

# 80 WAYS YOU CAN BENEFIT FROM 8 WEEKS TO WELLNESS®

- |                                 |                                  |                                      |
|---------------------------------|----------------------------------|--------------------------------------|
| 1. Focus on health not sickness | 28. Cut bad fats                 | 55. Lower sodium intake              |
| 2. Feel & look younger          | 29. Learn about healthy fats     | 56. Avoid pre-packaged foods         |
| 3. Have fabulous energy         | 30. Do deep breathing everyday   | 57. Laugh more                       |
| 4. Sleep better                 | 31. Smile — a lot                | 58. Learn “less is more”             |
| 5. See a new you in the mirror  | 32. Focus on what's important    | 59. Believe in yourself              |
| 6. Start supplementing          | 33. Have a purpose               | 60. Have a new attitude              |
| 7. Set health goals             | 34. Reduce stress                | 61. Have peace of mind               |
| 8. Improve your diet            | 35. Increase flexibility         | 62. Get tons of compliments          |
| 9. Get fresh air                | 36. Quiet your mind              | 63. Make new friends                 |
| 10. Know your body better       | 37. Try something new            | 64. Feel confident                   |
| 11. Meditate daily              | 38. Limit diet sodas             | 65. Reduce risk of diabetes          |
| 12. Walk — everywhere           | 39. Improve your posture         | 66. Reduce risk of heart attack      |
| 13. Learn to relax              | 40. Lower your blood sugar       | 67. Create life balance              |
| 14. Be more authentic           | 41. Reduce risk of cancer        | 68. Eliminate depression             |
| 15. Know your cholesterol       | 42. Eliminate back pain          | 69. Lose bad habits                  |
| 16. Be open to new ideas        | 43. Lower blood pressure         | 70. Feel rewarded                    |
| 17. Learn to love fruits        | 44. Increase muscle mass         | 71. Count your blessings             |
| 18. Learn to love vegetables    | 45. Feel pampered                | 72. Be better coordinated            |
| 19. Learn to love whole grains  | 46. Reduce headaches             | 73. Gain confidence                  |
| 20. Drink lots of water         | 47. Stop smoking                 | 74. Feel stronger                    |
| 21. Exercise effectively        | 48. Feel great                   | 75. Improve muscle to fat ratio      |
| 22. Inspire others              | 49. Look even better             | 76. Know your heart rate             |
| 23. Reduce food cravings        | 50. Stick to an exercise routine | 77. Reduce muscle tension            |
| 24. Become your own fan         | 51. Be more accountable          | 78. Improve circulation              |
| 25. Stop eating white bread     | 52. Increase metabolism          | 79. Eat to live. Not live to eat.    |
| 26. Learn about anti-oxidants   | 53. Stop eating transfats        | 80. Live longer. <i>LIVE BETTER.</i> |
| 27. Have a positive attitude    | 54. Become a better person       |                                      |

**CALL TODAY FOR NEXT START DATE**  
**888-8WW-4-YOU**

**Give us 8 weeks and we'll change the rest of your life.®**



Three offices to serve you:

Langhorne 215-752-1420 • Washington Crossing 215-493-7667 • Abington 215-657-9355

[www.8ww.com](http://www.8ww.com)



**8 WEEKS TO WELLNESS®**  
focuses on health  
not sickness and  
encompasses all the  
fundamental wellness  
therapies including:

- ♥ **Total Health & Fitness Assessment** including Computerized Muscle Testing, Blood Pressure, and Spinal X-rays.
- ♥ **Complete Blood Workup**
- ♥ **Body Composition Analysis:** Muscle to Fat Ratio.
- ♥ **Wellness Education**
- ♥ **Personalized Diet Program** with Vitamin Therapy.
- ♥ **2 Chiropractic Adjustments** per week.
- ♥ **2 On-Site Personal Fitness Training Sessions** per week.
- ♥ **One Hour Full Body Massage** per week.
- ♥ **Meditation Instruction**



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