

HEALTHY LIFESTYLE SERIES



Nutrition



Beauty



Home



Stress

Q & A with Brooke Thomas, President and Founder of 360 Your Life

How is your Corporate Wellness program different from others?

Most corporate programs focus solely on nutrition. My Healthy Lifestyle Series tackles the four components to real health: Nutrition, Home, Beauty and Stress. I am grateful that I am able to teach people how to make practical and lasting changes in their daily lives. It's truly an interactive wellness experience where you see, touch and taste how to live healthier.

Why those four areas?

When I was diagnosed with Stage 3 Melanoma at 26 years old, I learned that clean nutrition was a primary building block of health. However, there are additional components that are key drivers for a complete and healthy life. Doctors predicted my cancer would return but after learning how to make better choices in my four key areas, I have been able to live cancer-free for 11 years. I have also become a Certified Nutritionist and a Wellness consultant.

How do you empower others with the lessons you have learned?

Through my Healthy Lifestyle Series that I have brought to companies, such as the Trump Organization and the Belk Corporation. I am so grateful for the success I have had creating supportive environments that foster healthier and happier employees.

How can people learn more?

See how I'm helping to build healthier families and stronger communities at <http://360yourlife.com/corporate-wellness/>

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