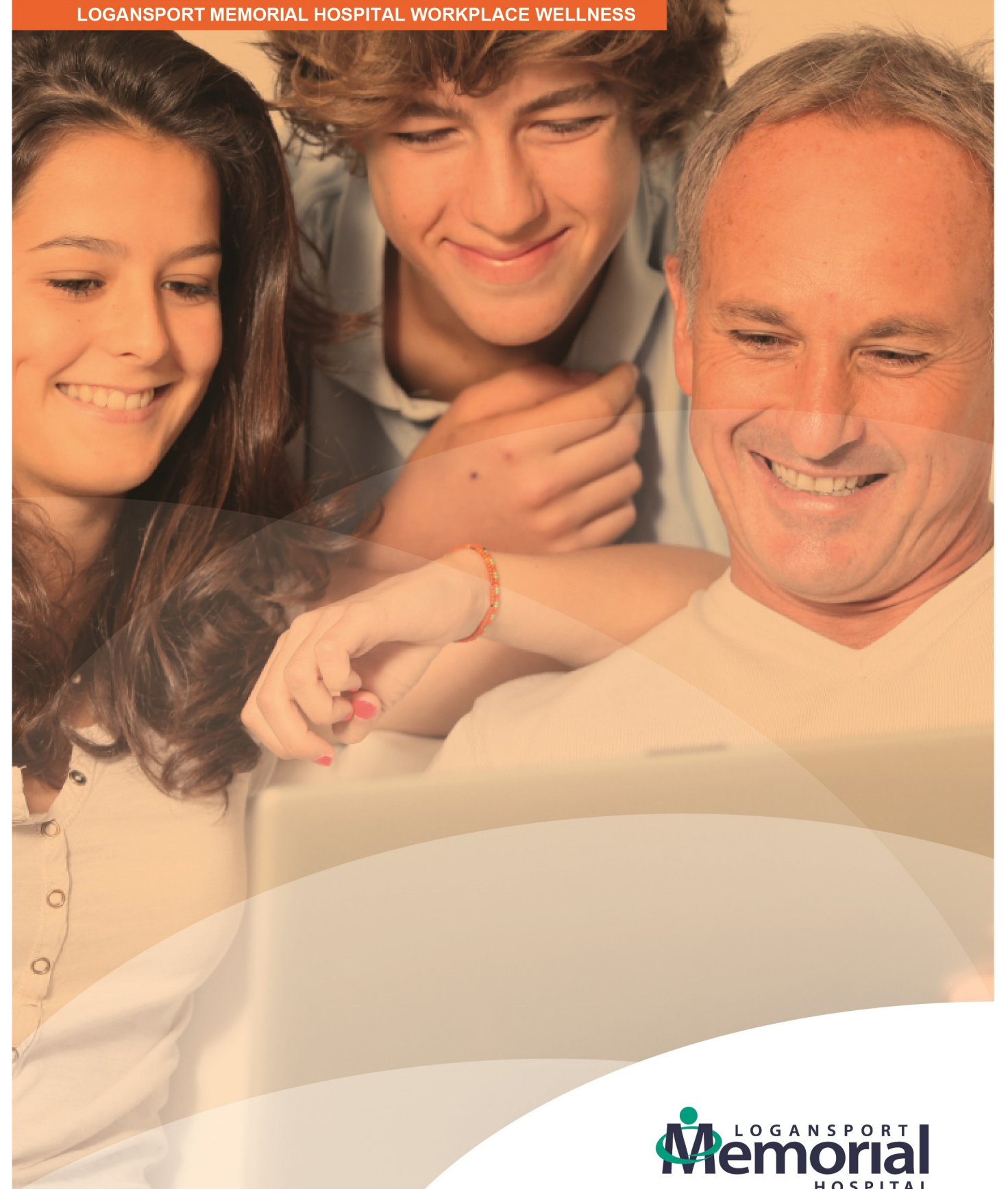




EDUCATION PROGRAM DIRECTORY

LOGANSPORT MEMORIAL HOSPITAL WORKPLACE WELLNESS

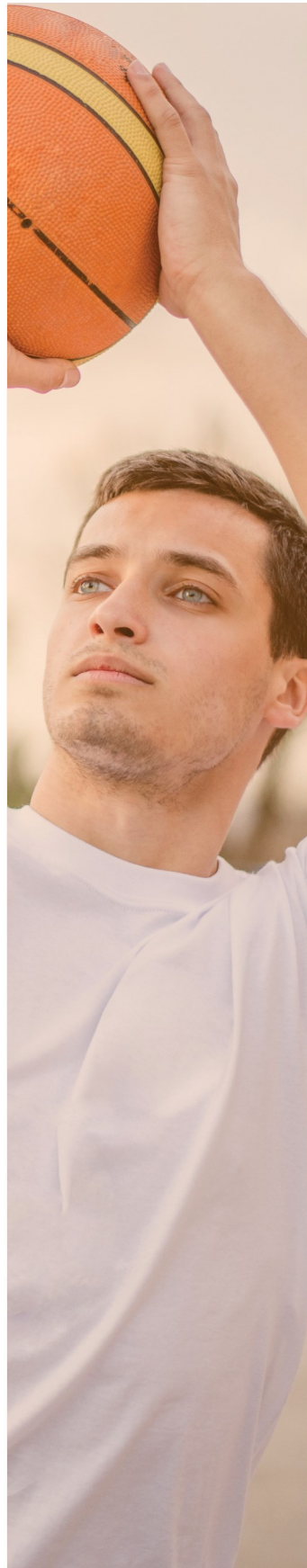


LOGANSPORT MEMORIAL WORKPLACE WELLNESS

1101 Michigan Avenue
Logansport, IN 46947

For questions or concerns, please contact us at **574.753.1473**. To learn more about the additional worksite services we offer, please visit our website at www.logansportmemorial.org/wellness.





PREPARING FOR RETIREMENT

Course Description: A huge part of preparing for retirement is financial, but what about the social and psychological portions of retirement? Retirees go through a lot of unexpected changes. This program addresses financial concerns related to retirement, but also addresses many of the other aspects of retirement that are often forgotten.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provides: The Ten Steps to Financial Wellness/Handout

HOW TO GET THE MOST FROM YOUR HEALTH COACH

Course Description: Starting a wellness program can be intimidating for some. This program describes and defines the relationship between and health coach and client. It properly prepares the client for what is ahead, as well as showing them what they need to do to prepare for each session. This a great program for anyone starting a wellness program or incorporating health coaching for the first time.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provides: Educational Handouts

A GOOD NIGHT'S SLEEP

Course Description: Lack of sleep can lead to many diseases including obesity, diabetes, heart disease, and a shorter lifespan. Sleep also plays an important role while trying to lose weight. Sleep is often overlooked in the weight loss process. This presentation talks about the importance of sleep while also providing tips to enhance the process of falling asleep and staying asleep.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provides: Brochures/Educational Handouts

TABLE OF CONTENTS

Disease Management3
 Fitness/Exercise6
 Nutrition 10
 Weight Management 16
 Wellness 18

Our education staff includes a registered dietitian/nutritionist, an exercise/counseling psychology consultant, a respiratory therapist, a certified cardiopulmonary rehab specialist, mental health counselor, and general health educators. Education is provided by various staff members and assigned staff member will be determined by availability.



Please call **574.753.1473** to talk to our Wellness Consultant.



ALLERGY SIGNS, SYMPTOMS, & CAUSES

Course Description: Allergy Signs, Symptoms & Causes Winter, spring, summer, and fall each have unique allergy sufferers. Tis the Season is a 30 minute power point presentation that creates a general overview of allergies. Since allergies are the 5th leading chronic disease in the United States among all ages and the 3rd most common chronic disease among children < 18, there are many people interested in this topic. How allergies occur in the body, their causes and effects, are identified early in the discussion. Symptoms to watch for as well as defining and recognizing a severe allergic reaction are included in this live presentation. Hands-on experience is offered with practice Epipens. The program concludes with suggestions for prevention. Whether it is summer, spring, winter or fall this topic is always current and viable.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, projector

Materials Provided: Educational handouts

BLOOD PRESURE

Course Description: Nearly 1 in 3 Americans have high blood pressure. Even more concerning is the reputation that hypertension carries as the "Silent Killer." This presentation begins with the understanding of normal blood pressure, expands to what contributes to raising blood pressure and ends with the diagnosis of hypertension. The complete spectrum of prevention to treatment is included. The DASH diet is introduced along with a couple practical recipes. Of course a discussion on blood pressure would be useless if one didn't know their own blood pressure reading, so everyone who attends will have their blood pressure checked.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: BP cuff, educational handouts

CPR AND FIRST AIDE

Course Description: Classes taught per the American Heart Association guidelines and materials.

Scope/Audience: Employees and/or families

Length of Program: 4-6 hours

Needs: Conference room, television or projector, screen, tables

Materials Provided: mannequins, educational materials, certification cards

CANCER PREVENTION

Course Description: Cancer Prevention Using the latest information from the American Institute for Cancer Research and the American Cancer Society this live 30 minute presentation begins with a quick explanation of cancer and its causes. The greater part of the time is spent on practical suggestions and practices for cancer prevention. One in three of the seven million cancer deaths worldwide are caused by nine potentially modifiable risk factors, according to a study from Harvard Medical School. Lifestyle choices are addressed. Each person leaves with a gender specific Cancer Prevention and Early Detection Worksheet from the American Cancer Society.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: Educational handouts, Cancer worksheet



SELF CARE ESSENTIALS: SURVIVAL 101

Course Description: Home remedies have existed long before titles such as nurse, physician, or internist. This self-care workshop places a valuable tool in each participant's hands to assist in the decision-making process of health care at home. Common conditions, pain management as well as seven chronic conditions are covered. Signs and symptoms, home treatments and prevention are topics included. When to seek care is listed under each condition. Wise healthcare consumer practices are discussed. A dialogue about self-care wouldn't be complete without including the benefits of physical activity and healthy food choices.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Self-Care Guide Book

STRESS OVERHAUL

Course Description: Everyone experiences stress. In this interactive presentation stress is defined as the inability to cope with a threat. These perceived threats create certain reactions in our bodies which are identified. Managing and coping with stress are topics also discussed. Specifically stress in the workplace is explored. Relaxation techniques are introduced and even practiced. One stress-free period of the day guaranteed!

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provides: Educational Handout

WOMEN'S HEALTH MAKEOVER

Course Description: What woman wouldn't like to have a makeover? During this "for women only" session information is presented in makeover style. Protection and prevention are stressed as key to living well and living strong. Through humor and truthful analysis body shape, BMI and the fitness triangle are included in this presentation. It wouldn't be a complete makeover without talking about stress, since research proves the highest levels of stress worldwide is found in working women with children under the age of 13. Come laugh and learn at the women's health makeover.

Scope/Audience: Female Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials provided: Educational Handouts

HEALTH FAIR

Course Description: We will customize any theme health fair for your employees. We will have a variety of vendors, speakers, and door prizes. This is a fun and educational experience for everyone.

Scope/Audience: Employees and/or families

Length of Program: 4-6 hours

Needs: Conference room(s), tables, employee communication, parking & lunch for vendors

Materials Provided: Vendors, decorations, prizes, supplies



KNOW YOUR NUMBERS

Course Description: This program will help define what the results of the tests: Cholesterol, LDL, HDL, Triglycerides, Blood Sugar, Blood Pressure really mean. Why do we need to know these numbers and what will the Health Educator and the Physician do with them. What is the clients responsibility toward these numbers and how can he make efforts toward getting his numbers to be in the healthy range. What could happen if these numbers are abnormal?

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational Handouts

GET YOUR SHIFT TOGETHER

Course Description: Shift work refers to work that takes place outside the traditional 9-5 daytime hours. Shift work impacts your health in two different ways: through lifestyle and biology. Working odd hours leads to sleep disturbances/loss. Shift work disrupts our natural body clock which can disrupt many of systems and functions in the body. Shift workers are at higher risk for many cancers and diseases. So what can be done? This presentation talks about the risks of shift

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials provided: Educational Brochure

MEN'S HEALTH OVERHAUL

Course Description: What are the seven health risk factors you can control? This "men only" health overhaul will provide information needed to identify health risks and implement a personal wellness plan. Such topics as You are what you eat, On the road to "fit" and Balancing Work and Recreation are included. Concluding the overhaul with Health Management Goals brings our engine to fine running order.

Scope/Audience: Male Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational Handout

PRIORITIZE YOUR HEALTH

Course Description: In this program four of the most important areas of health and wellness will be discussed. These focal areas can either keep us happy and healthy or cause many health issues that can lead to chronic diseases. This program focuses on small changes we can make in every day life that will make a big difference in improving our wellness and lower our risk of disease. The four focal areas discussed include nutrition, activity, sleep, and stress management.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational handouts



DIABETES - TYPE 2

Course Description: Learning objectives include how does the body normally control blood sugar levels. Educator will discuss the types of diabetes, risk factors, symptoms, diagnosis, and treatment. Attendees will also learn how to interact with their primary care provider—what questions to ask, how often to see your provider, what tests to expect and when.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: Educational handouts, blood glucose meter

THE GOOD AND BADS ABOUT FATS AND CHOLESTEROL

Course Description: There is so much talk about fat that it can be really confusing. Are there good fats and bad fats? Which is better for you, butter or margarine? Also learn about the different types of cholesterol in your body and how different types of fat affect each kind of cholesterol. Fat affects our heart health but it can also affect our abdominal fat. Come to this presentation to learn more.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: Educational handouts

HEART HEALTH: KNOW YOUR RISK

Course Description: Don't leave your only heart to chance. Learn about your "chances" of having heart disease. Learn what to hold and what to fold and how much to bet. In this program you will learn about your personal "chances" of developing heart disease in the next 10 years and what you can do about it NOW.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: Educational handouts

OSTEOPOROSIS

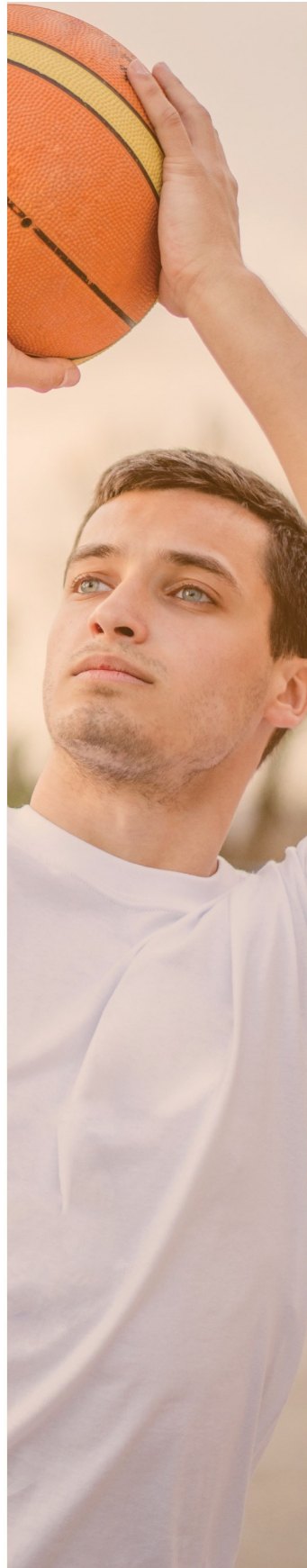
Course Description: Learn about osteoporosis at a glance during this presentation. What is osteoporosis, the symptoms, consequences, and risk factors? Also included, is how can I build bone strength and prevent osteoporosis!

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: Educational handouts



METABOLIC SYNDROME

Course Description: Attend this presentation and learn about Metabolic Syndrome and how this impacts your health. Risk factors, physiological affects, and lifestyle changes to reduce risk will all be discussed during this program.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: Educational handouts

PREVENT DIABETES WITH A HEALTHY LIFESTYLE

Course Description: This program will provide you with the basics of how to prevent diabetes. Diabetes is overtaking the health of our population. Learn the types and risks of diabetes. Prevention is key with knowledge of nutrition basics and physical activity. Our educator will also give you tips on how to be successful in preventing diabetes.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen, projector

Materials Provided: Diabetes Risk Test

SMOKING CESSATION

Course Description: Do you want to feel healthier, breathe easier, have more energy and more money in your pocket? This program is for you. Come to classes and learn about cessation – what works and what doesn't. You can do it!

Scope/Audience: Employees and/or families

Length of Program: 4 weeks

Needs: Conference room, screen

Materials Provided: Educational handouts



FINANCIAL STRESS

Course Description: It's no wonder financial stress is one of the leading causes of stress in Americans. Here are some resources to help you handle your financial situation and feel more in control of your life, reducing stress and helping you build toward a more secure future. With the rising cost of gas and food, the mortgage crisis, and the new bank troubles we're seeing, many Americans are feeling the crunch of financial stress. Anxiety over money can negatively affect health in several ways.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational Handouts

LIFE BALANCE

Course Description: Each day only has 24 hours, how well do you use yours? When daily life becomes the daily grind, stress increases and productivity decreases. The objective of this program is to help participants gain insight into current life patterns and learn positive ways to achieve life/work balance.

Scope/Audience: Employees and/or families

Length of Program: 30 Minutes

Needs: Conference Room/Screen

Materials Provided: Educational Handouts

HEALTHY ME IN 4!

Course Description: Many people ask how can I be healthier. As simple as it sounds, aim to drink more water, get moving, and make half of your plate fruits and vegetables. Check off on the calendar the water glass on the days you consumed 8-8oz. glasses of water or half of your weight in ounces. Check off the athletic shoes on the calendar on the days you exercised for at least 30 minutes. Check off the apple on your calendar on the days you ate at least 5 servings combined of fruits and vegetables. This 4 week health event will challenge participants to incorporate healthy habits into each day.

Scope/Audience: Employees and/or families

Length of Program: 4 weeks

Needs: Employee communication avenues, i.e., e-mail addresses

Materials Provided: Educational materials, supplies, prizes

HEALTH TRIP

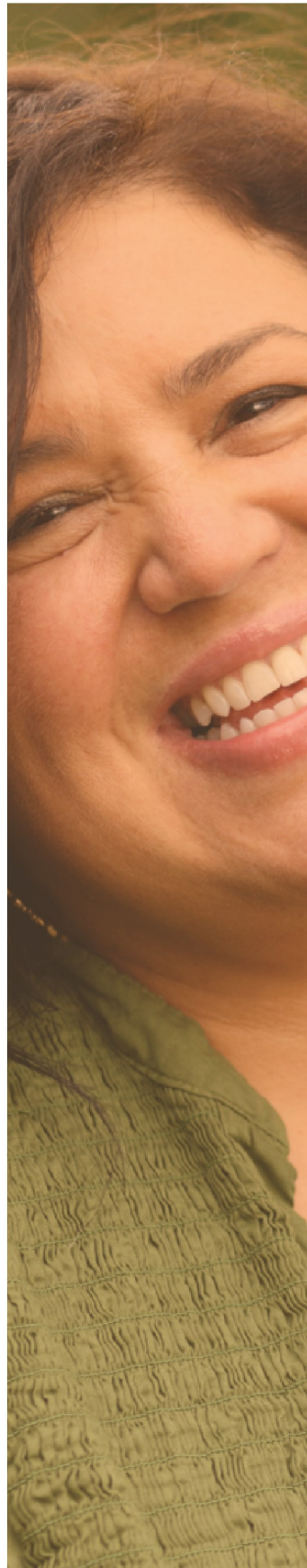
Course Description: Health trip is a fictitious journey across the country to some familiar sounding cities where travelers learn how to make changes that might improve their health. They will receive handouts at every stop (the learning part) and a personal passport log (to record "mileage" earned through physical activity, recreation, and movement). Participants practice healthy lifestyle choices, log their activity points, and receive recognition and rewards along the way in the form of incentive prizes.

Scope/Audience: Employees and/or families

Length of Program: 6-9 months

Needs: Bulletin Board, employee notification avenue

Materials Provided: Educational Handouts



WEIGHT TO GO

Course Description: This is a weight management class that meets weekly for 8-12 weeks depending on the class. We learn about good eating habits to encourage weight loss. We discuss the emotional behaviors behind overeating. Plus we learn how to incorporate exercise into our daily lives. Each class has a weigh-in, sharing, teaching component, and 10 minute group exercise. Get ready to lose some weight!

Scope/Audience: Employees and/or families

Length of Program: 60 minutes/week for 8-12 weeks

Needs: Conference room, screen, DVD player

Materials Provided: Aim for a Healthy Weight Booklet, BIA instrument, scale, educational handout

Recommend: Employees pay some fee but receive fee back if complete the course.

WEIGH LESS FOR LIFE

Course Description: This presentation explores 21 key strategies to lasting weight loss and weight management. This course will help participants learn to eat less without feeling deprived or hungry. Participants will learn how to eat the foods that improve appetite control, while avoiding those that drive appetite and perpetuate hunger. Participants will also learn simple techniques to alter food environments and mealtime behavioral practices to increase the success of weight loss.

Scope/Audience: Employees and/or families

Length of Program: 45 minutes

Needs: Conference room, screen

Materials Provided: Weigh Less for Life Booklet

KEYS TO WEIGHT LOSS SUCCESS

Course Description: Losing weight is not easy and starting a new weight loss program can be overwhelming. Our Registered Dietitian has compiled a list of easy and helpful hints and tips for you to start your weight loss journey. We will talk about revamping your space, keeping it slim at a party and go over 5 simple steps to jumpstart your weight loss.

Scope/Audience: Employees and/or families

Length of Program: 30 Minutes

Needs: Conference room, screen

Materials Provided: Handout



EXERCISE AROUND THE WORLD

Course Description: Join the fun and exercise your way around the world. You can join as teams or as individuals. A large world map will be placed on the wall in the break area at the organization to track each individual's progress. Each individual can travel to 12 major cities on the map. It takes 360 miles to travel between cities. Each minute you exercise = 1 mile. Each week you will turn in the enclosed weekly report form. A calendar for each week is added to your report form to help you keep track of your exercise time during the next 12 weeks.

Scope/Audience: Employees and/or families

Length of Program: 12 weeks

Needs: Bulletin board or wall where employees can see, prizes, coordinate teams

Materials Provided: Tracking sheets, educational materials

EXERCISING AT HOME

Course Description: This fun and lively presentation will teach everyone how you can use items at home for exercise equipment. Everyone will have an opportunity to try out our "home exercise equipment". Being creative and thinking outside of the box will give you a wide variety of exercises to do without any extra cost.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen

Materials Provided: Creative, affordable exercise equipment

EXERCISE IS MEDICINE

Course Description: Exercise can be a powerful complement to traditional medical intervention and, in many instances, may allow a physician to significantly reduce a patient's drug dosage or eliminate the need for medicine altogether. We will discuss the medicinal benefits of exercise and help write out individualized exercise prescriptions for all who are interested.

Scope/Audience: Employees and/or families

Length of Program: 30-45 minutes

Needs: Conference room, screen

Materials Provided: Creative, affordable exercise equipment

FITNESS CHALLENGE

Course Description: This exercise event begins with fitness evaluations. The employees will have 8 weeks to exercise on their own. At the end of the 8 weeks, we will do fitness evaluations again and those who have improved the most will be awarded with prizes.

Scope/Audience: Employees and/or families

Length of Program: 8 weeks

Needs: Conference room for 1-5 days at beginning and end of program

Materials Provided: Prizes, Evaluation equipment, software program and supplies for reports



FITNESS EVALUATIONS

Course Description: We will do individual fitness testing including skin fold measurements, sit and reach, timed sit up curls, timed bench press, and a 3 minute step test. We will provide an instant detailed report of your strengths and weaknesses and how to improve each area. This fitness evaluation includes all areas of fitness: endurance, strength, and flexibility

Scope/Audience: Employees and/or families

Length of Program: 15 minutes for each employee

Needs: Conference room, employee scheduling coordination, communication avenues

Materials Provided: Evaluation equipment, software program and supplies for reports

STAYING FIT AND HEALTHY WHILE TRAVELING

Course Description: Traveling can really put a damper on a healthy lifestyle. The eating out, busy work days and lack of time can affect diet and exercise routines. There are simple steps we all can take while traveling that can help us stay on track. Learn some simple diet and exercise tips that you can take on the road. We will be discussing the affect traveling can have on our bodies and how to counteract the negative consequences of travel. We will also learn an easy workout routine that can be done anywhere, even in a hotel room!

Scope/Audience: Employees and/or families

Length of Program: 45 minutes

Needs: Conference room with enough space for employees to try exercises, communication avenues

Materials Provided: Packet with tips and workouts

FUN WITH FITNESS

Course Description: Even 10 minute bouts of exercise can give you heart health benefits. We will teach different forms of exercise that you can do anywhere with very little if any equipment. Learn new types of exercise such as Zumba or Kickboxing. Learn how to use exercise equipment such as weighted balls and exercise balls. These are just a few of the different fun with fitness activities that we offer.

Scope/Audience: Employees and/or families

Length of Program: 10 minutes for x number of weeks or months

Needs: Conference room or exercise area, communication avenues

Materials Provided: Exercise equipment

GO GOLD

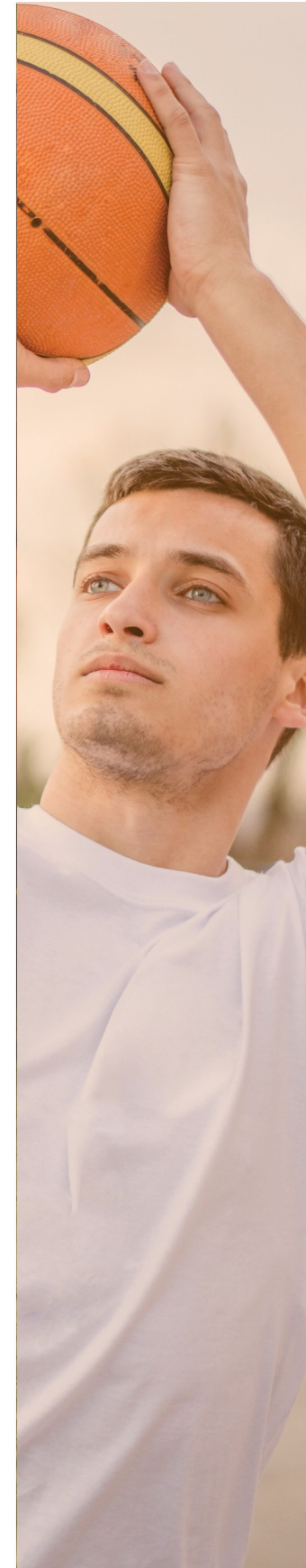
Course Description: This 30 day exercise event goes along with the Olympics. Participants will compete for gold, silver, and bronze medals. The medal they receive will be determined by the amount of exercise they do. Also you will learn a lot of fun facts about the Olympics in this event.

Scope/Audience: Employees and/or families

Length of Program: 30 days

Needs: Access to employees (ex. Lunch room, break rooms, employee entrance), participants' e-mail addresses

Materials Provided: Exercise logs, supplies, and prizes



FEED ME MORE: SUPER SIZE KIDS

Course Description: Our children are our future. Childhood obesity is an epidemic in America. What is in store for these children if this issue is not addressed? This session is geared specifically to dealing with the obesity problem in children.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen, table for display

Materials Provided: Educational materials

LIVING WELL

Course Description: This is weight management program that allows everyone to choose from either an exercise group, a diet group, or a maintain group. Employees will be weighed and measured at the beginning of the event and at the end. Each group will be competing to lose the most weight. Employees are given individualized instructions by a Certified Fitness Instructor and Registered Dietician on the plan each employee chooses to lose weight or maintain their ideal weight.

Scope/Audience: Employees and/or families

Length of Program: 6 months or individualized to company's needs

Needs: Conference room 1-5 days at beginning and end of program, incentives/prizes

Materials Provided: Lifestyle plans, log books, prizes

PORTION DISTORTION

Course Description: We will go back in time and see how our portion sizes have increased along with our waistlines over the years. We will answer the questions, "what is a portion, what is a serving, and what does it look like". Learn how to win the battle of oversized food portions!

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen, table for displays

Materials Provided: Educational handouts

SUPER SIZE ME EVENT

Course Description: Everyone will be able to view the Super Size Me movie. This movie goes inside fast food and how it affects your body. At the end of the month we will review the content of the movie and share viewpoints. Beware you may not want to eat fast food again after viewing this movie.

Scope/Audience: Employees and/or families (Parents...preview movie before showing small children)

Length of Program: 90 minutes + follow-up discussion

Needs: Conference room, screen or location to check movie out (HR or Employee Health)

Materials Provided: DVDs, Tapes



EAT RIGHT, YOUR WAY, EVERY DAY

Course Description: Eating right is very personal to each individual. Learn what does eating right mean to you. Identify how your lifestyle dictates how you eat right your way. Finally, our educator will discuss the importance of eating right, your way, every day.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Choose MyPlate Handouts

THE MEDITERRANEAN DIET

Course Description: The Mediterranean Diet is considered the “gold standard” to help prevent occurrence of stroke, cardiovascular disease, diabetes and obesity. It is largely based on the eating patterns of Crete, Greece and Southern Italy. The basic principles of the diet consist of consuming olive oil and nuts as the main source of fat, a lot of fresh fruits and vegetables, fish as the major source of protein, whole grains, and the regular consumption of red wine in moderation. This diet should be looked at more as a lifestyle to help prevent chronic disease instead of a diet plan to follow short term.

Scope/Audience: Employees and/or families

Length of Program: 45 minutes

Needs: Conference room, screen

Materials Provided: Educational handouts

EATING HEALTHY ON A BUDGET

Course Description: It is a common misconception that healthy food is more expensive. This program will demonstrate the true cost of eating healthy vs. the cost of eating unhealthy. This program is given by our experience dietician. The program includes 10 eating tips to stretch your dollar when feeding a family.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational handouts



THE GREAT BACKPACK ADVENTURE

Course Description: This is an 8 week exercise event with weekly bonus challenges. You earn stickers for each day you exercise 30 minutes or more. You can also earn a sticker for each bonus challenge you complete. Bonus challenges are different types of exercises that you will be asked to do each week. If you complete the challenge then you earn another sticker. At the end of the 8 weeks, prizes will be awarded to the top winners. You do not want to miss the adventure.

Scope/Audience: Employees and/or families

Length of Program: 8 weeks

Needs: Employee communication avenues, i.e., e-mail addresses

Materials Provided: educational materials, supplies, prizes

GET YOUR 150!

Course Description: For optimal health and decreased health risks, experts agree that adults need 150 minutes of aerobic exercise a week. The 150 minutes can be in 1 day or split into 7 days and individuals still gain health benefits. Exercise can even be split into 10 minute increments in a day and still gain health benefits. So, what are you waiting for? Let's get moving and “Get Your 150!”

Scope/Audience: Employees and/or families

Length of Program: 4 weeks

Needs: Employee communication avenues, i.e., e-mail addresses

Materials Provided: educational materials, supplies, prizes

HIKE CASS COUNTY

Course Description: Join the fun and exercise your way around Cass County. You can join as teams or as individuals. A large Cass County map will be placed on the wall in the break area at the organization to track each individual's progress. Each individual can travel to 12 major landmarks on the map. It takes 360 miles to travel between landmarks. Each minute you exercise = 1 mile. Each week you will turn in the enclosed weekly report form. A calendar for each week is added to your report form to help you keep track of your exercise time during the next 12 weeks.

Scope/Audience: Employees and/or families

Length of Program: 12 weeks

Needs: Employee communication avenues

Materials Provided: log books, prizes

PHYSICAL ACTIVITY: NUTS AND BOLTS

Course Description: This power point presentation breaks down how much exercise we need for optimal health. We will talk about what exercise is and how to personalize for every person. We will also have some very low cost exercise equipment and demonstrate how exercise can be easy, fun, and inexpensive.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Fitness That Works Booklet



RACE FOR HEALTH

Course Description: Ladies and Gentlemen start your engines! This 6 week exercise program allows you and your favorite Nascar driver to join efforts in improving your fitness score. So get ready, get set and go each day to complete your own personal race for health. Prizes are awarded to those with the most points at the end of the 6 weeks.

Scope/Audience: Employees and/or families

Length of Program: 6 weeks

Needs: Employee communication avenues

Materials Provided: log sheets, weekly top three Nascar winners, prizes,

STEP IT UP

Course Description: Step It Up is a 12 week walking program. All participants keep track of their daily steps with a pedometer. Weekly prizes are given away to everyone who turns in their weekly steps. The goal is to increase your average daily steps by 2000 steps. At the end of the 12 weeks, there are grand prize drawings and a celebration walk.

Scope/Audience: Employees and/or families

Length of Program: 12 weeks

Needs: Employee communication avenues, walking trail

Materials Provided: log sheet, prizes, pedometers

STRENGTH TRAINING MADE EASY

Course Description: Let's talk about the fastest way to improve muscle strength and endurance. Find out what it takes to perform everyday tasks with less effort and for longer periods of time. We will demo different types of resistance training equipment and exercises.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational materials

10 K A DAY

Course Description: This exercise event is sure to get everybody walking more. Participants wear a pedometer and record their daily steps. Each week the goal is for the participants to walk a little further. At the end of the 4 weeks, the goal is to aim for 10,000 steps or at least 2,000 steps more a day than when you first started this event. This is a fun way to get everyone moving and promote some weight loss.

Scope/Audience: Employees and/or families

Length of Program: 4 weeks

Needs: Conference room, screen

Materials Provided: tracking sheets, pedometers, prizes



THE STRESS AND JOY OF HOLIDAY EATING

Course Description: With all of the holiday dinner parties, carry-ins, and holiday cookies how do avoid from gaining the extra 10# from the holidays? We will discuss some secrets to avoid over-eating and still enjoy the pumpkin pie.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational handouts, recipes, food sampling, prizes

UNDERSTANDING FOOD LABELS

Course Description: Checking out food labels can seem like you are reading a foreign language. We will help you learn how to read a food label. You will learn what to look for and what it all means. This should make your grocery shopping easier.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational handouts

WOMEN'S NUTRITIONAL HEALTH

Course Description: We will discuss the role and importance of calcium in our diets. We will learn more about omega-3 oils. Plus how can soy affect women's health. All this and more.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational handouts

MEN'S NUTRITIONAL HEALTH

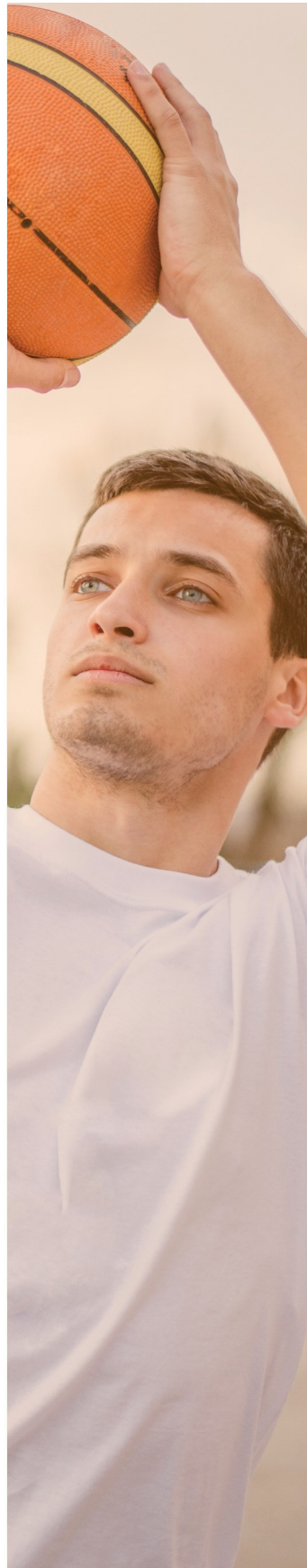
Course Description: Participants will learn about the top 3 causes of death for men and how to prevent with basic nutrition. Nutrition can enhance your job performance and workouts. A balanced diet can help with fluctuating hormone levels.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational handouts



RETHINK YOUR DRINK

Course Description: The average person takes in 400-500 calories per day in liquid calories. That is a whole meal! Could this be you? What are you really drinking? This presentation takes a comprehensive look at what is really in our everyday beverages and the affect these drinks can have on our health. The facts will shock you! By the end of the presentation, you will know how to Rethink Your Drink and make the best choice for your health!

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference Room

Materials Provided: Rethink Your Drink Handout

RETHINK YOUR DRINK CHALLENGE

Course Description: This 4 week challenge to replace unhealthy drinks with a healthier choice will engage participants. The average person takes in 400-500 calories per day in liquid calories. That is a whole meal! Could this be you? What are you really drinking? This presentation takes a comprehensive look at what is really in our everyday beverages and the affect these drinks can have on our health. The facts will shock you! By the end of the challenge, you will know how to Rethink Your Drink and make the best choice for your health!

Scope/Audience: Employees and/or families

Length of Program: 4 weeks

Needs: Employee communication avenues, i.e., e-mail addresses

Materials Provided: Educational materials, supplies, prizes

SNACKING: WHAT'S THE POINT?

Course Description: Snacking can't be good for you. Snacking contributes to weight gain. Or does it? Can snacking be good for you and help control your weight? Learn more about snacking and the pros and cons of it that affect your health.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Handout packet

THE FIBER CONNECTION

Course Description: This is a power point presentation showing how fiber works and why we need fiber. It identifies the different types of fiber and how much fiber we need to consume a day. This also includes a quiz to follow the presentation and a chart to record your fiber intake for 1 week.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational materials, tracking sheet



5 A DAY FRUIT AND VEGGIE CHALLENGE

Course Description: "Eat your fruits and vegetables" is a statement we have heard since childhood. Research shows that healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic disease. They also provide essential vitamins and minerals, fiber, and other substances important for good health. They are low fat and filling. This 4 week challenge participants to increase their consumption of fruits and vegetables.

Scope/Audience: Employees and/or families

Length of Program: 4 weeks

Needs: Employee communication avenues, i.e., e-mail addresses

Materials Provided: educational materials, supplies, prizes

EATING ON THE RUN

Course Description: Are you running to the babysitter's, softball practice, and an elderly loved one's house all the time? Are you driving everywhere and having no time to cook dinner? Learn how to plan ahead and eat healthy on the run.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational materials

EAT RIGHT FOR LIFE

Course Description: Each participant will receive Dr. Ann Kulze's book, Eat Right for Life. We will discuss the 5 key nutritional areas outlined in the book and we will have quick and easy food demos for participants to sample. The interactive presentation board will outline each key nutritional area and show foods representing each area.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational materials

FAST FOOD DINING

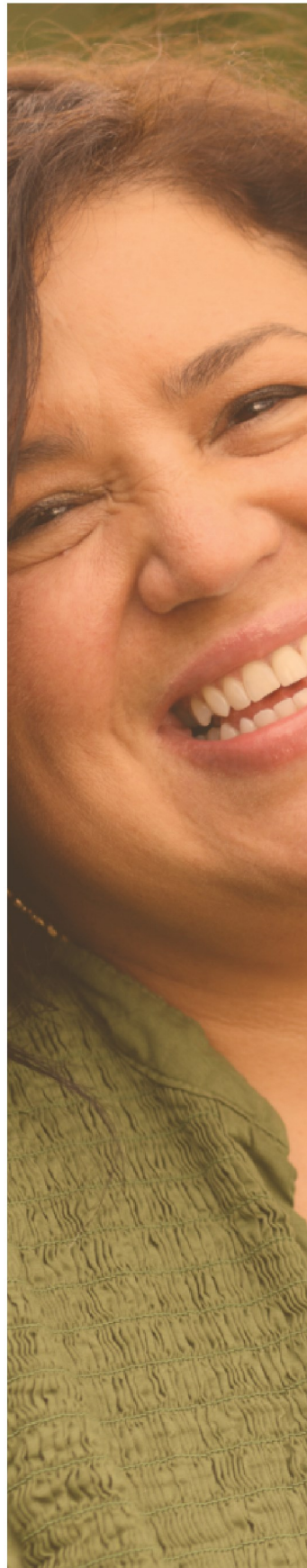
Course Description: Do you find yourself eating out more often due to time and convenience? Has your waistline started to expand or cholesterol and blood pressure gone up with your increased dining out? It is possible to eat out and keep control of your health. But first you need to know what is in the food you are eating and how it affects your health. Fast food dining guides provided to all who attend.

Scope/Audience: Employees and/or families

Length of Program: 30 minutes

Needs: Conference room, screen

Materials Provided: Educational materials



GROCERY STORE TOUR

Course Description: You've heard that you should eat healthier but how do you do it? Can you afford to eat healthier on a budget? What should you buy? This presentation includes a video of a grocery store tour on how to eat healthy on a budget. And yes, it can be done.

Scope/Audience: Employees and/or families
Length of Program: 60-120 minutes
Needs: tv/vcr/dvd, conference room
Materials Provided: educational handout

HEART HEALTHY EATING

Course Description: Whether you have heart disease or not, you need to take good care of your heart. We will review the different types of fat and how they affect heart disease. We will review sodium and how it affects the heart. We will learn what and how much to eat to keep our hearts ticking for a long time.

Scope/Audience: Employees and/or families
Length of Program: 30 minutes
Needs: Conference room, screen
Materials Provided: educational materials

HOLIDAY SURVIVAL

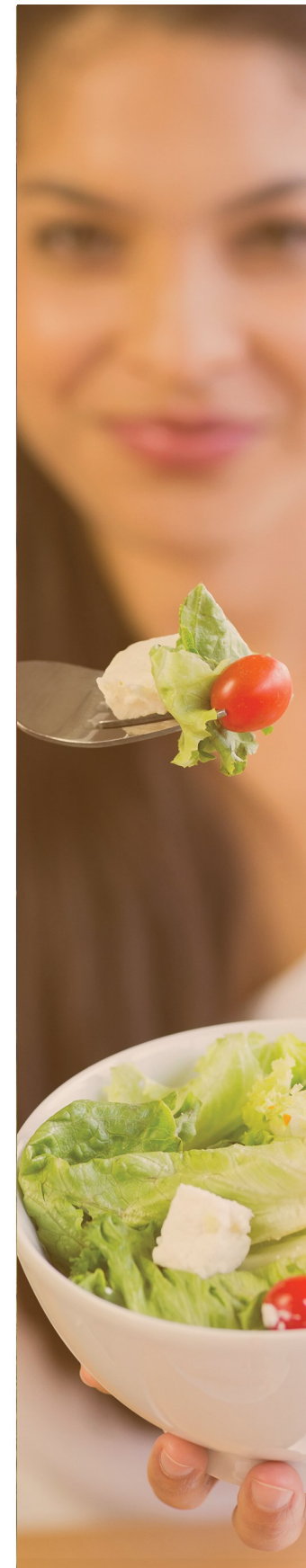
Course Description: Do the holiday parties, shopping, and baking leave you wanting to pull your hair out? Is your bank out empty due to the last minute gifts you forgot to buy? Have you stopped exercising because you ran out of time? Are you eating your way through the holiday stress? This presentation will discuss the holiday stress we experience and how to handle it. We'll review healthy holiday eating, exercising, and budget planning. There's sure to be some yummy treats to try.

Scope/Audience: Employees and/or families
Length of Program: 30 minutes
Needs: Conference room, screen
Materials Provided: educational materials

THE LOW STRESS DIET

Course Description: This program covers how nutritional choices can decrease stress on the body. The discussion will include the five aspects of nutrition and the cumulative effect of stress-prone problems. What are phytochemicals, antioxidants and probiotics? Are they beneficial to you? Answers to these questions, as well as a quick introduction to organic food, free range meats and vitamin and mineral supplements are included in this fast paced lecture.

Scope/Audience: Employees and/or families
Length of Program: 35 minutes
Needs: Conference room, screen
Materials Provided: Low Stress Diet Handout



NUTRITION: KNOWING + DOING = BEING

Course Description: We know what we should and should not be eating, but putting it into practice is not as easy as it sounds. When we do put our nutrition knowledge into practice, we become the person we want to be.

Scope/Audience: Employees and/or families
Length of Program: 30 minutes
Needs: Conference room, screen
Materials Provided: educational materials

NUTRITION FOR AN ACTIVE LIFESTYLE

Course Description: Do you feel like all you do is run around and don't have time to even think about eating healthy? Do you work, take the kids to practice, run to the drug store, go home to do laundry, and forget to have something to fix for dinner? Are you a physically active person concerned about eating the right foods to keep you going? If you answered yes to any of these questions, then this presentation was designed for you. Brought to you by Certified Health Fitness Specialist and Registered Dietitian.

Scope/Audience: Employees and/or families
Length of Program: 30 minutes
Needs: Conference room, screen
Materials Provided: Educational materials

NUTRITION LINKS TO CANCER

Course Description: This presentation will review the recommendations for Cancer Prevention by the American Institute for Cancer Research. We will learn about the top cancer fighting foods and how they work to prevent against cancer. We will be taste testing some of the cancer fighting foods.

Scope/Audience: Employees and/or families
Length of Program: 30 minutes
Needs: Conference room
Materials Provided: Food sampling, educational materials

NUTRITIONAL SUPPLEMENTS

Course Description: Nutritional supplements are becoming more popular everyday. Nutritional supplements can be beneficial in aiding your diet, but they can also be dangerous. Make sure you know what you are taking and contraindications there are. We will review some of the most popular used nutritional supplements.

Scope/Audience: Employees and/or families
Length of Program: 30 minutes
Needs: Conference room
Materials Provided: Educational materials