

# Embrace Health

into your daily lifestyle with Florida Hospital's new

## HealthSTYLE Sleeve



*A Healthy  
Resolution Like  
No Other!*

**FLORIDA HOSPITAL** introduces a new approach to optimizing your wellness by impacting your daily lifestyle. The HealthSTYLE Sleeve is the only health monitoring device that reinforces a healthier way of living, embracing a balance of nutrition, activity and rejuvenation.

**INFORM** yourself with a detailed Health Snapshot resulting from a pre-assessment including your base line physiological data, lifestyle and physical tests, nutritional assessments, and lab results.

**REJUVENATE** as multiple sensors in The HealthSTYLE Sleeve record your daily physiological data and create comprehensive reports ready for instant viewing on the web program.

**INVIGORATE** yourself by tracking your activity and exercise and how you're impacting your wellness goals. You'll be fascinated with real time views of how your rollerblading or tennis game translates into minutes of exercise, daily calories burned, resting calories burned, and pedometer readings.

**MOTIVATE** yourself with the help of training buddies, health coaches and wellness counselors. You have coaching support every step of your journey to wellness.

**REFRESH** yourself by recording the duration and quality of your sleep to maintain energy and overall health. Learn how long it takes for you to actually fall asleep and whether or not you're getting a full night's rest.

**NOURISH** your body by moderating the foods you like and balancing them with what your body actually needs for healthful living. Enter your meals and instantly see your daily calorie count as well as fiber, saturated fat, sodium and folic acid intake. Also consult a recommended meal plan to ensure a balanced diet with essential nutrients.

**Live Life to the Fullest** by building a better, healthier you.

**For more information about how to get started, visit [www.healthsleeve.com](http://www.healthsleeve.com) or contact The HealthSTYLE Team at 1-866-699-3564.**

Brought to you by Florida Hospital in partnership with Welnia.



FLORIDA  
HOSPITAL

live.welnia

The skill to heal. The spirit to care.

The Florida Hospital  
Health  **STYLE**  
sleeve®

## Summary Results from the 10-week Celebration Health Lifestyle Modification Pilot Program



(Data is all statistically significant)

### Obese Participants:

- Lost average of 7.77 pounds
- Lost an average of 2.39% body fat

### Hypertensive Participants:

- Systolic blood pressure – average reduction of 11.07 points
- Diastolic blood pressure – average reduction of 7.33 points

### Diabetic Participants:

- Blood glucose reduction of 2.43 mg/dl
- Weight reduction of 10.9 pounds

### Pre-Diabetic Participants:

- Blood glucose reduction of 12.5 mg/dl
- Weight reduction of 9.73 pounds

## Summary Comments from Pilot Participants

### Inform

*"The feedback I got through the software (after I uploaded my armband and logged my food intake) kept me motivated to increase the amount of calories I burned daily through exercise. I loved that I could see my progress any time I wanted, especially before and after exercise. I have more energy, can now walk/jog longer and faster, and my heart rate and blood pressure have gone down."*

- Lourdes

### Rejuvenate

*"Knowledge is power and having a deeper understanding of how I was damaging my body through poor eating habits and a sedentary lifestyle, really made me want to change my life."*

- Lourdes

### Invigorate

*"Regarding the exercise, I look forward to it everyday. Before I would only exercise three times a week; now I exercise almost every day. It has also encouraged my husband to exercise more."*

- Lillian

### Motivate

*"The program is not just a diet program. It is a change in lifestyle. You are in control. You can monitor your progress on a daily basis and set new goals. Professional assistance is just a phone call away. And that is very motivating."*

- Vicki

### Refresh

*"I felt much better, slept more hours each night and felt much more refreshed each morning when I awoke. Tracking my sleep and learning to go to bed earlier has really been helpful."*

- Vereta

### Nourish

*"Because of the sleeve, I think about every thing that I eat. It has now become a habit to make better choices. With the sleeve and the immediate feedback from the software, I stay on track with my plan. I have lost 15 pounds in 20 weeks. And, most importantly for me, I have kept the weight off and am continuing to lose weight."*

- Robin

### HealthSTYLE Locations

Celebration Health Fitness Centre • Wellness Center Lee Road Orlando, FL • RDV Sportsplex Maitland, FL • Florida Hospital Diabetes Center Orlando, FL • Participating Physician Practices Florida Hospital Gift Shop • Florida Hospital Racing Events • Florida Hospital East Orlando

Call 1-866-699-3564 or visit the web at [www.healthsleeve.com](http://www.healthsleeve.com) for additional information.