

How do you...



- ToolBox Includes
- * Full Blood Testing
 - * 60-Question HRA
 - * Biometric Tests
 - * Wellness Profile
 - * Fitness Testing

Define
Healthy?

Is healthy the ability to do 100 pushups? Is it a bike ride up to Bogus, or maybe just a walk along the greenbelt without having to stop and catch your breath? However you measure healthy, we'd like to help you and your family improve it, because...

if you can measure it, you can manage it!

Please join me in making Boise the healthiest city in America. In partnership with **Integrative Health Consultants** and the **ToolBox™** team, **Twiga** is kicking this program off right here in Idaho, because *Boise's health matters!*

Call Today! 877-701-8686

Patricia Kempthorne
The Twiga Foundation

Your Healthy City... starts with Boise &

