

Elite

CORPORATE WELLNESS

*Make 2012 the Healthiest Year of your Life!!
With a little help from The Weight and Health Clinic!!*

**One-on-one nutritional counseling
Individual programs designed to meet your needs**

Our nutritional counselors stand ready to encourage, motivate, and guide you!

- Weight Management
- Diabetes Awareness
- Heart Healthy Programs
- Nutritional Education
- Healthy Eating/Cooking

***Regular Health Awareness Evaluations are used
to monitor individual progress.***

- Blood pressure
- Blood sugar (diabetes)
- Cholesterol
- Body Composition (height, weight, body fat %)

***The month of January we are offering a COMPLIMENTARY consultation...
meet our staff...learn about the program...see if
The Weight and Health Clinic is the right fit for you!***

Nutritional counseling and education can be done over the phone, via email, or the old fashion way...in person & one-on-one. We will make it work for you and your schedule!



I recently visited the great city of San Francisco and enjoyed a wonderful snack at the Union Square Café...I thought I would share, it's healthy with a touch of sweetness!

Union Square Café Nuts:

2 1/4 cups (18-ounces) assorted unsalted nuts, including peeled peanuts, cashews, brazil nuts, hazelnuts, walnuts, pecans and whole unpeeled almonds.

2 tablespoons coarsely chopped fresh rosemary leaves

½ teaspoon cayenne pepper

2 teaspoons dark brown sugar

2 teaspoons Maldon or other sea salt

1 tablespoon unsalted butter, melted

Directions:

Preheat the oven to 350 degrees F.

Toss the nuts in a large bowl to combine and spread them out on a baking sheet. Toast in the oven until light golden brown, about 10 minutes.

In a large bowl, combine the rosemary, cayenne, sugar, salt and melted butter.

Thoroughly toss the coated nuts in the spiced butter and serve warm. And once you eat these, you will never want to stop.



Have you ever wondered which nutrition bar is REALLY the best? Here is the top 6 according to Karen Ansel a Registered Dietician with Women's Health.



- 1. Pure Organic Cranberry Orange Bar*
- 2. Smart For Life Green Tea Protein Bar*
- 3. Honey Stinger Dark Chocolate Cherry Almond Protein Bar*
- 4. Balance Bar Gold S'mores*
- 5. Kashi GoLean Peanut Butter & Chocolate Protein & Fiber Bar*
- 6. Luna Protein Mint Chocolate Chip*