

Lunch & Learn Topics

Not sure which topics to choose? We can send you a complimentary online 2 minute survey to measure employee interest!

Reviews from Seminar Participants

“You inspire confidence – you know your stuff ”

“Loved it! I learned a lot with the top 10 tips, thank you”

“Fun, animated speakers!”

“Simple, easy to implement ideas. Good discussion.”

“This program gave an excellent base where I can sift and interpret info on diet, nutrition, etc.”

“Up-to-date, knowledgeable presenter. Informative and entertaining too!”

Fitness & Active Living Topics

- Lifestyle Makeover: Losing Weight and Gaining Fitness.
- How to stay motivated with your fitness program
- Blast the Fat: Becoming a healthier, fitter, and more beautiful you!
- No pain, no gain? Exercise myth busters!
- Chair Yoga: Get fit while you sit
- Fitness for the desk jockey
- Liquid Learning: the amazing benefits of aquatic exercise
- Tips to build muscle mass at any age
- Get Active: Your Gameplan for Success

Nutrition and Weight Management Topics

- **“NEW”** Healthy Holidays: Beat the FLU and boost your Immunity
- Shop smart: know your food label IQ
- Carbohydrate De-Buster – Making the right food choices for diabetes
- Maximizing your fitness training: nutrition and sport
- Cancer prevention: antioxidants and other nutritional strategies
- Figuring out the food court
- Digestive health: how to prevent the “bloat”
- Organics: should I pay the price?
- Shopping for Healthy Foods on a Budget
- What to Eat So You Don't Feel Hungry
- A Solution for Mid-Life Weight Gain

Healthy Bodies Topics

- Sick and tired of feeling sick and tired? Top 10 energy boosting tips!
- “Onsite Mini Health Assessments” Everything you need to know: from blood pressure and glucose levels to fitness and ergonomics!
- Posture Symmetry: how posture affects your overall health
- Are you sitting comfortably? Your ergonomics checklist
- Benefits of Traditional Chinese Medicine and Acupuncture



To reserve a date, please contact:

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