

Health and Wellness Seminars

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Back Care/Injury Prevention: Even the simplest tasks can seem nearly impossible if you have a back injury. In this seminar, participants will test their knowledge about back injuries, diagnosis and treatment. They will learn techniques to help avoid injury, speed recovery and lastly, try out some exercises that will help maintain back health with proper lifting.

Healthy Eating on the Run: Review components of a healthy diet with emphasis on fruits, vegetables and whole grains; discuss menu planning tips; review healthy snack ideas. Ideas for healthy eating for the busy, active individual.

Healthy Beginnings – Nutrition: Participants will learn and review the basics of nutrition and identify how habits and patterns impact healthy eating. They will discuss balancing calories, foods to increase and foods to reduce. Additionally, they will discuss with Dietary Guidelines for Americans, the best science-based advice on how to eat for health. Portion plates will create a visual for participants to view as a guide to control portions.

Food is Medicine: How What You Eat Can Prevent Disease: Disease prevention through proper nutrition is essential for achieving and maintaining better health. Participants will learn about the health benefits attributed to our food sources. Certain foods can act as cancer-blockers, anti-depressants, diuretics, anticoagulants, painkillers, antibiotics, anti-inflammatory agents, tranquilizers and so much more. Participants will also become aware of processed foods, chemically altered fats and sweeteners and foods grown in chemically rich soil. They will focus on the advantages of making good choices that will lead to better overall health.

Healthy Beginnings – Weight Management: Participants will learn how to achieve and maintain a healthy weight for the rest of their life by taking control of bad habits and making permanent lifestyle changes. Participants will investigate body image, body mass index, and evidence-based strategies for success, physical activity and successful nutrition.

Healthy Beginnings: Physical Activity: Participants will learn and review the basics and importance of physical activity and explore how to get motivated and stay motivated. Throughout the session, participants will learn about the benefits of physical activity, discuss the four components of fitness and be exposed to the Fit Principle. The class will also develop a personal fitness action plan and learn motivational techniques to achieve a long-term habit.

Exercise is Medicine: How Exercise Can Improve your Health: Research proves that exercise has a role in the treatment and prevention of more than 40 chronic diseases including diabetes heart disease, obesity and hypertension. The class will explore the benefits of exercise and how to speak with your primary care physician about physical activity.

Group Exercise with Diane Hart - One hour sessions for 4 weeks Cardio Conditioning, Pilates, Strength and Tone and Jacki's Aerobic Dance.

Walking for Fitness: Learn and experience the correct way to maximize your walk. This workshop will cover the elements of correct walking for fitness. Guidelines for posture, footwork, legwork, hip action, stride length and arm work will be presented. Heart rates, hydration, walking shoes, warm up and cool down stretches will be discussed. Participants are asked to wear supportive sneakers and comfortable clothing.

Physical Activity 101 - An interactive power point presentation dispelling many of the myths surrounding physical activity and imparting safe and sane principles regarding the four components of fitness – cardiovascular, strength, flexibility and stress management. Participants will physically participate in a demonstration of all components.

Stretch, Flex and Relax: Participate in a low-impact session designed to improve flexibility and balance through a fluid combination of slow movements and static stretches. Learn a peaceful stress reduction routine as a way of rejuvenating the body and resting the mind.

Classic Abs and Strength Training: This class will integrate traditional, highly-effective abdominal movements for core strength and weight training utilizing Vertifirm which is a vertical system of exercises supplemented with ankle and hand-held weights. It provides a fun, safe, continuous segment that firms, tones and strengthens the body while it burns fat. The participants work in a non-rushed range that allows for resistance on each repetition.

Turning Back the Clock? Physical Activity and Aging: You are invited to experience this “heart-warming” interactive presentation of current research facts and fun exploring the aging process and improving quality of life for the aging adult.

Balance and Flexibility: Review and improve basic core exercises, explore new ones and discover ways to improve posture, increase flexibility and renew balance.

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**Women's Health:** This workshop will address the unique health concerns of women including preventive tests and immunizations with an emphasis on controlling risk factors with a healthy lifestyle. Find out during this important seminar why heart disease is not only a man's concern anymore and why other conditions such as lung cancer and stroke tops the list.

**"More Exercise-Fewer Meds"** - Explore and understand risk factors for hypertension, heart attack, stroke and diabetes. Understand your "numbers" and take an active approach to your health. Healthy dietary and lifestyle approaches to support healthy lab levels. Impact of physical activity on lab values.

**Heart Health:** Participants in this program will learn how simple changes in activity and in meal preparation can yield big results. Terms such as cholesterol, saturated fats and trans fatty acids are discussed frequently but can be confusing. Class members will discuss cardiovascular risk factors and gain a better understanding of basic heart health.

**Know Your Numbers:** You know your shoe and shirt size, what about your cholesterol, blood pressure and blood sugar values? This program not only tells you what the ranges should be, but why they are important for overall health. Participants will learn about the major health indicators of blood pressure, BMI, glucose and cholesterol. They will be taught to understand how to monitor and manage their numbers.

**Diabetes Prevention:** This program will provide information of recommended preventative screenings, blood glucose goals and meal planning. Seminar participants will be provided information about the importance of physical activity in maintaining optimal blood glucose management. They will learn simple steps to maintain a healthy weight and the importance of physical activity.

**Cancer Prevention:** Research has come a long way in identifying screening tools that can help prevent cancer. This seminar explains the most common screening tests you may be asked to have and why they are of benefit to you. In addition, this session touches on some of the emerging research and what is next on the horizon for screening methods. This will discuss 7 tips to reduce risk.

**Healthy Beginnings – Stress Management:** Stress experienced in any area can impact the many facets of an individual's life. Left unaddressed, stress adds to absenteeism and has the potential to foster major mental or physical health concerns. With a large portion of the population experiencing stress at any given time, it is essential to learn how to manage it effectively for increased health, well-being and workplace productivity. During this seminar, participants will learn the definition of stress, identify personal stressors and symptoms and develop strategies to increase personal resiliency.

**Stress Management is Medicine: Manage your Stress, Save your Life:** Ongoing stress can make you more susceptible to illnesses. It is important to know how to recognize high stress levels and take action to handle it productively. Participants will get familiar with their personal stress symptoms and warning signs of distress which cause them to be prone to illness. Throughout the seminar, participants will learn to understand the "fight or flight" response and how stress affects their bodies and their health. They will gain awareness of how thoughts can cause or worsen stress and learn evidence-based methods for reducing stress.

**Healthy Beginnings – Sleep from A to Zzzzzzz:** Sleep is a basic necessity of life; as important as air, food and water. Getting the proper amount of sleep may determine if we wake up feeling refreshed, while sleep deprivation may compromise our job productivity, relationships, health, safety and more. This seminar will cover general information and myths about sleep as well as how sleep affects your health and fitness goals. Audiences will leave with practical, healthy sleep tips and relaxation techniques that can be used to get a better night's sleep, tonight. The class will help participants discover how sleep works and recognize the symptoms and consequences of sleep deprivation. They will gain an understanding of the factors that can disrupt sleep, including sleep disorders and gain practical tips for sleeping well.

\*All workshops/presentations are one-hour in length but may be tailored for any timeframe.

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