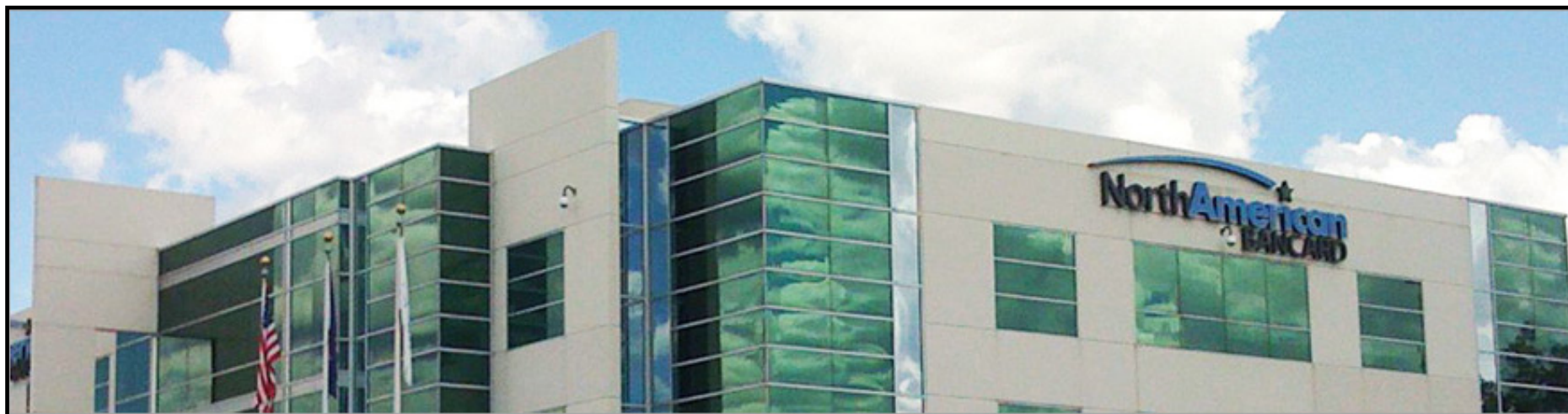


Achievable Wellness

The  Road to Fit Friendly

An Introduction to NAB



Why Wellness

for the

Employee?



Why Wellness

for the

Employer?



Before the
Wellness Plan
Began at NAB

Facing Challenges



First Steps NAB Took

Partnered with the

American Heart Association



First Steps NAB Took

Partnered with the

American Cancer Society



First Steps NAB Took

Partnered with the

American Red Cross



First Steps NAB Took



2009 Free Press
Marathon



2009/2010 Detroit Kickball
Champs

First Steps NAB Took

- Adopted healthy food option policy



- Provide flu shot clinics twice a year

First Steps NAB Took

- Mental Well-Being Is Important, Too!



Wanting even more at NAB

The Fit Friendly Award



2nd Year Wellness Progress at NAB



2009 Walk For Friendship

2nd Year Plan to Reach Goal

- Company Policy
 - Food
 - Fitness

3rd Year Goal

Achieve 2nd
Fit Friendly Award

Ongoing Challenges

- Food Options
- Management
- Employees' Interest

How Can You Start?

- Find Supportive Leadership
- Create Partnerships

Any Questions?

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