



# Healthy Habits with



Lisa Burbage

## Contact Us

Lisa Burbage  
Wellness Five  
Lisa@WellnessFive.com  
843-718-2981

## Who We Are

Lisa Burbage is a national board-certified health and wellness coach who comes on site to your company and helps employees lose weight through creating healthier lifestyle habits. A graduate of Duke University's health coaching program, she has a master's in higher education and counseling from the University of South Carolina.

80%

Of all chronic diseases resulting from obesity can be prevented or delayed by lifestyle changes.

**\$8.5 Billion**  
per year is the estimated cost of obesity in South Carolina

## Program Results

- Improved quality of life
- Decreased health care costs
- Reduced sick days
- Increased productivity
- Healthier and happier culture

A 6 month program

## Testimonial

"I signed up for Lisa's class because I was told it was about healthy living. At a recent visit with my doctor, she was surprised at how much weight I'd lost and took me off of my blood pressure medication. Medication she told me I would be on the rest of my life 13 years ago. With the support of Lisa and my classmates, I am halfway to my weight loss goal."

Jane, Summerville, SC