

“Unwell employees cost US Employers \$530 billion in lost productivity.”

–INTEGRATED BENEFITS INSTITUTE (IBI) NOVEMBER 2018

“US employers lose 1.23 billion workdays per year due to employee’s insufficient sleep.”

–2016 RAND CORPORATION STUDY

“We can fix that!”

–CRISTY “CODE RED” NICKEL

CRISTY HAS SPENT the last 25 years helping people solve their weight problems for good. She has a 98% success rate with her clients, and we know we can help improve these national statistics.

Corporations Are Losing Weight For Good With Code Red CORPORATE

- ✔ No pills, patches, shakes, or weird diet foods.
- ✔ No expensive meal plans.
- ✔ And you don’t even need to exercise to lose weight.

It’s a simple 30-Day Program that’s set up for your office, department, or entire company.

Research has shown that weight loss programs work best **when groups are working together** to achieve similar goals. We find a friendly competitive atmosphere often develops when co-workers adopt this lifestyle together.



Costco employees get healthy and increase productivity on Code Red



This Boise law firm lost 220+ pounds!



Jason, Mike & Kayde: 220+ total pounds lost. No Shakes. No pills. No diet foods. No exercise.



Bill Whitacre, Simplot CEO (ret)



www.CodeRedLifestyle.com

What you will receive:

- ✔ A live in-person kick-off Q & A with Cristy
- ✔ One copy of the Code Red Revolution book per person
- ✔ One copy of the Code Red Cookbook per person
- ✔ One facilitator's guidebook
- ✔ Downloadable tracking sheet, food list and rules list
- ✔ Educational videos delivered one per day to keep engagement up and participation high
- ✔ A customized online membership area
- ✔ A chance to win a customized nutrition program (\$997 value)



This isn't a one-time quick-fix diet. It's a mindset shift and lifestyle change. That means not only will program participants lose weight, they'll be able to keep it off while living their everyday lives.

The program participant who loses the highest percentage of weight during the 30 days will win a custom home study program. **VALUED AT \$997**

Group programs are available starting with as few as 5 participants.

The program fee is on a sliding scale. Contact us for pricing.

For questions or pricing, please email Cari@CodeRedLifestyle.com

