



Nutrition

Healthy Grocery Shopping on a Budget

Most people think healthy food is about skinless chicken breasts, fat-free cookies and other foods which cost more than their “regular” counterparts. But healthy shopping is a whole lot more in scope – and a whole lot less in cost! In *Healthy Grocery Shopping on a Budget*, you’ll learn: the best deals in each food group; expensive foods to beware of; how planning saves money and time; general money-saving tips; and healthy, inexpensive meal ideas.

How To Use a Food Label to Better Your Health

A food label can be a helpful tool when you want to ensure you’re eating healthfully. Join this presentation to learn how to use a food label to understand nutritional value, compare products, evaluate the safety of a food and much more.

Clearing Up Carb Confusion

Confused about carbs? With so much misinformation out there, it's hard to know the truth. Some carbohydrates contribute essential fuel for our bodies while others are low in nutritional value and make it more difficult to manage weight. This presentation will help you understand the difference and learn how to enjoy carbohydrates in the amounts and proportions that support your best health.

Healthy Dining Choices

We all have occasions to eat out, whether it's for a celebration or maybe we choose not to cook. This presentation helps you navigate restaurant menus and websites, and provides great tips for selecting healthier food options or making smart substitutions. Bon appetit!

Gluten-Free: Is That For Me?

Historically, gluten was thought to be a problem only for those diagnosed with celiac disease. Today, research suggests there is a spectrum of gluten related disorders that improve when gluten is removed from the diet. This presentation covers the definition of gluten, the foods that contain it, ways to identify if gluten is an ingredient in the foods you buy, and how to eliminate gluten from your diet if you have a gluten sensitivity.

Stay Healthy: Prevent Diabetes

Healthy living starts with you. If you've had a recent high blood glucose level or are overweight, you can still live a healthy life. This presentation will review the 3 lifestyle changes that can lower your risk for developing Type 2 diabetes, and show you how to do it so you can enjoy life as you age.

Understanding Organic

Learn all about the USDA's Organic Program and all of the criteria behind the USDA Organic seal. Understand the common reasons for choosing organic foods and the main differences they have from other non-organic products.

Recipe Revamp/Quick & Easy Meals

There are many things you do to make a recipe healthier. In this presentation we will review how to revamp recipes through simple substitution swaps, without sacrificing taste. We will also discuss quick & easy meal ideas. Bring your own recipe for an opportunity to revise it during the session.

Color Your Plate: Fruits & Vegetables

Consuming enough fruits and vegetables every day can help you maintain good health and reduce the risk of chronic illnesses like obesity, heart disease and type 2 diabetes. This presentation will review the benefits of fruits and vegetables, and offer strategies and tips to increase your intake.

Weight Management

Learning the Basics: Portion Size and Control

Food portions have changed dramatically in the last 20 years – more than most people know. The increase in portion size affects how much we eat and ultimately our weight and health. This presentation provides examples of the difference in size and calories for some of today's common foods and offers concrete strategies on how to eat moderately despite increased portions.

Mindful Eating for Weight Management

Weight management isn't only about what and how much you eat. It's about how you relate to food, eating and your body. *Why* do you eat in the first place? And *how* do you eat? *Where* does your energy from eating go? In this session, you'll learn how to use mindfulness to create a healthier relationship with food that can result in effortless weight management.

What Should I Eat? A Mindful Eating Approach to Food Choices

Tired of confusing, arbitrary rules about what you “should” be eating for better health and weight? Forget those rules and get back to the basics of *balance*, *moderation* and *variety* to make the choices that best nourish and satisfy your body – and your mind! This workshop will show you how.

Physical Activity

Fitness Trends

You may have heard about some of the most popular trends in fitness and classes. Here's your chance to learn about what's getting people engaged and excited about physical activity and weigh the pros and cons, so that you can decide what fitness trend is best for you.

Strength Training Simplified

In addition to learning about the benefits and components of strength training, this session will provide your employees with a strength workout they can do anytime, anywhere – using just their body weight! Participants are encouraged to wear comfortable clothing as the facilitator will lead them through demonstrations of simple exercises.

The 8 Colors of Fitness

Part of maintaining a healthy lifestyle is figuring out what kind of physical activity works for you – which we all know can take years of trial and error. If you would like to “cut to the chase” and determine your fitness personality, this presentation will help you discover how you can create an exercise program you'll never quit.

Walking For Your Health

Walking is an easy, fun, and low-cost activity you can do no matter your age. And the health benefits will keep you going! Learn how walking can improve your mood, promote better sleep, reduce your risk of heart disease, and lower your stress. This presentation will cover setting goals, selecting correct walking shoes, avoiding injuries, and staying motivated.

Deskercise

Feeling tied to your desk lately? You're not alone. Many American workers have a desk job and are sedentary for 8 or more hours per day. This type of inactive lifestyle puts you at greater risk for carpal tunnel syndrome, muscle loss, heart disease and more. In this presentation, you will learn fun and easy ways to build activity into your workday – often without even leaving your cube!

Stretch It Out

Are you wondering if there are benefits to stretching? Is there a right way to stretch? Age and inactivity, or even too much of certain types of activity, can create muscle and joint stiffness that can be painful and affect our posture and mobility. Learn the benefits of stretching and receive guidance on the correct way to increase flexibility and range of motion.

Stress Management

Beyond The Stress Ball

This powerful workshop offers practical tools for managing stress that go beyond traditional advice. You'll learn how effective thinking, mindfulness and relaxation techniques can lower your stress level and increase your quality of life.

Stress Management: The Art of Setting Boundaries

Chronic stress negatively affects physical and mental health. An important part of reducing stress is setting healthy limits with others, ourselves and with our environment. This can be a challenge for many people. Join us for *The Art of Setting Boundaries* where you'll learn how to set and honor healthy limits to reduce stress and improve quality of life.

Other Wellness Topics

Master Your Motivation: Seven Strategies for Staying Inspired

If you've attempted to lose weight, eat better, exercise regularly, manage stress or make other improvements in your health in the past, you may have experienced setbacks or been frustrated by what feels like the inevitable come-and-go nature of motivation. This presentation will help you define your powerful motivators for change and leave you with seven practical strategies that will empower you to consistently make choices to reach your personal health goals.

Boosting Brain Health

Your brain is the single greatest system ever designed in the history of the universe. It is responsible for your every thought, emotion and behavior. Maintaining brain health and enhancing lifelong learning is a vital part of aging and quality of life at every age. In this seminar, we will review the anatomy of the brain, gain a better understanding of how the brain learns and thrives, and discuss how incorporating the five critical domains of brain health can enhance your quality of life, starting today!

The Science of Willpower

In the last couple of decades we have learned a lot about brain science and health. This presentation will dispel the idea that willpower is a limited resource and provide information on what you can do to strengthen your willpower “muscle” to overcome obstacles and make healthy behavior change.

Healthy Words of Wisdom on Men’s Health

This presentation delivers helpful information about common health issues that affect men including heart disease, testicular disease and more. You’ll get tips for reducing your risk for these and other conditions as well as guidelines for recommended preventive screenings.

10 Healthy Habits for Busy Women

Especially for women who are busy balancing work and life, maintaining good health can be a challenge. This presentation will not only help you identify your risks for health conditions that affect women, but will provide best practices for preventing and treating those conditions. You’ll leave this session with an action plan for good health based on 10 important healthy habits.

Menopause & Perimenopause

“The Change” in a woman’s life can be very challenging to navigate, especially in the midst of caring for family and working. This presentation reviews the physical, emotional and mental aspects of menopause and offers ideas and solutions to successfully navigate this significant time in a woman’s life.

Caring for the Caregiver

Discover ways to fit some self-care into a challenging day as a caregiver. Whether you are taking care of young ones, spouses or aging family members, it is important you find ways to take time for your own physical, emotional and mental health. This presentation provides some great ways for self-care to feel your best while taking care of others.

Sleep

Looking for more energy? Get some sleep! Many of us do not get a good night's sleep, and our health and productivity suffer because of it. This presentation covers the purpose of sleep, how much sleep is enough, and how to improve your quality of sleep with strategies, tips and helpful resources.

Handling the Holidays in Good Health

Take the stress out of the holidays with a new, fresh perspective to focus on what means the most to you at the holidays. Enjoy holiday foods without overindulging and find ways to keep moving with these great tips to handle the holidays in good physical, emotional and mental health.

Heart Healthy Living

Heart Disease is the leading cause of death for men and women. In this presentation, you will learn the hard facts about heart disease and how to determine your risk. We will discuss controllable risk factors like high blood pressure and learn ways to prevent and protect your heart through healthy lifestyle changes.

Turn the Pressure Down

Learn how the DASH (Dietary Approaches to Stop Hypertension) diet and other lifestyle changes can help you prevent or manage high blood pressure. Turn the pressure down for a healthier You.

Metabolic Syndrome

According to the American Heart Association, up to 25% of Americans have Metabolic Syndrome and most do not know it. Learn about the underlying causes for the 5 health risk factors for Metabolic Syndrome and how changes in your lifestyle can improve each of these risk areas, for a healthier You.

Prediabetes

Healthy Living Series Session 1: Overview

Will review what prediabetes is along with the risk factors. Participants will Take the Quiz and learn about prediabetes and the importance of a healthy lifestyle to lower your risk for diabetes. Learn how a little weight loss can have a big impact on risk and some easy ways to start tweaking your eating habits and moving more to achieve weight loss. We will ask you to set goals and make small lifestyle changes.

Healthy Living Series Session 2: Eat Well

Learn how the Mediterranean diet plan can help you stay healthy and lose weight as you age, with an emphasis on plant foods that play a role in your wellbeing. Discover how to manage your blood sugar for energy and long term health, along with additional heart healthy tips and strategies to lower your risk for diabetes.

Learn the benefits of a brisk walk, simple exercise routines and ways to build activity into your day. Identify what's important to you, and how to make changes for a healthier life. Connect with ongoing support programs for healthy living and follow up with your doctor to ensure all preventive steps are being taken to continue lowering your risk for diabetes.

Diabetes

Living the Sweet Life Session 1: Overview

Diabetes is on the rise as a significant health concern for many Americans. This presentation will help you understand what Diabetes is, learn the different types of Diabetes, how it affects the body and how it is diagnosed. You will learn effective strategies for managing diabetes that will have you living the sweet life!

Living the Sweet Life Session 2: Monitoring

Checking blood glucose *is* the cornerstone of diabetes self-management. However, since Diabetes can affect many parts of the body, it is important to monitor your overall health to decrease your risks for complications. Learn about the best practices for daily monitoring and periodic exams for effective monitoring of your Diabetes.

Living the Sweet Life Session 3: Medications

Prescribed medications can play a key role in managing diabetes. Learn how to use your medications for the most effective management of your diabetes and when to see your physician for periodic review.