



## CUSTOM PRINTED ECO-FRIENDLY WELLNESS INFO GUIDES

### Mix and match for best quantity breaks!

Guides come in multiples of 50 per title. 250 total information guides minimum per order.

**Imprint Information:** One color imprint (standard color): \$29 setup charge. 2 color imprint: \$39 for standard colors. \$50 for exact Pantone™ PMS color match.

**Imprint area:** 1-1/2 x 3 inches

**Product Dimensions:** 3-3/4 x 8-1/2 inches

Info Guides are interactive slide charts. Simply pull the tab at the bottom until the dot on the right lines up with the topic, and read the information on that topic in the cutout window. Our guides are two sided, offering valuable and handy information on the selected topic.

PRICES	250	500	1,000	2,500	5,000
	65¢	63¢	59¢	54¢	51¢

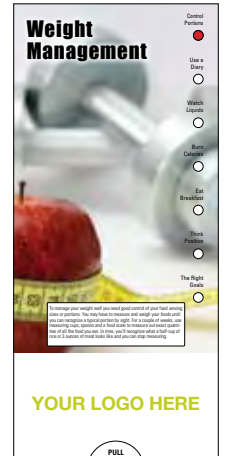
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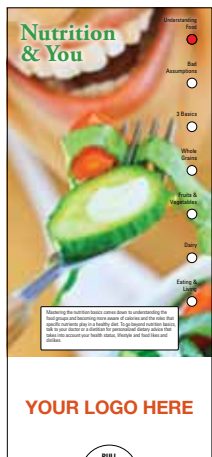
**GETTING FIT**  
 Item# PG-1120  
 Fitness helps you feel better and gives you more energy. Use these tips to help you eat right, exercise properly and stay fit!



**CALORIES, CARBS AND FAT COUNTING**  
 Item# PG-1040  
 Counting calories and knowing how much carbs and fat you are eating is crucial to a healthy diet. These tips will guide you to better health.



**WEIGHT MANAGEMENT**  
 Item# PG-1175  
 Did you know 3,500 calories = 1 pound? These valuable tips will help you keep your weight under control.



**NUTRITION & YOU**  
 Item# PG-1125  
 Three basics of a healthy diet are variety, balance and moderation. Use these tips to help make better choices.



**FAST FOOD FACTS**  
 Item# PG-1100  
 Fast food is rarely a healthy decision. Discover how to make healthier eating decisions when dining out.



**CONTROLLING YOUR BLOOD PRESSURE**  
 Item# PG-1030  
 Controlling your blood pressure can lead to a healthier you. Keep it in check with these tips.



**HEART CARE**  
 Item# PG-1145  
 Exercise and diet are just a couple of ways to have a healthy heart. Learning the warning signs and preventative care will help you live longer.



**MANAGING STRESS**  
 Item# PG-1240  
 Do you know there is good and bad stress? These helpful tips will help you understand the difference.



**HEALTHY LIVING FOR MEN**  
 Item# PG-1180  
 Man up and get a check-up! These tips will help you understand the importance to exams, physicals and other tests.



## CUSTOM PRINTED ECO-FRIENDLY WELLNESS INFO GUIDES

**Healthy Living for Women**  
 Item# PG-1250

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**HEALTHY LIVING FOR WOMEN**  
 Item# PG-1250  
 As a woman, being educated about your health can help you live a healthier and happier life!

**Diabetes**  
 Item# PG-1230

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**DIABETES**  
 Item# PG-1230  
 Diabetes can be caused by too little insulin, resistance to insulin or both. Learn how to manage your diabetes by knowing how insulin works.

**Stop Smoking**  
 Item# PG-1235

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**STOP SMOKING**  
 Item# PG-1235  
 Did you know when you light up it only takes a few minutes for the nicotine to reach the brain? These tips will help you kick the habit.

**The Truth About Tobacco**  
 Item# PG-1225

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**THE TRUTH ABOUT TOBACCO**  
 Item# PG-1225  
 Like other addictions, quitting tobacco is not easy. Use these tips and support from loved ones to quit and help you live healthier.

**Fighting Drug & Alcohol Abuse**  
 Item# PG-1085

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**FIGHTING DRUG & ALCOHOL ABUSE**  
 Item# PG-1085  
 These helpful tips will help you understand the effects from drugs and alcohol and get you on your way to recovery.

**Childhood Obesity Guide**  
 Item# PG-1060

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**CHILDHOOD OBESITY GUIDE**  
 Item# PG-1060  
 Obese children can develop heart problems, diabetes and sleep apnea. These tips will help your child learn healthier habits.

**Heart Attacks & Strokes: Signs & Symptoms**  
 Item# PG-1150

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**HEART ATTACKS & STROKES: SIGNS & SYMPTOMS**  
 Item# PG-1150  
 Not all heart attacks begin with crushing chest pain. Learn the risk factors and warning signs.

**Control Your Cholesterol**  
 Item# PG-1075

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**CONTROL YOUR CHOLESTEROL**  
 Item# PG-1075  
 What is cholesterol? Learn the facts and keep your cholesterol at a healthy level.

**Cancer Facts**  
 Item# PG-1245

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**CANCER FACTS**  
 Item# PG-1245  
 Signs of cancer depend on where it is and the size of it. This guide will help you understand prevention and treatment.

**Preventing Backaches**  
 Item# PG-1020

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**PREVENTING BACKACHES**  
 Item# PG-1020  
*My back is killing me!*  
 Learn how to prevent back pain with proper sitting, lifting and stretching.

**Health & Safety for Seniors**  
 Item# PG-1215

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**HEALTH & SAFETY FOR SENIORS**  
 Item# PG-1215  
 Americans are living longer. These tips will help you make better choices and live healthier during your senior years.

**Healthy Pets**  
 Item# PG-1190

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**HEALTHY PETS**  
 Item# PG-1190  
 Our pets are our family members too! These tips will help you keep your pet healthy and happy.

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