

## Here's how to get your bonus:

\*You must have a personal Citizens Checking Account to receive the cash bonus.

**\$250**

**To get \$250\***

make a single or multiple deposits totaling \$5,000 (not currently on deposit with Citizens) into one personal savings account April 17 – 30th and maintain the balance for five consecutive months<sup>1</sup>.

**\$500**

**or to get \$500\***

make a single or multiple deposits totaling \$10,000 (not currently on deposit with Citizens) into one personal savings account April 17 – 30th and maintain the balance for five consecutive months<sup>1</sup>.

# Walking Workout Savings Account Bonus Update

**Nancy R. Lee, Philip Kotler**



## **Walking Workout Savings Account Bonus Update:**

*The Best Life Diet Revised and Updated* Bob Greene, 2008-12-30 From the bestselling author of *Get With the Program* and Bob Greene's *Total Body Makeover* comes *The Best Life Diet* a lifetime plan for losing weight and keeping it off Bob Greene helped Oprah achieve her dramatic weight loss and he can help you too You'll eat the same delicious food that Oprah enjoys and just like Oprah you'll have Bob to encourage you at every step Unlike a celebrity however you don't need to hire a staff of experts to aid and advise you because Bob's plan easily tailored to an array of tastes lifestyles and activity levels acts as your personal trainer and private nutritionist Just open the book and let Bob help you get started down the path toward your best possible life What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets only to backslide and regain the pounds they've shed have taught him that dropping pounds is not simply a numbers game By acknowledging that it is not simple laziness but a complicated web of social rituals cultural expectations and habits that drives people to gain weight Greene is able to attack the problem of weight loss realistically and offer not a short lived quick fix formula but a long term program that accounts for the challenges and constraints of the real world Divided into three phases *The Best Life Diet* gives you the tools you need to change your life In each phase you'll be asked to reexamine the decisions you make on a daily basis and gradually alter your habits to achieve lasting results The book also includes easy to follow meal plans that make it simple to meet your daily energy and nutrient requirements whether you are on the run and breakfast means a quick smoothie or you have time to shop for fresh produce and make something special You'll watch the weight disappear as you learn to prepare festive and flavorful dishes like Fire Roasted Tomato Shrimp Veracruz Chicken Sausage Jambalaya or Flank Steak with Chimichurri Topping and indulge in desserts like Roasted Peaches with Ricotta and Almonds or Apple Rhubarb Walnut Crisp And for each delicious recipe there is a detailed nutritional analysis so you know exactly what you are eating and how it fits into your personal eating plan Most important Bob's plan doesn't end once you've lost the weight Instead it gives you the tools you need to make living your best life second nature because for Greene a diet is not something you go on or off but a set of guidelines that will help you claim the life you deserve

Hearings United States. Congress. House. Committee on Banking and Currency, 1971      *April 28, 29, 30; May 3 and 4, 1971, and appendix* United States. Congress. House. Committee on Banking and Currency, 1971      *The Banking Reform Act of 1971* United States. Congress. House. Committee on Banking and Currency, 1971      Health Promotion Moving Forward Jody C. Gan, 2024-08-19 Build Skills to Promote Health and Equity in Your Community This timely and forward thinking textbook explores how health promotion can respond to current threats like declining teen mental health loneliness vaping food insecurity vaccine hesitancy and more With a population level approach and an emphasis on the socio ecological model it focuses on structural and social determinants of health to support health equity and prevention Learners will gain skills in

health programming healthcommunication and community engagement all essential for impactful careers in public health

**Key Features** Aligns health promotion strategies with Healthy People 2030 objectives the latest guidelines and evidence based interventions at every level of society Informs students about health behavior change theories and a wide array of health promotion efforts that improve equity and outcomes across populations Career spotlights and real world case examples give students applied insight into diverse roles and programmatic approaches Written by dedicated public health educators college professors and experts with a clear accessible voice and real world focus on today's pressing health issues

**Instructor Resources** include an Instructor's Manual PowerPoint slides a Test Bank and more

**Banking**, 1957    **Bank Marketing**, 1990    *Savings Institutions*, 1985-12    **Savings and Loan News**, 1973-07    **Social Marketing** Nancy R. Lee, Philip Kotler, 2019-02-05 Successful social marketing holds the power to change the world For almost two decades Social Marketing Behavior Change for Social Good has been the definitive guide for designing and implementing memorable social marketing campaigns Bestselling authors Nancy R Lee and Philip Kotler present a proven 10 Step Strategic Social Marketing Planning Model and guides students and practitioners through each stage of the process The new Sixth Edition is packed with more than 25 new cases and dozens of new examples related to today's most pressing social problems including the opioid epidemic climate change youth suicide and more The new edition also includes significantly expanded coverage of social media Whether your students are on a mission to improve public health protect the environment or galvanize their community they will find Social Marketing an invaluable resource

**Reinventing the Retail Bank** Lawrence E. Harb, Sarah E. Sleight, 1994    **Bank News**, 1996    **New York State Journal of Medicine**, 1957    **Nursing Times**, 1986-02    **Savings and Loan Journal**, 1951    *Arizona Farmer, Arizona Ranchman*, 1951    **Bottom Line, Personal**, 1996    **The Career Guide** Dun & Bradstreet, 1995    **The Lancet**, 1886    **Bank Personnel News**, 1982

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