

Create YOUR success story with DIET FREE®!

MCHS employees are embracing healthy lifestyles that don't include "dieting."



"Now I wake up and my muscles are alive and want to move. What a difference!"

*I work, I go to school, I parent - I was exhausted all the time. **DIET FREE®** was a perfect fit because the steps were incremental and logical. Every seminar I thought, "I can do that." So little by little, I changed my eating and moved a little more. And then, all of my sweet cravings just went away. I lost 40 pounds, my cholesterol dropped 40 points and my triglycerides dropped 100 points."*

- Terri Pilsner de Gonzalez

Assistant Manager, Language Services
Marshfield Clinic Health System

To learn more about living **DIET FREE®**, go to:
pulse.mfldclin.org/health-system/wellness
Click on DIET FREE



Wellness@Work

Email: mchswellness@marshfieldclinic.org

Web page: pulse.mfldclin.org/health-system/wellness



**Marshfield Clinic
Health System**

Create YOUR success story with DIET FREE®!

MCHS employees are embracing healthy lifestyles that don't include "dieting."



BEFORE



AFTER

*"Adopting the **8 DIET FREE® habits** has changed my life! Before, I ate like I was starving, and nutrient-wise, I was! Now I feel satisfied when I eat. I even discovered a new passion for cooking, shopping and reading labels. And I'm walking every day! I LOVE my new lifestyle and how it makes me feel!"*

- Molly Wadsworth

Down 110 pounds since participating in DIET FREE®
MCHS Optician, Wisconsin Rapids Center



To learn more about living DIET FREE®, go to:

pulse.mfldclin.org/health-system/wellness

Click on DIET FREE

Wellness@Work

Email: mchswellness@marshfieldclinic.org

Web page: pulse.mfldclin.org/health-system/wellness



**Marshfield Clinic
Health System**