



## LifeBalance Ask the Experts

LifeBalance members looking for a little guidance turn to the Ask the Experts section of the Wellness Window. This area features custom content, developed by expert LifeBalance providers, and is designed to educate members and prepare them for participation in any one of the many available LifeBalance opportunities.

The constantly growing collection of expert content from LifeBalance provides useful information for each member, regardless of their interests, experiences and skill level. With hundreds of articles to choose from, each LifeBalance member, from the novice yoga student to the experienced marathon runner, all will find valuable educational information from LifeBalance experts.

Popular articles include:

- Bowling for Beginners
- Fishing for Halibut
- Hockey 101
- Choosing a Yoga Class
- The History of Karate-Do
- Popular Terms at the Opera
- Walking Tips
- Exercise Throughout Pregnancy
- Controlling Stress
- Quilting Template Tips
- Training for Bicycling Events
- Fencing Equipment 101
- Custom Fitting Your Golf Clubs
- Understanding Sculpture
- Fitness Plans For Your Body
- A Catcher's Guide to Baseball
- Getting Ready for Camp
- 10 Essentials of Hiking Safety
- Tips to Make Your Produce Last
- Improve Running Efficiency

LifeBalance clients use this content section in a variety ways to best fit their workforce. Some clients post nutritional articles in break rooms and cafeterias to promote proper food selections. There are clients that use fitness articles to motivate employees. Other clients have used cycling articles in conjunction with the installation of bike racks and to encourage more bike commuters within their organization. There are numerous ways clients and members find value in this expert content. Take a look today for continued education in one of the many topics and categories covered in the Ask the Experts section of the Wellness Window.