



Discover Exuberant Force!

...on-site stress relief for employees.



Well-Being That Starts At Work And Travels Home With You

We all relish that feeling of having a spring in our step, a smile that emerges from deep within and a general sense of being on top of our game. For many of us, meeting the demands of work and our personal life can leave us feeling a bit short of this sense of well-being.

Being Overstressed Often Depletes Your Energy Level

Continued exposure to a significant level of stress can accumulate in your body on a weekly basis and deplete you of the energy you need to stay at your best. We are all susceptible to the effects of stress. When stress accumulates, over time it can manifest into:

- Increased muscular tension
- Neck aches, headaches, and migraines
- Low back ache, and discomfort in between the shoulders
- Suppressed immune system that can lead to illness
- Respiratory and digestive disorders
- High blood pressure
- Difficulty sleeping
- Irritability, anxiety and depression
- Other health issues

Did You Know

Up to 75%-90% of all visits to primary care physicians are for stress-related complaints or disorders. - American Institute of Stress -

Take Charge of Your Well-Being

Deciding to take stock of the stress in your life and investing in actively managing its effect on you can result in a clear and significant difference in your well-being.

Physical Benefits of Stress-Relief:

- Better sleep, energy, strength, and mobility
- Reduced tension, pain, headaches and blood pressure
- Strengthened immune system
- Builds concentration
- Enhanced productivity and creativity

Emotional Benefits of Stress-Relief:

- Reduced irritability, anxiety and depression
- Increased quality of life and well-being

Get Energized With Exuberant Force!

Your employer cares about your health and wants to see you at your best whether at work or at home. That's why your company has teamed with Exuberant Force! to offer customized 15 minute de-stress sessions right at your work site.

As part of the program, healthcare practitioners will work directly with you to identify your unique signature stress patterns and develop a plan to peel away those layers of stress. You will also learn how to manage the "startling reflex", the involuntary stress reflex in the body, and help slow down the weekly accumulation of stress acquired both on and off the job.

About Us

Exuberant Force! is a wellness program that provides business with on-site employee care. The program is designed to improve employee productivity and company profits, by decreasing and managing employee stress while enhancing an overall feeling of well-being.

Jeffrey S. Gars, D.C., the founder of Exuberant Force! became one of the first mobile healthcare practitioners in his field. He sought to treat patients at the source of their stress and took his wellness practice to the workplace.

Exuberant Force! is the expansion and outgrowth of Heals-on-Wheels, LLC, which has been serving the Metro-Atlanta and N. Georgia areas with convenient, on-location wellness services since 1995.

Client industries include: financial services, housing, publishing, professional practice and technology.

**Delivering Results
for Life and Business**

What Employees Have to Say

"Exuberant Force! has been helping me for the past 5yrs. Before Exuberant Force! I would let my stress accumulate and find myself sick or in pain. I use to miss work for a whole week. Even when I was at work, because of my aches and pains, I was not always at my best.

After my first stress relief session with Exuberant Force! I felt much better. My work schedule is so hectic I don't know if I would of ever found the time to alleviate my weekly stress. They make it so simple and convenient to feel good and healthy! Thanks Exuberant Force!"

- Sherrie Madigan, Project Director
Atlanta Metropolitan Publishing

"Had it not been for the opportunity to have Exuberant Force! available for me at work, I would never have experienced this great feeling and relief from work-related stress."

- Barbara Sulander, Credit Manager
Redi-floors

"I was diagnosed with asthma 2 years ago at age 35. I was experiencing tightness in my chest which made it difficult to breathe. I am a mother of 3 and have a stressful job. Exuberant Force! makes it easy for me to take the time to take care of my body since the appointments are at my office. It's convenient and affordable.

I feel the tension and the stress released after every visit. It's helped me *breathe easier*, feel better and be more productive at work. I even sleep better!"

- Beth Bailey, Mortgage Account Executive
First National Bank of Gwinnett

"Exuberant Force! has been coming to our company for more than 5 years and relieving my weekly stress. Having stress relief sessions at work is great because that's often where I need it the most. After a session with Exuberant Force! I feel refreshed and ready to get back to work. Plus by having treatments in the office it saves me the time it would take to go somewhere else."

- Tom Cunningham, Contract Sales Representative
Redi-Floors

"I have been receiving care from Exuberant Force! for more than 2 years. Being in the mortgage business requires a lot of energy and focus to detail.

Exuberant Force! relieves my weekly stress and renews my energy so I can get the job done quicker and more efficiently."

-Tom Telford, Atlanta Area Manager
Nexus Financial Group

Reserve Your Time To Peel Away The Stress

Contact your human resources department to determine the easiest way to book an appointment during the next visit by Exuberant Force!

For more information, see our website at www.exuberantforce.com.

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Exuberant Force! offers you a menu of wellness services to choose from each week including:

Stress-Relief Neuromuscular Massage (Physiological Therapeutics) - accumulated stress is gently kneaded from your neck and shoulders while you are seated.

Stress-Relief Chiropractic Healthcare-gently restores the spine to structural and functional alignment and joint mobility to eliminate accumulated stress causing muscular tension, kinks, aches and pains.

Relaxation Therapy- a variety of therapies to release, relax and refresh.

Stress Management Educational and Wellness Programs- individual assessment of daily stress factors and customized activities to de-stress.

Postural Analysis- using a six point assessment, individuals will be evaluated and recommendations made to reduce physical stress.

Blood Pressure Monitoring- individual blood pressure assessment and monitoring to increase awareness of stress levels and activities that serve to reduce stress.



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