



Wellness programs for the enlightened business.

Unity Wellness Group, LLC
 1044 S. Spring Avenue, 3rd Floor
 La Grange, IL 60525
 708-469-7256

WELLNESS INDUSTRY FACT SHEET

What is Mind-Body Wellness And How Can It Be Used to Optimize One's Health?

Mind-body techniques focus on the interaction between the brain, mind and body, with the intent to use the mind to affect physical functioning and promote health.

Western medical research confirms that a link exists between mind and body through a known biochemical process. Simply put, our mind has the ability to facilitate healing at the cellular and biochemical level. Recent immunological research confirms that our mind can interfere, positively and negatively with our overall wellbeing. Spontaneous healing has been documented using this connection with not only psychological problems and psychosomatic illnesses but also in cases of severe diseases, like cancer and MS.

Examples Of Mind-Body Wellness Practices

Some examples of mind-body wellness practices include: meditation, mindfulness based stress reduction (MBSR) deep-breathing exercises, guided imagery, hypnotherapy, progressive relaxation techniques, Pilates, qi gong, tai chi, cognitive therapy exercises, various styles of yoga, acupuncture and more.

The Most Common and Costly Health Issues in Organizations and How Unity Programs Help

Health/Issue Complaint	Health & Wellness Vulnerability Fact	Unity's Program Solution Examples
<p>Stress</p>	<ul style="list-style-type: none"> ● Annual industry cost of stress to organizations - \$300 billion ● 40% of job turnover is related to stress ● 80% of employees feel stress in workplace 	<ul style="list-style-type: none"> ● Stress resiliency boot /brain fitness camp using neuroscience protocols ● Stress reduction and resilience seminars ● Stress less with Yoga seminar ● Mindfulness-Based-Stress

	Source: www.stress.org	<p>Reduction course (MBSR)</p> <ul style="list-style-type: none"> ● Stress less with meditation seminar ● Online whole health stress mgt course (8 weeks)
Back Pain	<ul style="list-style-type: none"> ● Back pain is number one reason people miss work ● Annual medical, disability and productivity costs relating to back pain \$100 billion <p>Sources: "The Medical News. (2004 April 18). Retrieved from www.new-medical.net.²www.northamericanspine.com. "Back Pain Statistics."</p>	<ul style="list-style-type: none"> ● Ergonomic evaluation ● Back pain wellness seminars ● Yoga for back pain ● Back care wellness education materials
Insomnia	<ul style="list-style-type: none"> ● Annual healthcare costs related to insomnia - \$42 billion ● Insomnia costs 4 days of wages every 6 months ● Employees with insomnia experience absenteeism of 5.8 days per year compared to 2.4 days for those without insomnia <p>Sources: www.cmpi.org; www.sleepfoundation.org; www.nationalacademies.org</p>	<ul style="list-style-type: none"> ● Sleep Better - Work Better - Seminar ● Yoga for Sleep disorders ● Educational brochures on managing sleep disorders ● Better health & sleep for shift workers ● Online whole health course on Insomnia (8 weeks)
Repetitive Strain Injuries (RSI)	<ul style="list-style-type: none"> ● Annual workers' compensation related to RSI - \$20 billion ● Total indirect cost, including lost productivity and turnover related to RSI - \$100 billion ● RSI affects 1.8 million workers <p>Sources:www.rsi-therapy.com; www.ahealthyme.com.</p>	<ul style="list-style-type: none"> ● Ergonomic evaluation ● Repetitive strain injury prevention for desk jockeys ● Desktop yoga ● Wellness seminars on preventing RSI ● RSI & MSD educational brochures



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Benefits of Mind-Body Wellness Programs

Corporate Benefits

- Decrease in absenteeism
- Decrease in presenteeism (e.g. when employees are present at work but not able to function or focus)
- Decrease in medical visits and insurance claims
- Decrease in overall insurance cost
- Decrease in turn over
- Higher level employee engagement
- Increase in productivity
- Increase in company innovation and more synergistic mindful culture

Employee Benefits

- Decrease symptoms of stress, anxiety and depression and increase mental calmness and peace of mind
- Reduce fatigue
- Enhance immune system
- Decrease chronic pain
- Decrease in chronic illness
- Enhance overall health and vitality
- Heal old traumas and enhance emotional stability
- Increase brain wave coherence
- Deeper, more restorative sleep
- Improve comprehensive ability, memory and productivity
- Feeling of lightness and happiness
- More toned muscles and increased flexibility
- Increase mindfulness and body awareness
- Improved cardiovascular and circuitry health