



**JULIE RENGERT, PH.D.**  
WELLNESS CONSULTANT



## CONCENTRATED CORPORATE WELLNESS PROGRAMS TO CHANGE EMPLOYEE BEHAVIOR

- ◆ Programs Customized to Your Company's Needs
- ◆ Have a Dedicated Wellness Coach without the Cost of a Full-Time Employee
- ◆ Time Delimited Programs *Optimize* Motivation, Accountability, and Focus

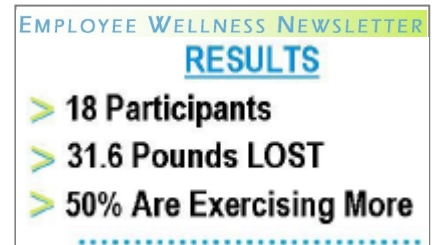
### How is this program different?

A meeting with administrators allows for tailoring of the program to fit the needs and resources for each company. This **allows maximal contact time for the employees to receive assistance** in making health improvements **while providing an affordable program to the company**. By combining group and scheduled individual meetings, we not only increase effectiveness through peer support and accountability, but also make wellness more affordable. **This program allows companies to save thousands by having a dedicated wellness coach without having to pay an additional full-time employee.**

### Testimonial

"I realized the only way to lower our company's medical claims was to get our employees healthier. I looked into fitness/wellness programs but they were either too expensive or did not offer the services we felt our employees needed (like having the company visit our employees regularly). Luckily, I was introduced to Julie and 5-alarm fitness. The cost was so reasonable; I felt we owed it to our employees to try. Working with Julie has been great. She is knowledgeable, personable, and positive. Her 5-alarm fitness program has given our staff the tools to lead a healthier lifestyle. More importantly, Julie's weekly face-to-face meetings provide a level of accountability that ensures a more successful outcome. This might sound hokey, but I really feel her program can be life-changing."

- Christopher Bell, Treasurer, Delaware Area Career Center



### Who are we?

**Julie Rengert** received her Ph.D. in Educational Psychology from The Ohio State University where the 5-ALARM Program was developed applying Social Cognitive Theory to create interactive assignments and self-regulation tools for reaching health goals as a dissertation. Julie has also contributed to several national fitness magazines, such as Muscle & Fitness<sup>®</sup> and Oxygen<sup>®</sup> and has been a professional fitness competitor since 1999.



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## 5-ALARM Wellness Program Components Available

- Biometric Testing - Heart Rate, Exercise Testing, Weight, Body Composition, and Blood Pressure
- Program Development – Specific Individualized Wellness Objectives (Stress Reduction, Healthy Eating, Exercise)
- Weekly Tracking through Live or On-line Course
- Cycle End Testing of Health Outcomes and Participation
- Company Tailored Newsletter
- Contests or Incentives (Optional pending Company Resources)

## How does it Work?

1. Administrative Wellness Program Development Meeting
  2. Participant Recruitment Meeting
  3. Initial Participant Assessment
  4. Educational Classroom Course (information and motivational components)
  5. Individual Wellness Consultations
- } No Cost
- } Billed hourly by month based employee participation

## Testimonial

“We gained a better understanding of proper exercise and diet technique, better physical conditioning, increased energy level and decreased body fat percentages. Now we place more focus on end goals and have more structure and purpose to the workouts, both strength and cardio.”

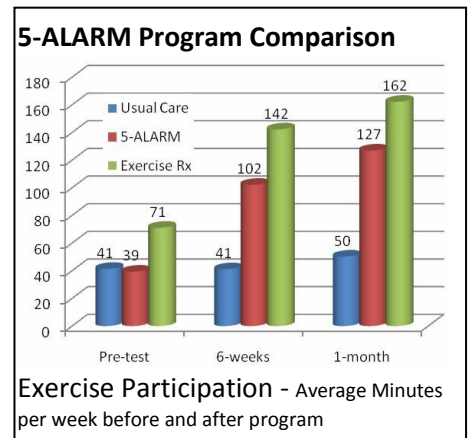
- Chief Al Woo, Washington Township

Fire Department

## What does 5-ALARM mean?

The 5-ALARM Fitness Program was developed to address the issues of rising health care costs and escalating incidences of chronic diseases and obesity. It is based on Social Cognitive Theory and centers on **5**-Associated **L**ifestyle **A**tttributes **R**egulating **M**otivation. These factors lead an individual to become responsible for their health by setting up a personal system to assist them in reaching their goals. These 5 attributes include:

- **self-efficacy** (increasing confidence) – physiological information and feedback and focus on progress and challenges
- **self-regulation** – self-monitoring, setting up rewards, planning and tracking
- **goal setting** – development of specific and comprehensive performance and outcome based goals sufficient to achieve results
- **social support** – development of systems that will encourage success and avoid obstacles
- **environment** – attention to social and physical environmental conditions that increase goal achievement



Each of these attributes is addressed in educational modules across the program. The modules are quick and packed with information for the participant to implement and discover what works for them. Continuous feedback on the activities in each module provides individual solutions for each participant's unique circumstances. This provides an individualized system based on personal preferences and challenges that increases participant success.