captures activity levels from hiking and walking to jumping rope and salsa dancing. Teams compete to get moving and win prizes.

Summer Melt Down

A 12 week session consisting of weekly seminars that focus on specific issues that arise during the vacation months season: exercise; eating; healthy food selection.

Cooking for Health

There is Health in the Hearth. Learn cooking and preparation techniques that maximize flavor and nutrition. Healthy cooking encourages your employees to eat "clean" and fresh on their PATH to optimal health.

Not One Ounce Holiday Eating Program

The Not One Ounce program takes employees from November to New Years, through the holiday gauntlet that begins with the Halloween candy Katrina, through the Turkey tsunami, shopping stresses, traveling, and the infamous office parties.

Program Benefits

When employees get well together, they are creating a new healthy company culture that embraces living well and being active. Other than the obvious benefits to employee health, annual health care expenditures that usually go towards 'sick' employees start to go towards 'well' employees. That switch decreases absenteeism and increases productivity.

Contact Pittsburgh Pound Down for More Information:

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