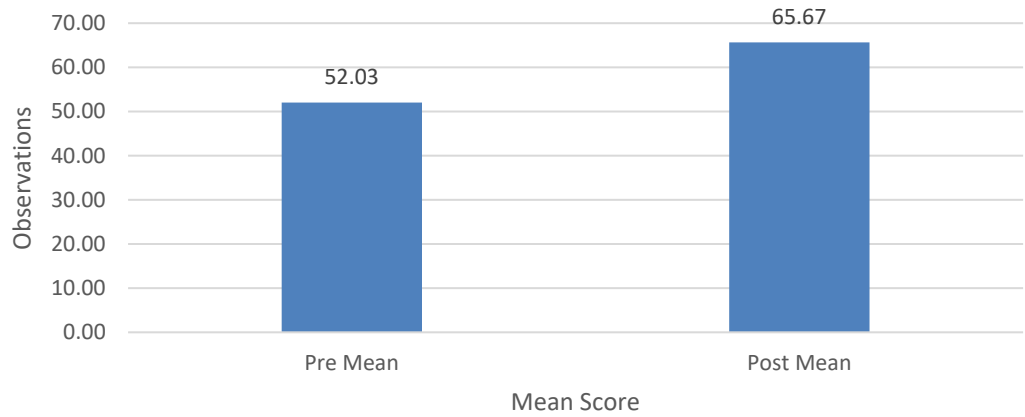


### Wellness Program

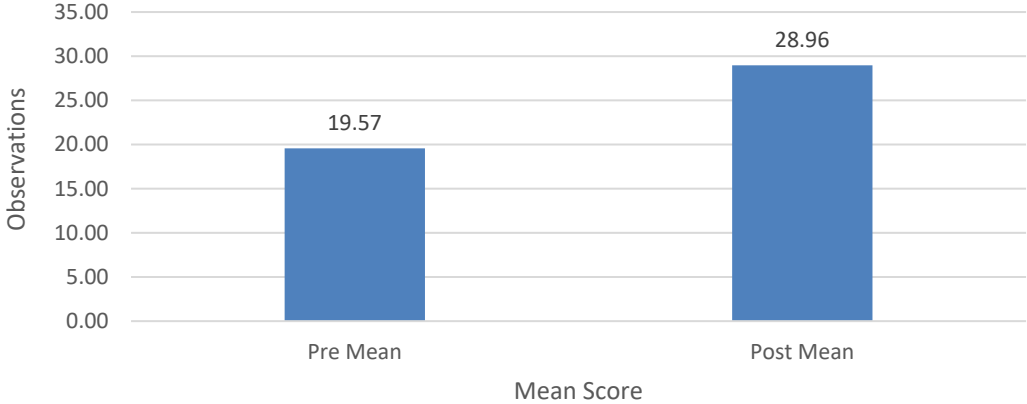
Variables	Pre and Post treatment Mean		Pre& Posttreatment Standard Deviation		Mean difference	95% Confidence Interval of the Difference		p- Value
	Pre Mean	Post Mean	Standard Deviation	Standard Deviation		Lower limit	Upper limit	Sig. two-tailed
Fav. Fit Factor	52.03	65.67	4.67	5.71	-13.63	-16.03	-11.22	0.000
Eating	19.57	28.96	4.02	3.97	-9.39	-11.10	-7.68	0.000
Medical	11.27	12.50	3.07	2.88	-1.23	-2.27	-0.18	0.022
Lifestyle	14.17	14.73	1.46	0.82	-0.56	-1.06	-0.07	0.027
Weight	177.6	172.4	45.72	42.04	5.22	1.19	9.24	0.013
Waist	39.75	38.41	7.37	6.79	1.33	0.37	2.29	0.008
Hip	42.79	41.77	5.73	5.18	1.02	0.004	2.04	0.049
BMI	31.28	30.39	7.23	7.03	0.89	0.38	1.40	0.001
Exercise	20.33	27.00	13.83	10.87	-6.66	-9.74	-3.59	0.000
Top BP	147.2	132.8	16.85	13.29	14.36	9.49	19.24	0.000
Bottom BP	85.00	78.33	12.60	10.15	6.66	3.97	9.36	0.000
Heart Rate	75.67	71.73	8.43	7.57	3.93	0.75	7.10	0.017
Green Foods	204.5	222.3	905.7	902.4	-17.83	-23.6	-12.01	0.000
Cholesterol	180.9	174.7	30.67	33.06	6.10	1.62	10.58	0.009
Triglycerides	185.3	159.7	104.12	59.08	25.51	0.56	50.47	0.045
A1C	6.887	6.107	1.08	0.71	0.78	0.45	1.10	0.000
HLD	50.59	54.26	11.25	11.36	-3.66	-6.85	-0.48	0.026
LDL	98.00	86.88	24.70	29.84	11.11	0.72	21.50	0.037

NOTE: p-values in bold font indicate statistically significant pre-post differences at  $p \leq 0.05$ .

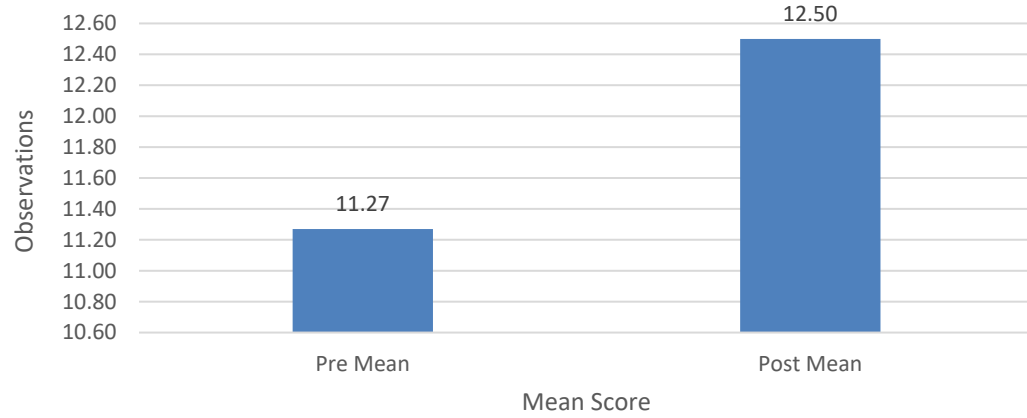
Comparison of means for Fav. Fit Factor before and after the wellness program



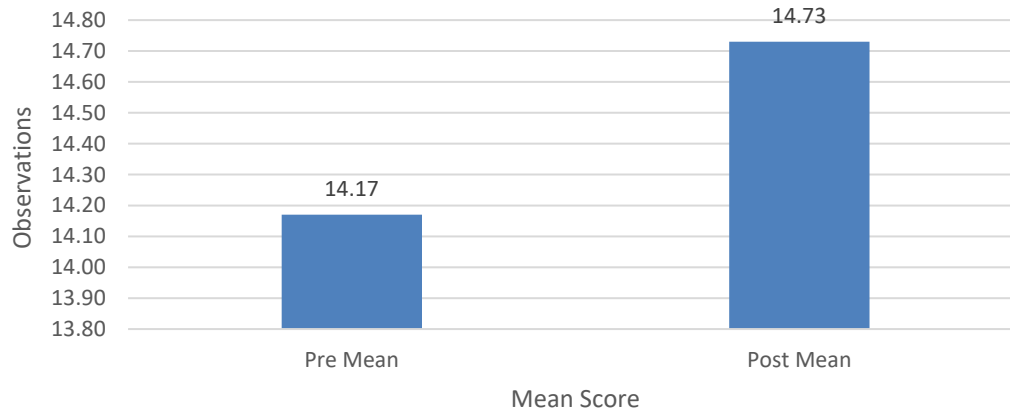
Comparison of means for Eating before and after the wellness program



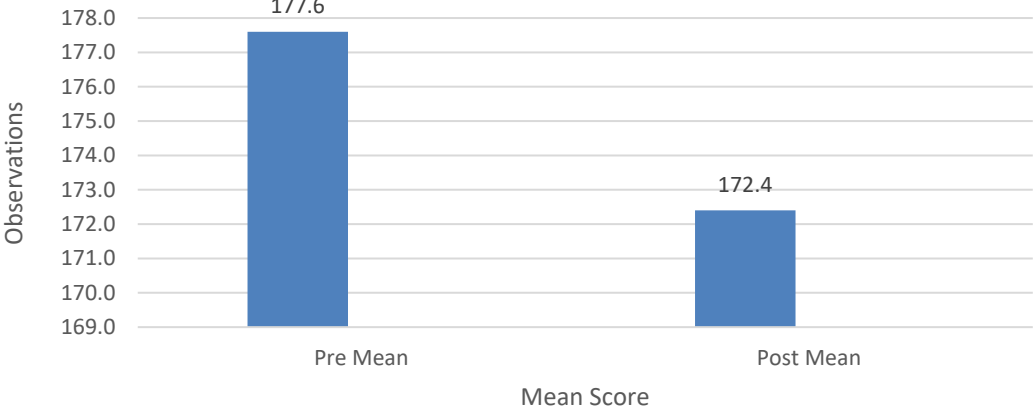
Comparison of means for Medical before and after the wellness program



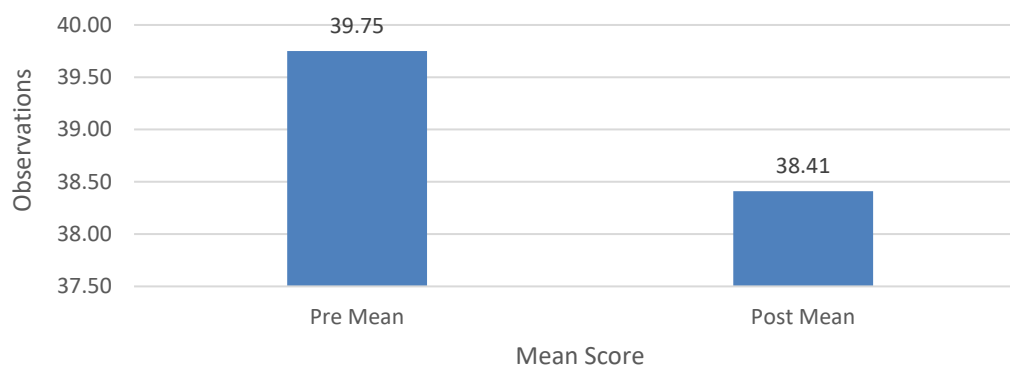
Comparison of means for Lifestyle before and after the wellness program



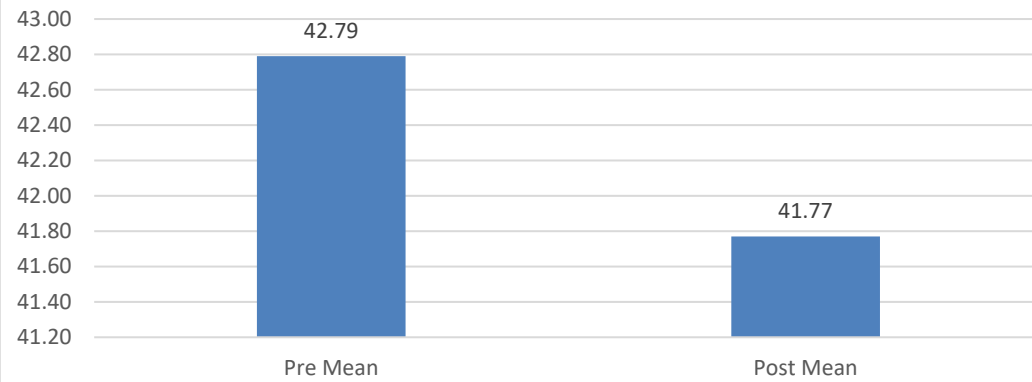
### Comparison of means for Weight before and after the wellness program



### Comparison of means for Waist before and after the wellness program

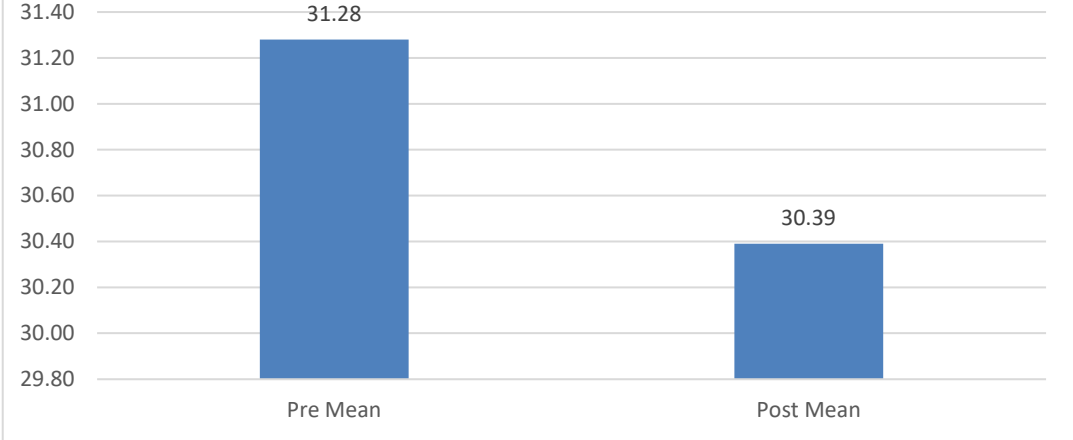


Comparison of means for HiP before and after the wellness program

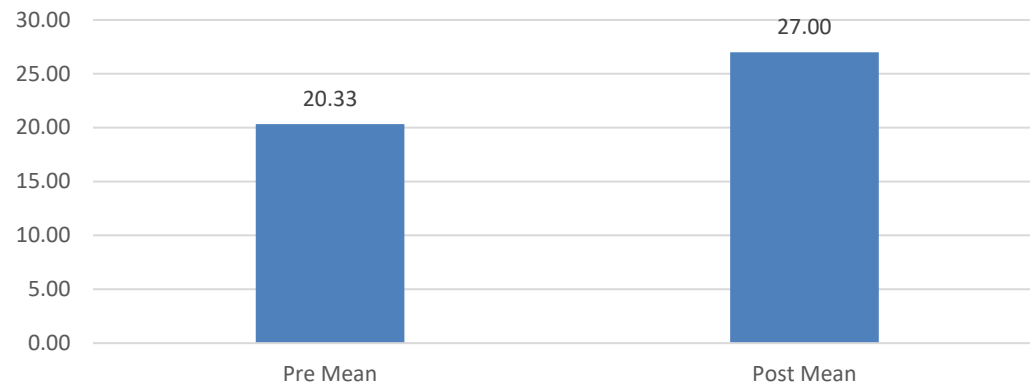




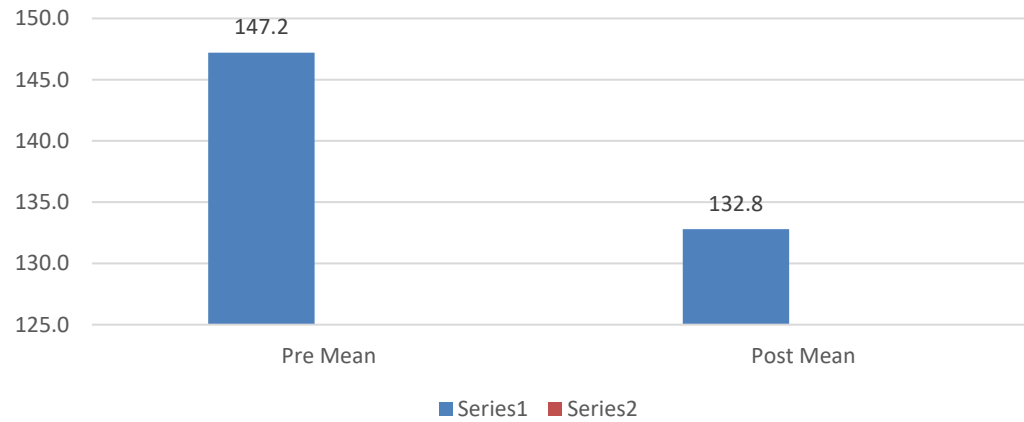
Comparison of means for BMI before and after the wellness program

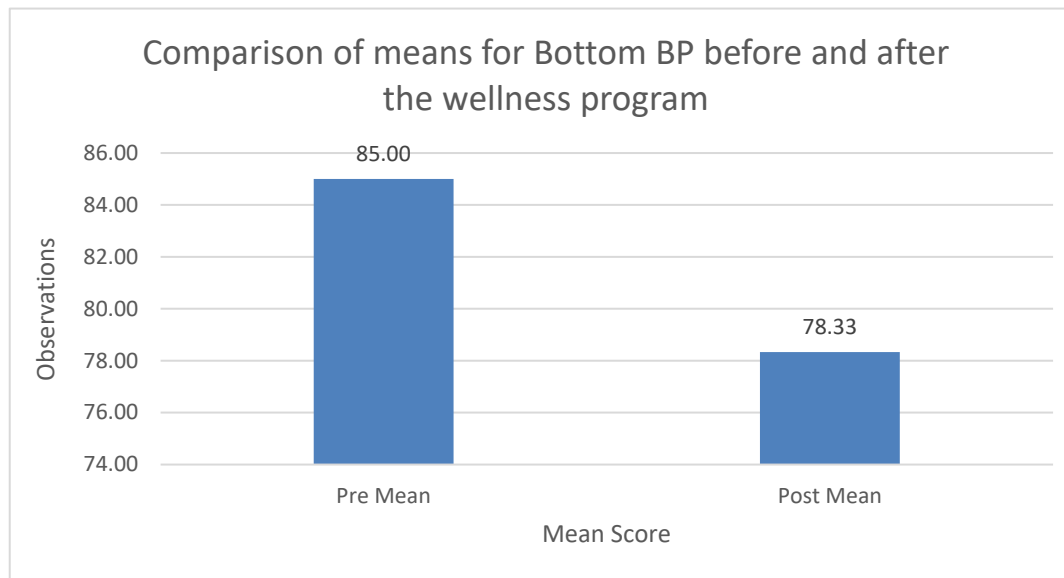


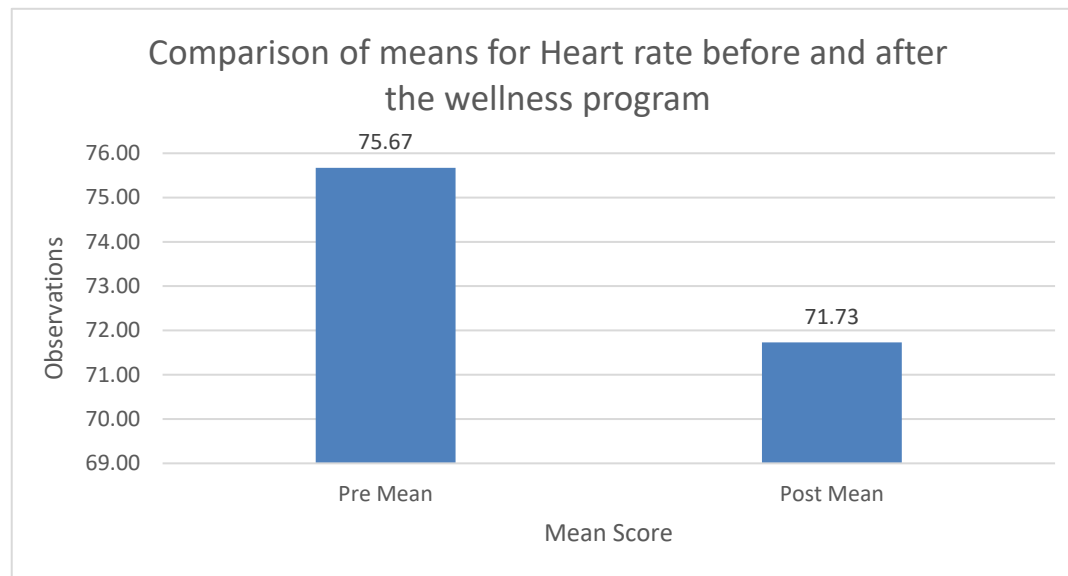
Comparison of means for Exercise before and after the wellness program



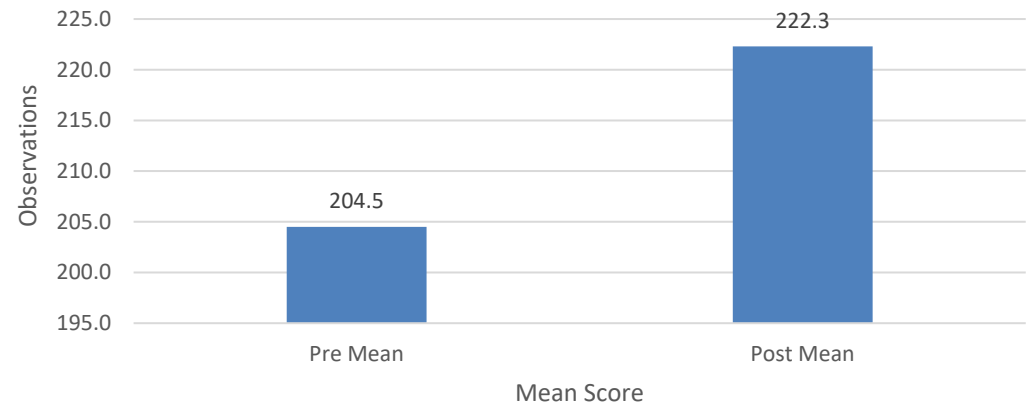
Comparison of means for Top BP before and after the wellness program



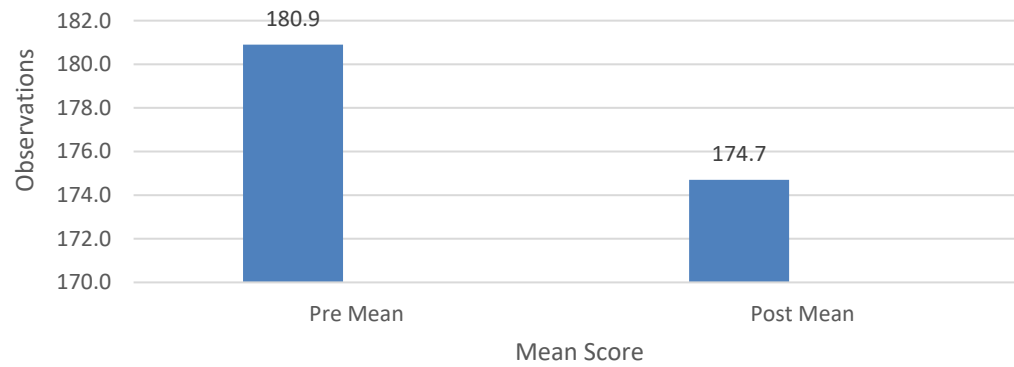




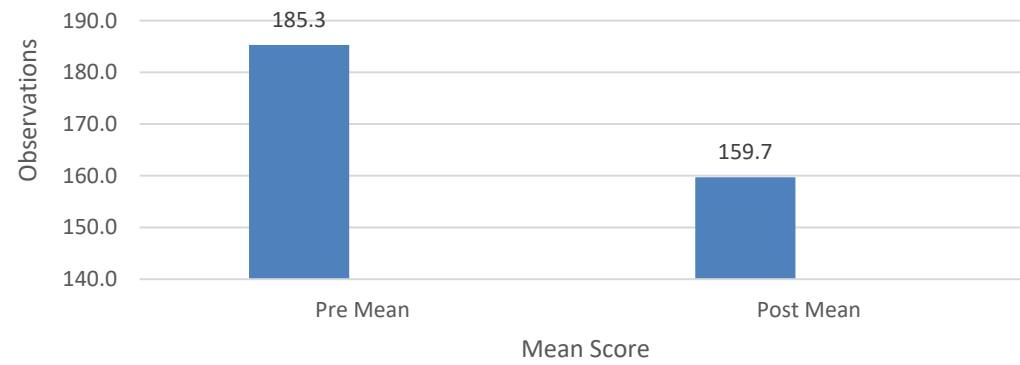
Comparison of means for Green Food before and after the wellness program



### Comparison of means for Cholesterol before and after the wellness program

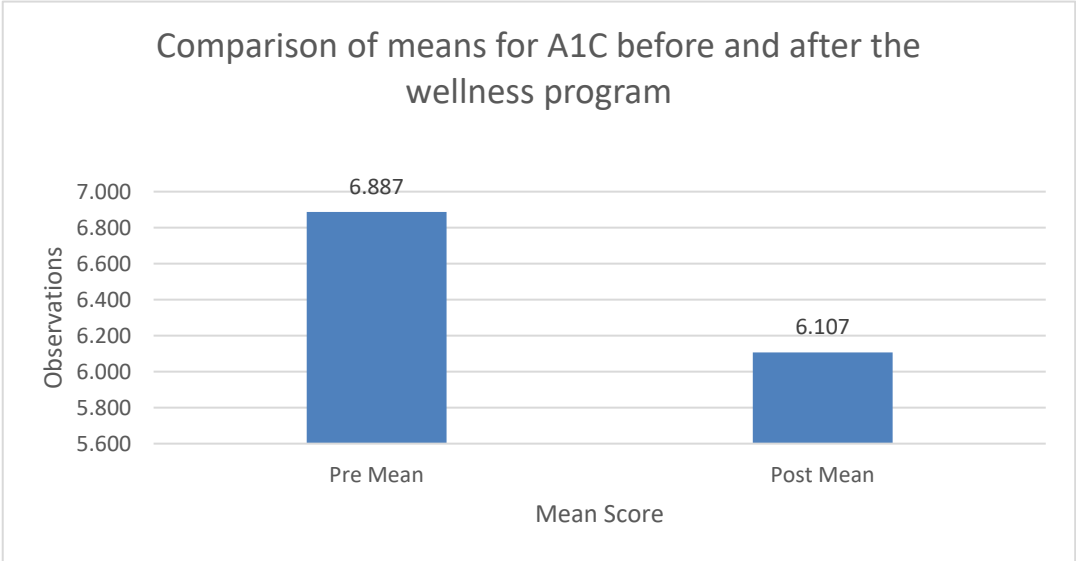


Comparison of means for Triglycerides before and after the wellness program

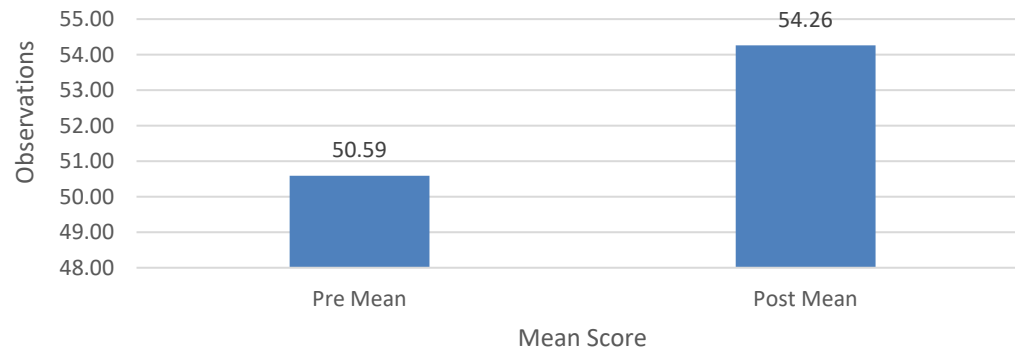




Comparison of means for A1C before and after the wellness program



### Comparison of means for HLD before and after the wellness program



### Comparison of means for LDL before and after the wellness program

