



City of Albuquerque

Human Resources Department

Martin Chavez, Mayor
Interoffice Memorandum

February 21, 2008

To: All City Employees

From: Patricia D. Miller, Director, Human Resources Department

Subject: Changes That Last a Lifetime Employee Wellness Program

You are invited to participate in an exciting new pilot program being sponsored by the City of Albuquerque. Changes That Last a Lifetime™ (CTLL) is a health and wellness program that has helped many in their effort to transform their bodies and their lives.

As a participant in the program you will have an opportunity to become a healthier and happier you. Successful completion of the program has resulted in a significant improvement in weight loss; lower cholesterol levels and in many cases a reduction or elimination of certain prescription medications.

We will start with an exciting CTLL orientation meeting on Tuesday, March 4th. Here you will learn more about the requirements and benefits of participating in the program.

You will also get a chance to meet Porter Freeman, the 1997 Body-for-LIFE Champion and author of *Finally Fit at Fifty*.

Changes That Last a Lifetime™ participants will receive:

- The *New York Times* bestselling Body-for-LIFE book and journal
- Unlimited access to an interactive fitness and nutrition website
 - * Individualized motivational emails
 - * Meal plans with grocery lists
 - * Exercise plans with online interactive video demonstrations
 - * Access to fitness advisors
- Health screenings that will assess your risk for getting certain chronic diseases
- High-energy, inspirational and informative education sessions
- A chance to win \$1,000 as grand champion

Participation is voluntary and is not considered part of your work-related duties or responsibilities. All records associated with the program will be held confidential and your employer will not have access to any of the personal information you provide. For questions please contact JD Maes at 768-2921. Please join us at the CTLL Kick-Off meeting being held in the Vincent E. Griego City Council Chambers on March 4th at 11:30am and again at 12:45pm. There will be a drawing for **\$100.00** at each Kick-Off session on March 4th.