



LifeBalance Wellness Window

The Wellness Window offers LifeBalance members streamlined access to all things wellness related, including fitness and health club listings, personal coaches, massage practitioners, yoga and pilates classes, weight management programs, nutrition, running, jogging, walking, swimming and more. The Wellness Window also provides members with current wellness content and online tools.

Examples of the wellness content include:

- Daily Fitness Tips
- Motivational Quotes
- Fitness Facts
- Food Facts
- Informative Wellness Articles and Content
- Ask the Experts
- Community Corner

Examples of the online wellness tools include:

- Body Mass Index
- Basal Metabolic Rate
- Calorie Counters
- Target Heart Rate
- Waist to Hip Ratio
- Food Finder

The Wellness Window engages members by offering a series of wellness content and online wellness tools to encourage members to be proactive toward their health and wellbeing while striving for better overall health.