



WFC Fire Rescue Wellness Program - Nutrition

The Fire Rescue Wellness Corporation has partnered with Zone Living to offer **Zone products at a 20% discount** to members of the fire service and their families. The discount is in addition to auto-ship discounts. The Zone Diet is well known and allows you the flexibility to use as many or few of their products when following their nutritional program. The Zone Diet is also **recommended by Crossfit**.



Healthy weight loss requires complete nutrition. You need essential amino acids, fatty acids and polyphenols. Zone can guide you to achieve complete nutrition through healthy weight loss by supplying your body with essential nutrients it cannot make on a daily basis.

Your diet is also the key to controlling your inflammatory response. Cellular inflammation can cause obesity and the Zone Program is a proven way to reduce cellular inflammation.

To get started with the Zone Program and receive your Wellness Corporation discount:

Go to :

www.ZoneDiet.com

Promo Code (enter at checkout):

WACHiefs20

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Fire Rescue Wellness Corporation