

# 2018 Wellness Program Presentations



**Choose 1 or 2 for the Full Calendar Year**

## Nutrition/Weight Management

### Food Rules

*(Would go well with No, Diet, Diet Challenge)*

If you want to get fit and healthy, but are tired of keeping track of suggested fat grams, sodium intake, what foods contain Omega-3's, food pyramids then this may be just the nutrition workshop for you. In 30 minutes you will learn a number of healthy eating tips from author Michael Pollan's, "Food Rules" that have absolutely nothing to do with numbers or dietary guide-lines. Instead the tips are all easy to understand, easy to remember and guaranteed to be valid many years to come and will lead you to choose whole foods that are good for your health and the environment. (45 min.)

### Eat Dirt

*(Based on the best seller written by Dr. Josh Axe)*

Learn what Leaky Gut is, why it may be the root cause of your health problems and five surprising steps to cure it. (45-60 minutes)

### Eating to Win

*(Would go well with Train for 5k Challenge)*

Discover why drinking Gatorade and loading up on pasta the night before a race is outdated information. This workshop reveals how to effectively change your diet to develop a real competitive edge by integrating diet quality, avoiding specific ingredients/additives, improving meal timing, supplementation and ergogenic aids. (45-60 minutes)

## Mind/Body Health

### Experience Mindfulness Techniques

*(Would go well with 21 Day Mindfulness Challenge)*

Learn how the practice of being more mindful can help with stress management, attention, social connection, and overall wellbeing. In this workshop we will demonstrate a variety of mindfulness techniques that anyone can do to develop their own practice. (45 min.)

### Stress Free Living

*(Would go well with 21 Day Mindfulness Challenge)*

In our modern fast-faced world, stress seems to lurk around every corner. Is stress really just a sum of life events or is it our perception of life events that results in stress? Learn about the power of positivity and other basic stress relief tools that will make your world a more pleasant place to live. (60 min.)

## Fitness

### Fitness Myths Debunked

With the overload of advice you hear on TV, social media and from friends and family, it is hard to know what to believe these days. This presentation will discuss some of the most common fitness myths and hopefully solve your confusion. (45 min.)

### RUNdamentals: Foundation Training for the Runners

*(Would go well with Train for 5k Challenge)*

A workshop designed for new runners and for those at any level. Learn what it takes to move more skillfully, develop purposeful and coordinated strength, and develop the mindset needed to become resilient as a runner. This workshop can be paired with "Train for a 5K" challenge. (60min.)

### Joint Friendly Fitness

Everyone knows exercise is good for you but what if you have a bad back, bum knees or painful arthritis? And what about those of us who have taken on an exercise routine in good faith only to find it left you with a lingering injury or other painful experience? The fitness industry puts out so many ideas of how to get fit but not so much info. on how to do it safely or how to work around limitations. In this workshop you will learn the truth about what makes a good exercise, the connection between exercise and biomechanics, and tips to make workouts easier on your joints. We'll also learn explore dynamic stretching and conclude with a joint friendly master class that won't only help reduce the risk of injury but will actually build strength, stamina, and improve your performance. Please wear comfortable clothes and sneakers. (60 min.)

### Toxic Household Products

More than 80,000 chemicals are in use today, many of which have never been tested or proven safe for use. We are exposed to more chemicals than ever before and you may be surprised to know how much they impact your health. We put a lot of trust in companies to provide safe products but as a consumer it is important to be aware of what's in your products to reduce your exposure to toxic chemicals. Join us to learn simple tips that can help get you and your and your family on the way to enjoying the benefits of a clean, chemical free lifestyle.

### The Power of Zz's

Are you always tired? You don't have to be! This presentation will teach you the importance of regular sleep and how you can improve your own sleeping habits with simple every day steps. (45 min.)

## Other

### Creating a Culture of Wellness

What can be done to make your workplace a health-promoting environment? Find out what is being done at innovative worksites to support the goal of better employee health and

productivity. Attendees will also be given the opportunity to share ideas and what how they envision a healthy-lifestyle promoting environment at their own place of employment. (60 min.)

#### **The Healing Power of Nature**

We live in a society where people spend more and more time indoors and online but recent studies suggest that nature can help our brains and bodies to stay healthy. Learn how you can harness the power of nature for deep healing and a greater sense of connection with yourself and the world around you. (A short nature walk will follow if location allows access). (45-60min.)

#### **Coping with Financial Stress**

This presentation will talk about the problem of financial stress and its impact on our health. Includes ideas about: Managing and getting out of debt; The benefits of budgeting; Improving your financial health; Dealing with financial stress. (45 min.)

#### **Body Mechanics**

Understanding risk factors related to movement patterns and ergonomics in the workplace can help us take action against musculoskeletal disorders, one of the most common occupational injuries.

Research has shown that people who are physically fit and use proper body mechanics are more resistant to back injuries and pain, and recover quicker when they do have injuries. This presentation provides tips for safety and recommendations for safe lifting and ergonomics for a healthy spine. (45 min.)

#### **Blood Pressure 101**

120 over what? If you're tired of having your blood pressure read and not understanding what it all means, this is the workshop for you. In addition to basic information on blood pressure you will learn some simple lifestyle changes to help you improve your health and wellbeing. (45 min.)