

HEALTHY TO THE CORE™

WELLNESS WORKSHOPS





NUTRITION AND WEIGHT

Eat Right for Life

With overwhelming amounts of information about nutrition on the internet today, it's important to understand the basic building blocks of nutrition first. In this workshop we will cover how to plan ahead to prep yourself for food success and then dig a little deeper into the macronutrients of the foods that we eat and how they affect our bodies.

Defensive Nutrition

While we don't have control of external factors that affect our immune health, like viruses and bacteria, we do have control over the lifestyles we live! In this presentation you will learn about natural strategies that we can implement to boost our immune system and improve overall health.

DASH Diet and Heart Healthy Living

What is heart healthy living and how can we accomplish that through the foods that we eat? Unlike the DASH diet, the Standard American Diet is heavy in saturated fats and processed foods, leading to excess weight and an increased risk for heart disease. In this presentation we will cover what the DASH diet is and how you can change your heart health with better nutrition.

The Power of Fitness

Movement is vital for a healthy human body, but the type of movement, the frequency, and the amount are important things to understand. In this workshop we will cover what fitness can do for our bodies, finding time to move, and creating a more active you.

Exercise to Energize

While the concept of expending energy through exercise to gain more energy may sound counterintuitive, exercise actually can bring more energy into your life. In this presentation we will discuss the benefits of getting more active, the different categories of physical fitness, and fitting in fitness where it works for you!



ENERGY AND STRESS

Balancing Stress and Energy

It's time to take an in depth look at the indicators of stress on the body and on your mental health! We will cover the four energy needs including physical, emotional, mental, and spiritual/personal values—plus cover the things you can do to manage how you spend your energy. You'll learn ways to keep your energy up and your stress low during this workshop.

Building Boundaries for Better Health

Take some time to take part in a brief overview of stress and learn how to build boundaries with yourself, your environment, and with others to minimize the effects of stress in your life!

The Art of Letting Go

What does it mean to let go and why do we need to? This workshop will cover reasons why we feel we can't give up control and solutions to make it easier. We will also briefly discuss mindfulness, positivity, resilience, and gratitude.

Self-Care: A Stress Management Tool

Self-care is more than just a phrase used in shows and magazine articles, it's a real form of stress management. With the constant access to technology and never ending news, it's important to find time to disconnect and spend some time for yourself. In this presentation we will cover what self-care actually is and how it can differ for each individual.

Mindfulness

Figure out what being mindful really encompasses and take a dive into what having a mindful approach to managing stress can do for you. With mindful activities along the way, you will learn new techniques to manage stress.

Healthy for the Holidays

The holidays can be a time of high stress and low self-care. In this presentation you will learn how to maintain your mental well-being and stay fit during the holiday season, while also putting the “happy” back in holidays.



MOTIVATION AND GOAL SETTING

Going for the Goal

Goals can seem so big, so challenging, so far off...but going for a goal doesn't have to be so overwhelming! This presentation will cover setting SMART goals and different strategies to keep you working towards your new goals.

Momentum Through Motivation

Do you feel that you have motivation, but find that it starts to dim after the initial excitement of a plan starts to fade away? This is very common. In this workshop we will discuss ways to uncover your personal powerful motivators and 7 strategies to keep your momentum going to achieve your goals.

21st Century Wellness

In a constantly evolving world of wellness, there is a lot of information to sort through. In this workshop we'll cover topics like re-framing our thought processes and fueling our bodies for success, moving as a benefit and not a punishment, financial wellness, and the positive things that nature can do for us. You will walk away with strategies on how to handle wellness in the modern world.

What's Your Why?

WHY? That's the big question. This is what drives you to make changes in your life and what moves you forward. In this presentation we will cover the importance of finding your why to inspire change in you and with others. We will also dive into moving your ideas from what, to how, and finally to why.

Building Resilience

Resilience is something that we can all attain, not something that only a select few acquire. In this workshop we will define what resilience is and why it's beneficial in our lives. We will also take a look at building resilience piece by piece and you will learn 5 strategies to implement to help you build resilience



HEALTH AWARENESS

Know Your Numbers

When was the last time you went to the doctor's to get your blood work done? Now, do you actually remember what your numbers were and why they're important to know? In this presentation we will cover cholesterol, blood pressure, and blood sugar and the risk factors associated with each. You'll also learn steps you can take to keep these numbers in normal ranges.

Diabetes Dilemma

While diabetes is a term you may have heard before, there are a lot of factors that play a role before someone is diagnosed with the condition. In this presentation we will cover the statistics surrounding diabetes diagnosis, risk factors involved, and lifestyle changes that you can make to reduce the risk of developing diabetes.

Your Heart at Work

Do you know what blood pressure is or why it's important to be checked regularly? This presentation will cover the importance of blood pressure and things that you can do to keep your heart strong and healthy with controllable lifestyle factors.

Sun and Skin Health

Did you know that your skin is your body's largest organ? It's true! That is why it's important to learn all about your skin, how to take care of it, and how to protect yourself from the sun and skin cancer.