



Wellness @ work

healthier. Now she spends her time working with individuals and corporations to create wellness that works for everyone. "When wellness programs evolve from the workers themselves, they tend to have more success," Gust says.

Whole Foods Market takes the employee empowerment approach. Team members actually vote on their benefit package. When team members wanted to get more exercise, Whole Foods negotiated reduced-price memberships at area health clubs.

The University of Texas understands that its 8,000 employees may not have enough time to exercise, so they can download the Quick-Fit 15-minute exercise program to do in the office. Sam Hester, coordinator, WorkLife & Wellness Programs at UT, is also a personal trainer and will help with fitness and health goals. And I mean right in the employee's office, for free. How's that for employee-centered wellness? "Many of our faculty and staff spend up to one-half of their waking hours at work," Hester says. "Bringing health, fitness and wellness programs to them not only gives them tools to remain healthy but also to become more engaged and productive in their work."

There's no one way to stay healthy at work. For some, it's agreeing to leave on time one day a week. For others, getting your mocha latte with no whipped cream is a meaningful first step. Why meet for coffee when you can meet for a hike?

Compartmentalizing our lives actually makes it harder to achieve our fitness goals, while bringing our core values into the workplace makes it better for all. As Gust says, "It's not up to the company; it's up to us to choose health." ■

RESOURCES

Christine Gust
www.christinegust.com

Wellness Councils of America
www.welcoa.org

UT Counseling & WorkLife Services
www.utworklife.org



Getting Fit & Fabulous

A SPECIAL ADVERTISING SECTION

Looking for a new gym? Searching for a weight-loss program? Trying to eat healthy but don't know where to start? We've got the answers you're looking for. The next few pages highlight some of *Total Body's* advertisers, and what they offer that can help you be fit and fabulous.

>>FIT ATHLETIC CLUB

If you've visited a few chain athletic clubs, you may think all gyms are the same. But all it takes is one glimpse of FIT Athletic Club in River Oaks to know that isn't true. FIT is unique. It's like walking into a boutique vs. Gap. They've been very particular about the design of the facility and about the lines of equipment they have.

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athletic club unlike any other. The clientele are young professionals, the trainers are world-renowned, the equipment is top-of-the-line, and there's plenty of it to go around.

FIT offers a full range of fitness options, and then some. Each person's goals and preferences are different, so they always have something fantastic for everyone's tastes at FIT. Their trainers are committed to coming up with innovative new ways to help

members reach their fitness goals.

They've consistently been voted Best Gym in Houston by a variety of local publications. Go check them out!

**1532 West Gray Street
(713) STAY-FIT
www.fitathletic.com/fitohouston.html**

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