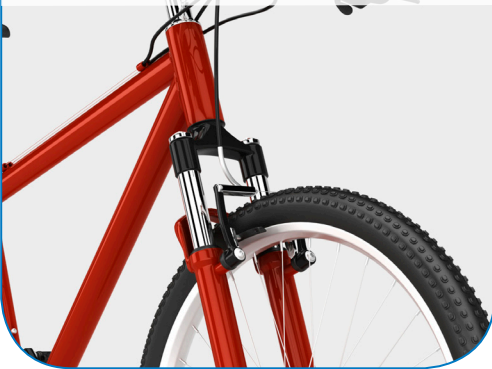


# Guide Yourself Toward Wellness Through the HealthCenter

Choose From Five Online Self-Directed Coaching Programs

## **BALANCE:**

*Manage my weight.*



Balance can help you reach your goal weight and maximize health and performance.

## **MOVE:**

*Be more active.*



Move can help inspire anyone – even a certified couch potato – to get up, get moving, and be healthier.

## **RELAX:**

*Deal with stress.*



Relax puts your tension under a microscope, then unveils ways to help keep you calm under pressure.

## **NOURISH:**

*Eat healthier.*



Nourish offers one-on-one nutritional counseling to help improve your eating habits for life.

## **BREATHE:**

*Quit smoking.*



Based on seven key principles, Breathe crafts a quit plan to help get you past old roadblocks.

HealthCenter 

Get healthier with the online Self-Directed Coaching Programs available through the HealthCenter. Log in to [www.NGS.com](http://www.NGS.com) and select the HealthCenter link on the right to get started! Talk to your HR department for more information.