



## Berkshire Health Group

### 2019 Wellness Program Menu



# Winter 2019

***Choose One Challenge Per Quarter***

## **Sugar Awareness Challenge**

**January 14th– February 15th**

The goal of this challenge is to become more aware of the sugar and artificial sweeteners in the foods and beverages you eat and try to limit the amount of added sugar in your diet. There are 5 daily goals to follow and you can check each rule daily if you accomplish the goal.



## **30/30 Fitness Challenge**

**February 4th– March 8th**

Exercise 30 minutes per day for 30 days to make it a habit. The number one reason most people give up on an exercise program is that there's not enough time in the day to workout.

Finding ways to squeeze in 30 minutes of daily exercise is doable especially when the 30 minutes are broken down into three



# Spring 2019

***Choose One Challenge Per Quarter***

## 21 Day Mindfulness Challenge

**March 11th- April 1st**

Follow a calendar with simple but effective behaviors to try each day. By the end of the month you will have new ways to manage stress and an overall more mindful way of living.



## Healthy Steps

**April 22nd– June 17th**

This is a unique, 8-week self-directed program which incorporates tracking healthy eating habits and increasing exercise mileage to improve weight, body composition, fitness and overall health.



# Summer 2019

***Choose One Challenge Per Quarter***

## **Color Your Plate**

**June 17th-July 19th**

To receive the health benefits of fruits and vegetables, it is important to choose from a variety of color. Take the challenge and see if you can put a rainbow of color on your plate. Enter check marks on your tracker each time you eat one serving from the color category for that day.



## **Make Time for Family Challenge**

**July 22nd– August 23rd**

Use a bingo board to choose activities to enjoy with your family and friends.



# Fall 2019

*Choose One Challenge Per Quarter*

## Take Flight

**September 16th- October 14th**

The goal of this challenge is to climb the equivalent of the Empire State Building at least once over a 4 week period.

To reach this goal you will need to climb an average of 21.5 flights per week or approximately 3 flights per day. In 4 weeks' time you will have climbed at least 86 flights of stairs of 1548 individual stairs.



## Sodium Challenge

**November 18th– December 13th**

The goal of this challenge is to help increase awareness about the amount of sodium in foods and focus on limiting the amount of sodium in your diet.



## On-Site Presentations & Workshops

Our interactive presentation and workshops are designed to present an informative, practical path to achieving optimal health. Presentations are typically one-hour in duration, available on-site and conducted by a qualified professional that specializes in the specific subject matter.

### Stress

- NEW! Turning Stress into Strength
- NEW! Tools to Reduce Stress
- Experience Mindfulness Techniques
- Getting it in Gear: Strategies for Building Motivation in your Personal Wellness Program
- Thriving
- Living Younger Longer
- Introduction to Mindfulness and Meditation
- Yoga for Stress Relief
- The Power of Kindness
- The Healing Power of Nature
- NEW! Habits – Changing Bad into Good
- NEW! Unplug
- NEW! Self-Management Tools to Reduce Blood Pressure

### Prevention and Health

- Ten Evidence-Based (and powerful) Lifestyle Interventions
- Know your Numbers
- Making Healthy Choices
- The Vitamin D Solution
- The Power of Habit
- Toxic Household Products
- Healthy for the Holidays
- Blood Pressure 101
- Revolutionary Strategies to Fight Hypertension
- How to use a home Blood Pressure Cuff
- The Power of ZZ's

### Nutrition

- NEW! What is better than Food? The essential guide to healthy holiday survival
- NEW! Am I Really Hungry?
- NEW! Build Your Best Diet
- NEW! Food: What Not to Eat...What the Heck Should I Eat?
- NEW! How to Quit Smoking Without Gaining Weight
- NEW! It's Not About the Food
- New! Sleep More, Weigh Less
- Nutrition Basis– 2 part Series
- Rethink Your Drink
- Beat Belly Fat
- The End of Overeating
- Are you Label Able
- Eat to Lose
- Food Rules
- Always Hungry
- Sweet Deception
- Healthy Eating on the Go
- Beyond Calories– 2 Part Series
- Fed up
- When you Eat at the Refrigerator, Pull-up a Chair
- Mindless Eating—2 Part Series

To schedule a presentation, please email Wellness Coordinator, Beth Piantoni ,  
[epiantoni@bhs1.org](mailto:epiantoni@bhs1.org) . Please allow 4-6 weeks lead time. All presentations are FREE, unless specified in the menu.

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### Nutrition (cont'd)

- Slim by Design
- To Wheat or Not to Wheat? ( That is the Question)
- Eat Healthy Food
- Eat Dirt ( Based on the best seller written by Dr. Josh Axe) **\$200**
- How Not to Get a Gut
- Eating to Win
- Healthy Eating for your Kids ( and Family)

### Physical Activity

- Fitness Myths Debunked
- Exercise at Your Desk: The Workout for your workplace
- Fitness For Life/Move More
- Joint Friendly Fitness

### Financial Wellness



*\*Workshops provided  
in partnership with Greylock Federal Credit Union\* – availability Berkshire County Area only.  
Presentation lengths listed can be tailored to  
your needs.*

- Creditability\* – Build a Strong Credit History:
- Building a Basic Budget\*
- Power over Debt: Break the Debt Cycle\*:
- Investing 101\*
- Planning for Retirement
- Coping with Financial Stress

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## **Specialty Programs and Workshops**

**\*\*\* These programs are extended for longer periods of time, and can be used with stipend money.**

### **Better Body Mechanics Series**

This 6 workshop musculoskeletal health series provides training to learn basic anatomy, tips to improve musculoskeletal and joint health, body composition, stretches, core strengthening to restore balance to your back, recovery and myofascial release, and tips for safety and ergonomics. Participants will receive fitness tools and learn easy to follow quick routines for results in a small amt. of time to prevent or some of the most common chronic conditions leading to illness and disability and improve quality of life and longevity. (60 min. per session).

### **Roll with It: Self-Myofascial Release Workshop**

If you have stiffness, muscle pain or lack of mobility anywhere in your body, this workshop is for you. Self- Myofascial Release is like having a deep tissue massage, where you have total control of the pressure and the areas that need attention. Using a foam roller or a tennis ball, you can empower your body's own self-healing nature by identifying and strengthening "body blind spots" – areas of your body that are overused, underused, misused or abused which are potential catalysts for pain and blockages of energy. This workshop leaves you feeling balanced, inspired and living better in your own body! Props provided: Tennis balls and Foam Rollers. Participants are asked to bring a mat. (45-60 min.)

### **Balancing Effort and Ease: A Yoga Approach to Stress Reduction**

An 8-week program (also available in a 4 or 10 week format) that teaches simple tools to reduce stress, enhance energy levels, and to explore why self-care is an essential life skill. We can't serve when our own inner reserves are depleted. This program offers the opportunity to employees to increase their overall wellbeing and to access deeper levels of relaxation. Each class will combine yoga/meditation practice, short talks about stress, and opportunities to ask questions and learn from other's experience. No prior yoga or mindfulness experience is necessary. (60 min. per session)

### **Supermarket Tour:**

The foods you put in your grocery cart today predict your health and performance? Are you a sucker for a 3 for 1 sale on your favorite snack food or do attractive food labels convince you to buy with their many claims? Grocery shopping can be confusing and costly when you want to eat better but it doesn't have to be. Let us show you the best way to shop and find the foods you and your family need to

Prices very per program or workshop. Please contact **Wellness Coordinator Beth Piantoni** , [epiantoni@bhs1.org](mailto:epiantoni@bhs1.org) for more details .

## On-Site Fitness Classes

Group onsite fitness classes are available 3 times per year  
for Fall, Winter, and Spring

### Fitness Classes

Physical activity can improve overall health, and help reduce the risk of developing certain diseases such as type 2 diabetes, cancer and cardiovascular disease. Being physically active can have immediate and long-term health benefits. Most importantly, regular activity can significantly improve quality of life!

- Zumba
- Bootcamp
- Interval Training
- Pilates (Mat)
- Kickboxing
- Core
- Cross Training
- Aerobics
- Strength Training
- PiYo
- Guided Stretch
- Walking Group
- Functional Fitness
- Group Running

### Yoga

The eastern practice of yoga has become widely adopted by the west as more and more people are understanding its positive effects on stress reduction and well-being. In addition, the mind-body practice also offers wide-ranging physical health benefits that rival other forms of exercise, from reduced chronic and back pain to stronger bones and increased flexibility, among others.

- Classic Yoga (multi-level)
- Gentle/Restorative Yoga
- Hatha Yoga
- Power Hour Yoga
- Vinyasa Flow Yoga

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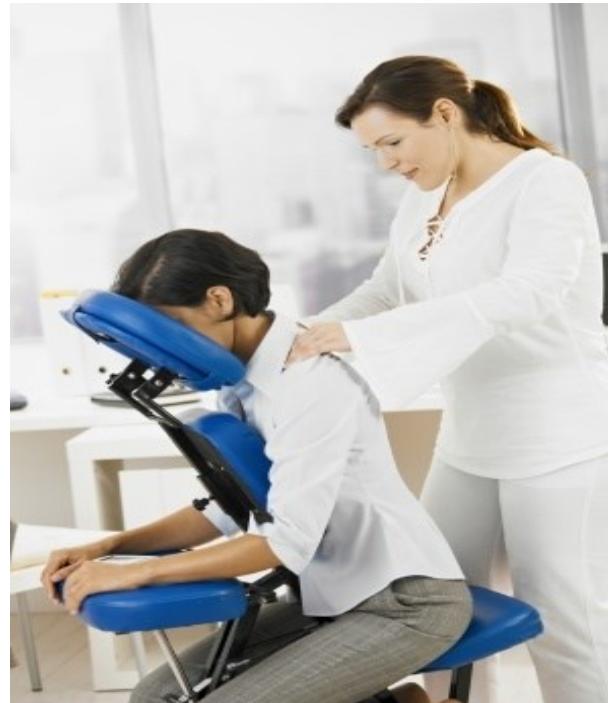


## HEALTH FAIRS

Our health fair programs provide an array of offerings to build a fun and interactive health fair! This event is free and open to all employees and their spouses. Participants have the opportunity to listen, learn, and engage in science-based, well-awareness activities that effectively communicate well-being messages and education. This is also a great opportunity to gather valuable information from vendors and community resources that will benefit all employees and your spouses.

### Services and information available include:

- Biometric Screenings
- Health and Wellness Activities
- Healthy Cooking Demo
- Blood Pressure Checks
- Benefits Information
- Nutrition Awareness
- Aromatherapy
- Health and wellness Presentations
  - Chair massage
  - Freebies and prizes



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