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| **Company Name: Bencom Financial (cancer risk, weight management, better nutrition, stress management, improving fitness)** | | | | | | | | **January – June 2013** | | | | | | | |
| **Initiative** | **Jan** | **Feb** | | | **March** | | | | **April** | | | | **May** | | **June** |
| **Consultations** | One-on-One Consultations with on-site (ongoing) | | | | | | | | | | | | | | |
| **Individual** | Virtual Online Profile and Wellness Tracking | | | | | | | | | | | | | | |
| **Newletter** | Ongoing Monthly Newsletters | | | | | | | | | | | | | | |
| **Individual Challenges** | Avoid snack foods | |  | | | | | | | | | |  | | Plan a quiet time |
| **Kiosks/Posters** | SAD Kiosk | |  | | | Antioxidant kiosk | | | | | | | It’s In You to Move kiosk | | |
| **Lunch n’ Learn/Lunch event** |  | | How to Eat for Optimal Energy and great smoothie ideas | | |  | | | Cardio and resistance training | | |  | | | |
| **Group Wellness Challenge** |  | | | Healthy Lifestyle Bingo | | |  | | | CN Tower climb | | | Pedometer challenge |  | |
| **Walk Around or Awareness Campaign** | Snack Foods | |  | | Green tea handout and Top 10 Antioxidants | | | |  | | | |  | | Best recipe websites |
| **Group Exercise Classes** |  | | | | | | | | | | | | | | |
| **Email Campaign** |  |  | | | | Antioxidant email campaign | | | | |  | | | | |
| **Corporate Reporting** |  | | | | | | | | | | | | | | 6 month progression report |