

IF THAT'S KALE

Getting healthy doesn't mean you have to go vegan or live at the gym.

Just getting started can make a difference.

And with FREE Kronos wellness offerings, taking the first step toward living your best healthy life can be easier than you think!



Learn more at kronos.to/GetHealthy or Kronos Home



THIS COULD GET UGLY

DID YOU SAY

Want to feel better? We've got you!

For example, the **Real Appeal** weight loss and healthy living program lets you take small steps that can lead to big results. And the **Livongo** program can make living with diabetes easier.

You can even get **personalized wellness coaching** — either on site or by phone. Spouses welcome!

▶ **The most important thing is to start.**

See all wellness offerings at kronos.to/GetHealthy or Kronos Home.



10 MORE REPS???