

## Boston University Human Resources

### Benefits



### **Improve your health with the #1 ranked DASH Diet**

Boston University cares about your health. We strive to offer programs that support you in your efforts to live a healthy lifestyle. The DASH for Health program does just that. And it is free to you and up to three friends or family members. Not sure where to begin? Sign up today – the DASH Team makes it easy, and is there to support you every step of the way.

#### **The DASH for Health® Program**

DASH for Health® is an online program that has been proven to help you lose weight, lower blood pressure, eat healthier, and even spend less money on health care – and it was developed right here at the Boston University School of Medicine by Drs. Tom Moore and Caroline Apovian and their team of nutritionists, dietitians and physical trainers. All of the nutrition information is based on the DASH diet – recently **ranked as the #1 best overall diet by *US News & World Report* for the third year in a row!**

Using the tools of the DASH for Health program, you will learn how to shop for and prepare healthy meals, eat out in restaurants, start an exercise program – and you can keep track of your progress online.

Don't wait – enroll today.

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[Learn more](#), sign up and invite friends at:



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