

## Healthy Lifestyle

- "Making Change When Change is Tough" - A look at lifestyle and habit changes and why it can be so difficult to change...even when we know we should.
- "Beat the Seat" - We hear sitting is the new smoking, here is a look at how much time you actually need to get moving if you work at a desk most of the day.
- "Manage Your Energy, Not Your Time" - We will discuss how energy management is the REAL issue. Once this is addressed, time management takes care of itself.
- "Better Sleep" - Sleep deprivation is a serious problem costing employers millions and employees their health. This presentation explores the impact of poor sleep as well as multiple recommendations to get a good night's sleep.

## EXERCISE

- "The Power of Strength Training" - A close look at the do's and don'ts of resistance training and how it can be used for longevity, improving your quality of life, weight management, and much more.
- "Fitness Over 40" - A walk through what it means to be fit and an exact list of movements EVERYONE over the age of 40 should be able to do in order to remain healthy and independent as we get older.
- "At Home Exercise Success" - Set yourself up for at-home exercise success with simple equipment and time-tested movements.

## **Exercise cont.**

“Posture Improvement Plan”- Learn and do the 6 top exercises that will improve your posture.

- “Flexibility & Mobility in the Workplace”- A how-to guide on implementing best practices that pertain to your specific body and job role.
- “Foam Roller Workshop”- Learning how to safely implement a foam rolling routine.
- “4 Exercises for a Stronger Low Back” - Don’t let low back discomfort slow you down. Come learn some simple exercises and stretches that will help you build a stronger and healthier low back.
- “The Absolute Stretch Class” – A Restorative Tune-Up to your Muscles and Joints. This is a hands-on stretch class designed to bring balance into your daily work routine.

## **NUTRITION**

- "Fuel you Fitness" - We examine the truth and myths around exercise nutrition and how to fuel your body for success.
- "Mid-Day Boost" - How to pack a healthy lunch that gives you the energy to have a successful afternoon and enjoy your time after work!

## **HOLIDAYS**

- "Your Holiday Survival Guide" - Some people accept the fact that they will gain weight over the holidays. It does not have to be so. We will look at the steps you can take to get through the holidays without packing on the pounds.

**DON'T SEE SOMETHING YOU NEED? JUST ASK! EMAIL:**  
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