

## Wellness at Work Health Education Programs

*"Health Literacy Is the Key to Longevity."*

Dr. James Proodian is an accomplished chiropractic physician and health educator who founded *Wellness at Work*, a company dedicated to providing health education programs to businesses and organizations. A dynamic public speaker, Dr. Proodian has motivated thousands of people at hundreds of companies to take personal responsibility for their health through positive lifestyle choices in diet, exercise, and stress management.

*Wellness at Work* offers a range of health education programs—from one-hour seminars to be held at your workplace to large-scale keynote presentations—on a number of topics, including stress management, detoxification, nutrition, and fitness. Each presentation reflects Dr. Proodian's "Triad of Health," which addresses your physical, nutritional, and psychological needs.

During these programs, Dr. Proodian emphasizes that health, longevity, and the ability to prevent disease require a better understanding of the intricate interaction between our own genetics/health history and environmental influences, such as the industrialization of food.

His ability to translate complex physiology and biochemistry into practical common-sense principles gives you the tools you need to leave knowing exactly what to do to feel better, function better, and live longer.

Dr. Proodian is available to speak to your company or organization. For more information or to schedule a seminar, please call (732) 222-2219 or email [info@naturalhc.com](mailto:info@naturalhc.com).

### Key

**KN:** *Keynote Speaker*

**LL:** *Lunch & Learn*

**W:** *Workshops*

**YP:** *Youth & Parent*

*These seminars are specifically designed for young people ages 10 to 14 and for groups of 15 or more. It is recommended that a parent or guardian attend, as well.*

**R:** *Recommended*

*We highly recommend these LL & YP seminars as starting points to educate your members on a health-related topic and help them begin making smarter choices to feel better, function better, and live longer.*

## Keynote Presentations

Dr. Proodian's keynote presentations are designed for groups of 50 or more and can be delivered as a stand-alone event or as part of a larger conference.

### **1. Feel Better, Function Better, Live Longer (Physical, Nutritional, Psychological; 60 or 90 min.; KN)**

#### *Steps to Achieve Optimal Health*

During this dynamic, informative keynote presentation, Dr. Proodian discusses the essential components needed to achieve optimal health. Using his "Triad of Health," which addresses your physical, nutritional, and psychological needs, he offers science-based recommendations, outlining simple steps you can take immediately not only to optimize your health but also to avoid—and even reverse—such chronic diseases as cancer, heart disease, and diabetes. Dr. Proodian clears up confusion about today's health issues, breaking down all of the environmental and genetic influences on your health, and answers all of your questions on such topics as stress management, fatigue, fitness, and nutrition.

Topics include:

- Statistics outlining the chronic-illness epidemic in the United States and its direct impact on each one of us
- How our country promotes sick care rather than healthcare: Ninety-five percent of all healthcare costs are spent on disease management, while only 5 percent are spent on wellness and preventative measures.
- Stress management: How living the adrenal-driven lifestyle is crippling us
- Nutrition: Why inflammatory foods are driving the chronic-illness epidemic, why there is no such thing as a diet, and how you should shop for you and your family
- Fitness: Ninety percent of people who join gyms do not go. Fitness problems are not being solved in gyms. You need real solutions for your personal fitness reality.

### **2. Helping Children Make Smart Food & Exercise Choices (Physical, Nutritional, Psychological; 60 or 90 min.; KN)**

#### *Educating Our Youth*

The statistics are alarming: Obesity is becoming an endemic problem among young people today. In this informative, dynamic keynote presentation, Dr. Proodian explains it's up to us to stop this trend by helping our children understand that the choices they make today have a critical impact on their health in the future. He discusses the influences on our children's health—including the industrialization of food and the effects of a lack of exercise—and shows parents how to take a team approach within their homes.

Topics include:

- Learning how to shop together, exercise together, and build a health plan for the home
- Learning that “food” and “treats” are two very different things
- Children and adolescents should not exercise like adults. How to stop the madness that is causing so many overuse injuries in our children.

### **3. Containing Health Insurance Costs (Physical, Nutritional, Psychological; 90 min.; KN)**

*Implementing Outcomes-Based Wellness Programs (for executives & human resources directors)*

As an employer, you already know the staggering cost of health insurance—averaging more than \$10,000 a year per employee. And those rates are only expected to rise. But now, thanks to the Affordable Care Act, you as a company leader can take control and proactively address the root of the problem: employee health. Dr. Proodian delivers this information-packed keynote seminar that shows how you can make a real difference in not only reducing your company’s expenses but also in improving the lives of your employees through an outcomes-based wellness program. He discusses strategies for implementing an outcomes-based wellness program, including how to generate full participation, and offers science-based recommendations that address your physical, nutritional, and psychological needs.

Topics include:

- Statistics on the rising cost of healthcare and its impact on businesses
- Statistics outlining the chronic-illness epidemic in the United States and its direct impact on each one of us
- How our country promotes sick care rather than healthcare: Ninety-five percent of all healthcare costs are spent on disease management, while only 5 percent are spent on wellness and preventative measures.
- Information on the Affordable Care Act and the potential impact on your business
- Benefits of an outcomes-based wellness program
- Financial incentives for employees to meet personalized health goals
- Environmental and genetic influences on your health
- Metabolic syndrome, fitness, and nutrition
- Q&A with Dr. Proodian

### **4. Tired to Inspired (Physical, Nutritional, Psychological; 60 or 90 min.; KN)**

*Helping Your Employees Get Healthy*

Healthcare is the greatest cost for any business, and it’s increasing exponentially. But as a business leader or human resources manager, you can do something about it. In this dynamic, innovative keynote presentation, Dr. Proodian gives you the steps to implement a Corporate Wellness Success program in your organization

that promotes communication, education, motivation, and personal responsibility for your health. Thousands of companies across the country are already implementing outcomes-based wellness programs, significantly improving their employee claims by motivating employees to make healthier lifestyle choice. Using hard facts and evidence-based research, Dr. Proodian examines the healthcare crisis in our country that is promoting sick care rather than healthcare. Covering such topics as stress, fatigue, nutrition, and fitness, he outlines clear steps you and your employees can start taking immediately to eat better, move more, and lead a healthier, more productive life.

Topics include:

Claims:

- Medical premiums are largely based on the claims of a group's employees. The average claims cost per employee is approaching \$11,000.
- Claims costs continue to rise at a rate higher than inflation. The average claims cost is expected to rise 8 to 10 percent in the next year.
- U. S. employers who invest in health programs at the workplace can see a return of \$3 to \$6 for each dollar invested over a two-to five-year period.

Impact of chronic illnesses on the workplace:

- Anxiety/Depression – 14 days lost productivity, \$1,916 medical costs
- Cardiovascular disease - \$2,500 medical costs
- Diabetes – 24 days lost productivity, \$3,584 medical costs
- Smoking – 200 percent more lost productivity, \$27 billion cost to employers
- Obesity – 12 days lost productivity, \$2,060 medical costs

From a random sample of 12,000 employee health-risk assessments and worksite medical screenings:

- 74 percent did not know their cholesterol, blood pressure, or body fat measurements.
- 50 percent of those that reported they were not diabetic actually were.
- 42 percent more participants tested positive for nicotine than reported they smoked.
- 33 percent reported “good or excellent” health but unknowingly had three or more clinical risk factors.
- 28 percent reported “good eating habits” but had dangerous blood fat levels.

Other facts & statistics:

- 75 percent of all chronic medical conditions are related to lifestyle choices.
- 95 percent of all healthcare costs are spent on disease management, while only 5 percent are spent on wellness and preventative measures.
- Researchers estimate that preventable illness makes up approximately 70 percent of the burden of illness and the associated costs. (*Source: New England Journal of Medicine*)

- Workplace wellness efforts can positively impact human capital investments. (Source: PricewaterhouseCoopers)
- As many as 1 million employees are absent on an average workday because of stress-related problems.
- Job stress is estimated to cost employers \$200 to \$300 billion annually.
- At least 100 million workdays are lost each year to lower-back pain at a cost of about \$20 billion. (Source: Centers for Disease Control and Prevention)

## Lunch & Learn

For groups of 15 people or more, we offer 60- or 90-minute presentations designed to educate your group on a health-related topic and provide “takeaways” or specific steps you can take immediately to begin leading a healthier life.

### 5. Arthritis (Physical, Nutritional; 60 min.; LL)

*Preventing, Maintaining Function & Staying Strong for Life*

Arthritis is a chronic, debilitating, and painful condition of the joints that affects more and more Americans every year. Hundreds of millions of dollars are spent on pharmacological treatments for the painful effects of this disease. This seminar discusses the multifaceted approach that natural medicine offers to those suffering from arthritis, helping you preserve the function of your musculoskeletal system and stay strong well into your later years.

Topics include:

- Types of arthropathies
- Lifestyles that contribute to chronic joint pain and arthritis
- Prevention
- Rehabilitation considerations
- Nutritional considerations
- Stress and chronic arthritis

### 6. Athletic Rehabilitation & Injury Prevention (Physical, Nutritional; 60 min.; YP)

*Helping Children Recover Safely & Effectively*

For the young athlete and his or her parent, it's important to be able to identify a sports-related injury and know when to see a doctor. This seminar explains the most effective methods for helping children ages 10 to 14 recover safely from an injury using such rehabilitative techniques as physical therapy, sports chiropractic, massage therapy, acupuncture, and yoga, as well as sports kinesio taping. Also discussed are essential techniques to prevent sports injuries and the proper nutrition needed to achieve peak performance.

### 7. Back Safety & Injury Prevention (Physical; 60 min.; LL, R)

*At Work and at Home*

Physicians involved with occupational and rehabilitative medicine recognize that as

many as eight out of 10 employees develop some type of back-related health problem involving work and/or home life. This fact holds true for office workers as well as for workers in more physically oriented occupations. This seminar teaches you how to recognize and prevent back injuries that can rob you of your quality of life.

Topics include:

- The causes of back-related problems
- Preparation and conditioning of the body to prevent injury
- The effects of poor posture on the back and neck
- Correction of common causes
- General ergonomics and body mechanics

### **8. Detoxification (Nutritional; 60 or 90 min.; LL)**

*Keeping Our Bodies Clean*

Every day, we are exposed to numerous chemicals in our environment that can affect the way we feel—tired, achy, irritable, bloated, and just overall unhealthy. It's no longer a question whether we are toxic but to what extent. Detoxification is the foundation of any clinical nutrition program, and this seminar teaches you how to detox your body safely and effectively. We explain how detoxification contributes to more energy, better concentration, less moodiness, better sleep habits, healthier digestion, and more.

### **9. Emotional Nutrition (Nutritional; 60 or 90 min.; LL)**

*The Impact of How We See Food*

It's true that how you eat is as important as what you eat. In fact, 90 percent of us do something else while eating, whether it's watching TV or surfing the web. This seminar includes information on how our upbringing influences our eating habits as adults, the impact of mindless eating or rushing through meals, and how right- and left-brain thinking affect the nutritional choices we make.

### **10. Ergonomics (Physical; 60 min.; LL, R)**

*Relieving Muscle Stress at the Workstation*

This presentation is specifically geared toward those with muscular stress and tension that accumulate from desk and computer work. Right at your workstation, you learn how to relax tight muscles in the form of “mini” and “micro” breaks. You also learn specific postural exercises that you can begin using immediately to reduce muscle tension and minimize its progression into larger problems. Anyone interested in tempering the effects of stress on the body as well as those with the following conditions could benefit from attending:

- Persistent muscle tension and pain in the neck and back
- Tension headaches
- Neck conditions related to muscular tension and stiffness
- Carpal tunnel syndrome
- Poor posture

### **11. Fatigue (Physical, Nutritional, Psychological; 60 min.; LL, R)**

#### *Solutions for an Exhausted Society*

Fatigue is the most common complaint presented to primary healthcare providers. Not only does fatigue affect your physical state of being, but it also negatively impacts your general attitude and effectiveness in life. During this presentation, we identify less understood yet common causes of fatigue. You learn what steps you can take to improve your energy and vitality.

Topics include:

- Disease and fatigue
- Stress and fatigue—lifestyle changes to revitalize us
- Sleep conditions—what to look for and how to improve sleep quality
- Nutrition to improve energy
- Reconditioning the body and mind for increased energy

### **12. Fibromyalgia (Physical, Nutritional; 60 min.; LL)**

#### *A Natural Approach to Chronic Pain and Fatigue*

Fibromyalgia is characterized by chronic widespread pain and stiffness of the musculoskeletal system (muscles and joints), fatigue, sleep disturbances, and other nonspecific symptoms. This syndrome, which is more common in women, can be difficult to diagnose, with some sufferers going years and seeing multiple physicians before a definitive diagnosis is made. In this seminar, we discuss a multidiscipline lifestyle management approach, which has proven beneficial to most sufferers.

Topics include:

- Nature and causes of fibromyalgia
- Nutritional considerations
- The value of rehabilitation/reconditioning with fibromyalgia
- The harmful effects of stress with fibromyalgia
- Coping with chronic pain

### **13. Headaches (Physical, Nutritional; 60 min.; LL)**

#### *Solutions for an All-Too-Common Problem*

Headaches are one of the most common complaints that bring you to a healthcare provider. Ninety percent of all headaches are either vascular or tension-type—or a combination of the two. The vast majority of headaches are a symptomatic manifestation of a treatable or non-disabling disorder. Topics include:

- The categorization of various headache types
- Nature and differentiation of the two most common headache types: migraine and tension
- Diagnosing headache type and cause
- Effective therapies in treating headaches: pharmaceuticals; nutritional; lifestyle/exercise; herbal; manual/biomechanical; and mind-body relaxation techniques

#### **14. Heart Health (Physical, Nutritional, Psychological; 60 min.; LL, R)**

##### *Commit to Getting Healthy*

Heart disease is one of the leading causes of death today, yet so much can be done to prevent it. This seminar shows you how—from defining what cardiovascular disease is, to what causes it, to what each and every one of us can do to avoid it. You will leave this presentation with a renewed commitment to eat better, get regular exercise, and avoid becoming another statistic.

Topics include:

- Understanding cardiovascular disease
- The effects of cholesterol
- Excess weight and heart problems
- Hypertension and high blood pressure
- The importance of not smoking
- Stress and heart disease
- Practical lifestyle modifications

#### **15. Immune Systems (Nutritional, Psychological; 60 min.; LL)**

##### *Heightening Your Defenses Naturally*

Cold season, flu season, allergy season. They all take a toll on our health. For most of us, the immune responses of our body are largely a product of the lifestyle choices we consistently make—with both short- and long-term effects. In this seminar, you learn not only how to boost but also how to optimize your body's natural defenses with therapeutic lifestyle changes involving rest, nutrition, exercise, and stress-tempering activities. Topics include:

- What to limit or avoid: choices that interfere with the body's natural tendency to heal and repair
- How stress adversely impacts our immune responses and overall health
- Exercise and its far-reaching health benefits
- The healing powers that science and nature bring to us through nutritional intervention

#### **16. Nutrition I (Nutritional; 60 min.; LL, R)**

##### *Making Smart Food Choices for a Healthy Lifestyle*

This presentation outlines sound nutritional concepts and action steps. No fad or extreme diet plans are given. Rather “nutritional styles” that are healthful and can be maintained for a lifetime are discussed. Consistently engaging in just some of these nutritional ideas has created renewed health for many who have attended past presentations. Topics include:

- Beneficial and adverse effects of nutrition on health
- Inflammatory foods that are driving the chronic-illness epidemic
- Weight loss vs. optimizing body composition
- Carbohydrates and blood-sugar regulation
- Protein requirements and its importance
- Fats and cholesterol—removing misconceptions



- The essential need for water

### **17. Nutrition II (Nutritional; 60 min.; LL, R)**

#### *Reduce Pain and Inflammation Through Proper Nutrition*

Our predispositions and thresholds to pain are predicated on a number of factors, not the least of which is our body chemistry. That same body chemistry is created, in large part, by the foods and fluids we ingest. This eye-opening presentation discusses the nutritional effects on our body's chemistry as it relates to chronic pain and inflammation. Topics include:

- How body chemistry affects pain and inflammation
- How nutrition affects the chemical nature of pain
- Reducing the chemical mediators of pain and inflammation with nutrition
- Repairing and rehabilitating joint and muscle health with nutrition
- The role of antioxidants in preserving joint and muscle health and longevity

### **18. Osteoporosis (Physical, Nutritional; 60 min.; LL)**

#### *Maintaining Lifelong Healthy Bones*

The United States has one of the highest osteoporosis rates in the world. This presentation provides valuable information on how we can develop and maintain a healthy bone structure—no matter what our age. It describes specific changes to diet and lifestyle that can have a dramatic effect on the health of our bones.

Topics include:

- Facts about osteoporosis
- What osteoporosis is and is not
- Osteoporotic fractures
- Risk factors for osteoporosis
- External factors that promote osteoporosis

### **19. Overcoming Weight Loss Resistance/Metabolic Syndrome (Physical, Nutritional; 60 min.; LL)**

#### *Prevent, Treat, and Reverse the Conditions That Lead to Type II Diabetes*

More than half of Americans are overweight, with 25 percent of them being obese. Predictions claim with certainty that unless that trend changes, the life expectancy for the average American will decrease by five years over the next three decades. This presentation teaches the fundamentals to long-term weight management success by looking at metabolic syndrome—a combination of medical conditions (high blood pressure, excess weight around the middle, etc.) that, when occurring together, increases the risk of heart disease, diabetes, and stroke.

Topics include:

- Causes of obesity
- Health implications of obesity
- Key factors to weight-loss resistance and how each one of us can use simple tools to determine if we have this life-threatening syndrome
- Action steps to a fitter, healthier body

## **20. Promoting a Healthy Lifestyle for Children (Physical, Nutritional; 60 min.; LL)**

### *The Importance of Fitness*

In this seminar, you learn how to improve your child's health and self-esteem through physical fitness. Get the facts on today's alarming epidemic of overweight and inactive youth and the risk factors associated with obesity and inactivity. This presentation discusses how to encourage and support an active, healthy lifestyle in your child that will increase his or her confidence and physical well-being.

## **21. Sports Nutrition for Optimal Athletic Performance (Physical, Nutritional; 60 or 90 min.; LL)**

### *Fueling Your Body*

Whether you are training for a marathon or a 5K, the food choices you make affect your performance. In this seminar, we teach you how to train and nourish your body for any athletic event. Topics include:

- How to maximize fuel, minimize damage, and optimize recovery
- The importance of food timing and the quality of foods
- Staying anabolic and avoiding being catabolic
- Detoxification, xenoestrogen detoxification, anti-inflammatory nutrition, alkalizing, and connective-tissue support
- The key role of supplementation for optimal health

## **22. Stress Management (Psychological; 60 min.; LL, R)**

### *Living With Stress in Today's World*

Eight out of 10 doctor visits are inextricably linked to stress. And it's no wonder: Every day we are bombarded with environmental, physical, and lifestyle stressors. This presentation focuses on stress and its detrimental effects on the body. The connection between stress and bodily manifestations is explored and a number of stress-reducing techniques—including the importance of “mindful breathing”—are described.

Topics include:

- Stress and individual perception
- Adrenal function and physiology
- Effects of stress on the body
- Chemical/nutritional stressors
- Physical stressors
- Emotional/mental stressors
- Stress-reducing techniques—breathing, meditation & exercise

## **23. Stress & Immune Systems (Psychological; 60 or 90 min.; LL)**

This seminar discusses the toll stress takes on our immune system and the validity of the mind-body connection. We look at epigenetics, which is the emerging science

of genetic expression, and the role stress plays in causing cells to turn bad genes on, making us sick.

Topics include:

- Adrenal function and physiology
- Effects of stress on the body
- Chemical/nutritional stressors
- Physical stressors
- Emotional/mental stressors
- Stress-reducing techniques—breathing, meditation & exercise
- Stress and fatigue—lifestyle changes to revitalize us
- Sleep conditions—what to look for and how to improve sleep quality
- Nutrition to improve energy
- Reconditioning the body and mind for increased energy

#### **24. Type II Diabetes & Abdominal Obesity (Psychological, Nutritional; 60 or 90 min.; LL)**

*Preventing Illness by Keeping Trim*

Research shows that belly weight puts you at increased risk for heart disease, cancer, type II diabetes, dementia, and other chronic illnesses. Metabolic syndrome (prediabetes) and type II diabetes will affect one in two Americans by 2020—90 percent of whom will go undiagnosed. In this seminar, we explain new treatment guidelines for weight loss, how to control cravings, and how to reduce abdominal body weight while improving body composition.

Topics include:

- Risk factors in abdominal obesity and how it relates to cardiometabolic disease
- How the hormonal release from the abdominal adipose tissue creates a toxic environment as it relates to appetite and metabolism
- The impact of sleep and stress on unhealthy weight gain and the promotion of chronic illness
- How insulin imbalances are the major cause of weight issues and diabetes

#### **25. Women's Health (Physical, Nutritional, Psychological; 60 or 90 min.; LL, R)**

*Helping Women Achieve Optimal Health*

In this seminar, we take the triad approach to health—physical, nutritional, and psychological—and apply it to a woman's well-being, offering practical lifestyle changes to help women feel better, function better, and live longer. We discuss how the following topics specifically affect women:

- The effects of stress on all systems of the female body
- Anti-inflammatory nutrition and its impact on longevity
- Osteoporosis as a lifestyle consequence and NOT just a result of “bad genes”
- Metabolic syndrome: overcoming weight-loss resistance and understanding “why I can't lose weight”

- Body composition: forget the scale and mirror and learn what our weight really means

## **26. Women's Hormonal Health & the Prevention of Cancer (Nutritional, Psychological; 60 or 90 min.; LL)**

*The Impact of Stress and Hormones on Women's Health*

What can women do to regulate their hormone levels and stay healthy? This seminar discusses stress and its impact on women's health while explaining how to achieve a healthy body weight; normalize glucose, estrogen, and insulin levels; and decrease inflammation through detoxification and other methods. Cancer is a multidimensional disease, and we discuss epigenetics, which is the emerging science of genetic expression. The goal is not to allow cancer genes to turn on through lifestyle management.

## **WORKSHOPS**

*For groups of 15 people or more, we offer half-day or multiple-day workshops designed to examine in more depth a number of health-related topics.*

## **27. Secrets on How to Feel Better, Function Better, and Live Longer (Physical, Nutritional, Psychological; 3.5 hrs.; W)**

*You at Your Best Health*

During this dynamic, informative half-day workshop, Dr. Proodian discusses the essential components to achieve optimal health. Using his Triad of Health, which addresses your physical, nutritional, and psychological needs, he offers science-based recommendations, outlining simple steps you can take immediately not only to optimize your health but also to avoid—and even reverse—such chronic diseases as cancer, heart disease, and diabetes. Using his Pyramid of Health, he clears up confusion about today's health issues, breaking down all of the environmental and genetic influences on your health, and answers all of your questions on such topics as stress management, fatigue, fitness, and nutrition.

Topics include:

- The eight foundational components of functional medicine (detoxification, epigenetics, immunity, inflammation, digestions, structural integrity, stress, and energy)
- How our country promotes sick care rather than healthcare: Ninety-five percent of all healthcare costs are spent on disease management, while only 5 percent are spent on wellness and preventative measures.
- The root causes of today's health epidemics affecting you and your family
- The negative impact that industrialization has on your life and health
- How to rid your body of toxins that impede your health
- The importance of using supplements to support a healthy diet

## **28. Nutrition III (Nutritional; four 50 min. sessions; YP, W)**

### *Performance Nutrition for the Young Athlete*

It's a known fact that cannot be ignored: Proper nutrition is vital for the competitive athlete. It's just as important as speed, strength, and flexibility training. This seminar shows young athletes ages 10 to 14 how to eat better, lose or gain weight, increase lean muscle mass, gain speed and endurance, and improve overall health.

Presented in four 50-minute sessions over four weeks, the program is an informative yet fun way for young athletes to learn about nutrition. Parents are encouraged to attend, as well. Topics include:

- Basic physiology: understanding anatomy and how we are designed
- Sources and portions: carbohydrates, proteins, fats, vitamins, minerals, and water. Proper sources and portion size are critical for the “fuel” of an athlete.
- The importance of reading labels and looking for hidden athlete-performance killers
- Supplements: which ones and how much a youth athlete should take
- Pre-and post-game meals and food timing: the importance of getting it right for optimal athletic performance

## **29. Stress Management, Fitness, Nutrition (Three Individual Sessions; W)**

### **a. Stress Management (Psychological; 90 min.)**

#### *Living With Stress in Today's World*

Eight out of 10 doctor visits are inextricably linked to stress. And it's no wonder: Every day we are bombarded with environmental, physical, and lifestyle stressors. This presentation focuses on stress and its detrimental effects on the body. The connection between stress and bodily manifestations is explored and a number of stress-reducing techniques—including the importance of “mindful breathing”—are described.

Topics include:

- Stress and individual perception
- Adrenal function and physiology
- Effects of stress on the body
- Chemical/nutritional stressors
- Physical stressors
- Emotional/mental stressors
- Stress-reducing techniques – breathing, meditation, & exercise

### **b. Fitness (Physical; 90 min.)**

#### *Staying Fit for Life*

Physical fitness is not a “once in a while” activity, but rather a lifelong endeavor. Every person can benefit from exercise—young or old, male or female. But you need to be properly educated before beginning a fitness routine in order to develop a program that's right for you and to avoid injury. This presentation covers the “whys” and “hows” of exercise so that it can become an integral part of your life.

Topics include:

- Benefits of exercise
- Fitness facts and myths
- Common obstacles to exercising
- Creating fitness habits
- Aerobic vs. resistance exercise
- Staying on track

**c. Nutrition (Nutritional; 90 min.)**

*Making Smart Food Choices for a Healthy Lifestyle*

This presentation outlines sound nutritional concepts and action steps. No fad or extreme diet plans are given. Rather “nutritional styles” that are healthful and can be maintained for a lifetime are discussed. Consistently engaging in just some of these nutritional ideas has created renewed health for many who have attended past presentations.

Topics include:

- Beneficial and adverse effects of nutrition on health
- Weight loss vs. optimizing body composition
- Carbohydrates and blood-sugar regulation
- Protein requirements and its importance
- Fats and cholesterol—removing misconceptions
- The essential need for water