Corporate Wellness Seminars

45-60 minutes each • Provided by our quality wellness educators

General Wellness:

**Wellness Principles for a Healthy Life** - Starting with a self-evaluation activity, this seminar will get you thinking about your level of satisfaction among the many dimensions of wellness. We’ll delve into topics like nutrition, fitness, stress, relationships, personal growth, and more. You’ll assess what you could do to improve satisfaction in each of these areas and learn how to set SMART goals to get there! Whether you’re struggling with stress, you want to figure out a way to eat better, or you plan to start exercising more - this presentation will motivate you to make positive changes in your life.

Nutrition:

**Creating a Healthier Holiday Season (offered in November/December)** – Did you know the average person gains 1-2 pounds between Thanksgiving and New Year's, and many keep this weight on each year? Plus almost 15% of people gain 5 pounds or more! Come to this seminar to find out how to stay on track this holiday season. You’ll learn strategies to create healthier holiday meals, recipe substitutions for better baked treats, and tips on handling the many parties and events this season.

**Decoding Food Labels** – Does 0 grams of trans fat actually equal 0 grams of trans fat? What does “reduced sodium” really mean? How do I know if something is made of 100% whole grains? Get the answers to these questions and many more in our session about decoding food labels! We’ll discuss the nutrition facts panel, ingredients section, and food claims. You’ll walk away more confident in your ability to evaluate food choices!

**Fad Free, The Way to Be: Separating Fad Diets from Healthy Eating** – Fad diets and quick fixes are constantly emerging in today’s health market. Learn tips for spotting a fad diet and why these are not the solution for health and weight loss. Discover how to put together a healthy eating plan based on science, not pop culture.

**Family Friendly Nutrition** – Have little ones at home? You don’t want to miss this session! Learn why proper nutrition is essential for children and how to conquer common problems, from picky eaters to cooking time constraints to weight concerns.

**Grocery Store Tour*** - Grocery shopping can be overwhelming, but it doesn’t have to be! Our wellness educator will meet your employees at a local supermarket to take you on a tour. You’ll learn how to choose the right foods to nourish your body, discover tips on reading labels, and find top choices for healthy snacks. Plus, you’ll be able to ask any of your own food & nutrition questions along the way. *Maximum of 10 employees in this seminar; availability varies based on location
**Healthy in a Hurry: Nutritious Choices for Busy People** – Just because your schedule is full doesn’t mean you can’t make nutritious choices! Learn how to better plan and prepare your meals to save time on weeknights. Walk away with 10 healthy meal ideas that take less than 30 minutes to cook. Plus, we’ll give you some tips for healthier takeout choices for those nights when you decide to order out!

**Social Life Survivor** – A busy social life can be rich in friends, laughter – and calories! Restaurants, happy hour, and other get-togethers focused on food may be sabotaging your nutrition and fitness goals. This session will review strategies for making healthy food and beverage choices while dining out. We’ll also discuss ideas for other fun social activities that don’t center around food.

**Physical Activity:**

**Motivation for Movement** – Ever wonder why you should stick to a fitness routine? Learn about the latest research on the many benefits of exercise, from treating anxiety and depression to improving brain function. Discover the amount of physical activity necessary to achieve these different benefits and tips on how to include that activity in your busy lifestyle.

**No gym? No problem!** – If you don’t want to spend money on a gym membership, if you dislike the gym environment, or if you travel a lot – this seminar is for you! This class will teach you how to put together a fitness program outside of the gym. Learn how to structure effective workouts in a home or work environment and discover inexpensive equipment that can help you reach your goals. We’ll also discuss other resources that you may find helpful, such as fitness websites or virtual personal trainers.

**Tackling Your First Triathlon** – Whether you’re new to fitness altogether, or you’ve decided to take the plunge and try a tri – this seminar is for you. Discover top training tips, see a mock transition area, review common “newbie” concerns, and learn how to fuel for your race. Plus, each participant will walk away with a sample 12 week sprint-distance training plan!

**Combination Topics (Nutrition & Physical Activity; Nutrition & Stress; etc.):**

**10 Tips for Weight Loss** – Struggling to lose weight – or to keep it off? Come find out 10 evidence-based tips that will help you conquer the scale.

**“App”solutely Amazing** – This interactive seminar goes over the many smartphone and web-based applications available to help you improve your health and track nutrition and fitness related goals. Explore programs like Strava, MyFitnessPal, Charity Miles, Fooducate, GymPact, and more. Bring your smartphones!

**Budget Basics for Better Health** – Staying healthy doesn’t have to break the bank! Find out top foods that are rich in nutrition but easy on the wallet. Learn how to maximize your food dollars when shopping for nutritious foods through strategies like couponing, shopping comparisons, unit prices, and more. Plus, we’ll discuss top tactics for fitness on a budget, where you’ll learn tips like
how to save on gym memberships and how to use daily deal sites to score inexpensive fitness classes.

**Food, Stress, and Sleep: Connections and Tips** – Learn about the connections – both positive and negative – between all three of these components. For example, did you know that getting too few hours of sleep actually increases hormones that stimulate hunger?! Walk away with tips to improve your eating habits, sleep habits, and stress management, all in one session!

**Workplace & Organizational Health:**

**Generational Dynamics: Creating Success in a Multigenerational Workplace** – Are you a civic, baby boomer, Gen-X’er, or millennial? Learn how your birth year and generation may shape your characteristics and workplace habits. Discover ways to better understand other employees and improve relationships with coworkers and management using generational dynamics.

*This seminar can be customized to focus on management or on staff as a whole.*

**Maximize Your Minutes: Tips for Time Management** – Feel like you never have enough time to get everything done? Constantly overwhelmed and stressed out? Secure your seat in this seminar! Learn strategies for time management that come from some of the most successful people in our country. We’ll discuss prioritizing tasks, batching activities, the Pareto Principle, and more. Effective time management leads to reduced stress and increased life satisfaction, so schedule this session in your calendar today.

**Stress Management 101** – From busy schedules to tight deadlines, new children to household repairs – stress can come in many forms and in many areas of life. Come to our stress management seminar to learn simple tips for both reducing and managing your stress. You’ll first identify your own personal stressors and assess ways to possibly reduce these. You’ll then learn about tools to alleviate stress like guided mediation, progressive muscle relaxation, yoga, laughter therapy, and more – and you will even have a chance to practice a few of these!

**Chronic Conditions:**

**Dealing with Diabetes** – Were you just diagnosed with diabetes? Or have you known for a while, but are unsure how to manage it? Come to this special seminar designed just for those struggling with diabetes. We’ll discuss basic facts about diabetes, explore blood sugar testing recommendations, and talk about guidelines for creating a healthy diet that helps you control your blood sugar levels.

**Heart Smart** – Cardiovascular disease is the leading cause of death in the United States, but experts estimate anywhere from 30 to 80% of these deaths could be prevented with simple lifestyle changes. Learn tips for preventing and treating high blood pressure, high cholesterol, and coronary heart disease through healthy behaviors including smoking cessation, dietary changes, and exercise.

*Customized seminar topics are also available upon request.*