



# eXude Benefits Group

Think Well. Be Well. Live Well.  
eXude Proudly Provides Solutions For Positive Changes



eXude proudly offers 8 different health and wellness programs focused on helping your employees live and maintain a healthy lifestyle. Investing in the health of your employees is also investing in the long-term health of your company. These customized wellness solutions provide education and encouragement of healthy behavior through incentives and active participation. Through our innovative programs your employees will take steps toward a lifetime of healthier habits.

Contact us today to find out more



## Health Fairs/ Lunch & Learns

- Stress Reduction & Chair Massages
- Injury Prevention
- Ergonomics
- Nutrition/Healthy Cooking
- Mind-Body Education



## Weight Loss & Fitness Programs

- Group Fitness Class
- Walking Program
- Cardio, Circuit and Strength Training
- BMI
- Personal Training



## Screenings & Assessments

- Blood Pressure & Blood Glucose
- Body Fat
- Cholesterol Screening (Total & HDL)
- Vision
- Posture Analysis
- Physical Therapy
- Height & Weight
- Body Composition
- Flexibility
- Bone Mineral Density (Osteoperosis)



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