



# Thank You to Our Partners in Health Promotion!



# What is a Health Coach?

Would you like to lose weight, improve cholesterol, reduce hypertension, or manage diabetes or stress? Do you need fresh ideas for eating well or putting life back into a tired or *retired* exercise routine?

Your onsite Health Coach is a health motivator and educator. Your Health Coach is a professional and certified personal trainer and fitness practitioner with a health education background.

## The Health Coach Can Help You Meet Your Health Goals



**Health Coaching Helps You Achieve  
Your Goal by focusing around**

**Weight Loss**

**Healthy Eating**

**Physical Activity**

**Stress Reduction**

**Self-Care**

**Lifestyle Disease Management**

Contact the Wellness Council of Arizona

Email: [contact@welcoaz.org](mailto:contact@welcoaz.org)

Phone: 520-293-3369



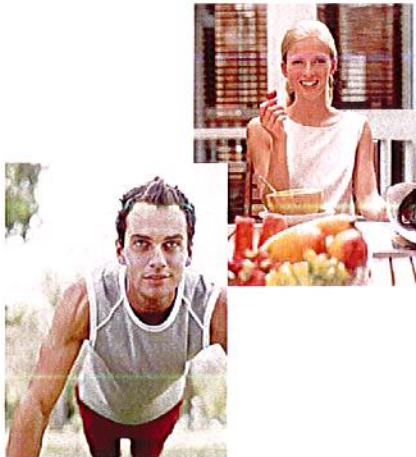


# Worksite Health & Wellness

## Scope of Work & Capabilities



- Onsite Health Coaching
- Telephonic Health Coaching
- Healthy Topic Workshops
- Fitness Assessments
- Group Fitness Classes
- Biometric Screenings
- Physical Activity Programs
- Nutritional Guidance
- Stress Reduction Programs
- Lifestyle Disease Management
- Behavior Change Initiatives
- Health E-Newsletters
- Sports and Athletic Training
- Annual Health Expos
- Flu Shot Coordination
- Lifestyle Challenges & Contests



### Verified by Welcoaz

- Incentive Program & Participation Verification
- Universal Data Archiving, Tracking, Reporting & Evaluation
- Annual Physician Exam Verification, Age Appropriate Screening Verification,
- Disease Management Completion Verification

#### HIPAA Assured Confidential Program

Health Coaches work through the National Partnership for Wellness and the Wellness Council of Arizona and are sub-contracted through them to serve the health interests of our employees. All information shared with them will be kept confidential and will not be shared with any management personnel or any other employees.

Wellness Council of Arizona is a  
501(c) 3, Arizona based  
Non-Profit

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# WELLNESS CHALLENGES & PROGRAMS

To schedule a Wellness Challenge or Contest for your group, please contact us at (520) 293-3369 or [contact@welcoaz.org](mailto:contact@welcoaz.org).

*All rates and program fees are determined by logistics of delivery along with onsite coordination and projected health coach time. As a non-profit 501(c)3, the Wellness Council of Arizona strives to deliver programs and services at affordable fees in order to advance our mission of improving the health of individuals.*

*Updated: 3/27/2017*

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## CHALLENGES

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### ***6% Healthy Body Challenge***

Individual challenge with a goal to lose 6% of body weight or a healthy body weight loss determined by a Health Coach. Participants receive prize drawing tickets for achieving goal.

### ***Addressing Stress with Rest & Rejuvenation***

Blood pressure and stress management challenge. Participants take blood pressure using a blood pressure kiosk machine or a self-operated blood pressure monitor. Participants then complete one of several stress management activities guided by instructions in the booklet. After completing the activity they re-take their blood pressure to compare with the initial and see if the stress management technique helped reduce their blood pressure. Participants can log personal results on a log sheet.

### ***Boot Up! Challenge***

Join us for a 6 week challenge that focuses on sleep, hydration, nutrition, & exercise. Learn how to improve small daily habits that can lead to better health and more energy.

### ***Catch Your ZZZ's***

Discuss with a Health Coach where you can improve your nightly sleep habits. Pick a healthy habit that you will implement over the next 4 weeks. Use a sleep journal to track your changing sleep habits. At the end of the challenge fill out and turn in the post challenge assessment. Completing the post challenge assessment puts you in the running for a grand prize.

### ***Chug-A-Jug: Hydration Challenge***

4-week behavior change program designed to help participants consume a minimum of 64 ounces of water a day. The goal of the program is to encourage healthier habits by decreasing the number of sugar-sweetened beverages consumed and replacing them with water. Participants receive a water bottle upon registration and a log sheet to keep track of water consumption throughout the day.

### ***FITGO Bingo***

Just like Bingo with a twist! Participants receive FITGO Bingo cards and participate in healthy activities to complete the bingo card for prizes. Participants complete a black out for a chance at a larger prize.

### ***Fit in 50***

Get Fit in 50 days! Participants will receive instructions and a log sheet. Each week, participants are given activities to try related to various fitness and nutrition topics. At the end of the challenge the participant submits their log sheet to enter into the drawing. Participants are supported throughout the challenge with onsite workshops and educational handouts.

### ***Fitness Challenge***

Participants develop their own Fitness Plan to complete at least 30 minutes of strength, cardio, & flexibility exercises each week in this 6 week challenge. They receive a log book to track each week's activities.

### ***H<sub>2</sub>O Challenge***

Strive to drink half of your body weight in ounces of water for one month. This challenge focuses on drinking more water and spotting the common signs of dehydration.

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<b>Healthy Body Buddy Challenge</b>	Everything is more fun with a buddy! Participants team up with a buddy to work on their individual body management goals together. Participants receive drawing tickets for accomplishing their goal and bonus tickets if their buddy also accomplishes their goal.
<b>Healthy Living Challenge</b>	Set a Goal: Get Active and/or Obtain Your Healthiest Body Weight. Choose 1 or both: Minutes of Activity and/or % of Weight Lost. The Healthy Living Challenge is an individual and departmental based weight loss and physical activity contest that encourages participants to make gradual, realistic and permanent positive changes in their dietary and exercise habits that lead to healthier lifestyle through increased physical activity and improved nutrition.
<b>Heart Healthy Step Challenge</b>	See what one month of regular walking does to reduce your blood pressure and weight. Participants will have their blood pressure and weight measured at the start of the challenge and again at the end to see the improvement. Their goal is to take 10,000 steps a day.
<b>Healthy Selfie</b>	This challenge allows for individuals to capture what they are doing to improve their health every day. Participants take a picture of themselves doing healthy activities, such as exercising, drinking water, cooking a healthy dinner, yoga, etc. For each photo they submit, they will get 1 raffle ticket into the prize drawing.
<b>Lose a Chicken, Win a Turkey</b>	Participants weigh in before October 30 <sup>th</sup> and weigh out before Thanksgiving. The goal is to 5 lbs (the weight of a Chicken) before Thanksgiving. Participants who succeed receive money towards purchasing their turkey.
<b>Maintain Don't Gain: Holiday Weight Challenge</b>	Most people gain 5 to 7 pounds between Thanksgiving and January 1st. Participants join this easy challenge and beat the odds while starting the New Year off great! Participants weigh in prior to Thanksgiving and weigh out early January. The goal is to maintain weight within 2 pounds throughout the holidays. Participants receive drawing entry tickets for prizes.
<b>Meet Your Health Coach</b>	Start your year off right with the Meet Your Health Coach Challenge. Participants must meet with their Health Coach at least one time in this challenge to set a yearly/monthly goal to improve their health, weight loss, reduce hypertension, and manage diabetes or stress.
<b>Men &amp; Women's Health Enhancement</b>	Participants receive educational handouts and self-assessment instructions on variety of men's and women's diseases such as heart disease, diabetes, skin cancer, breast cancer, testicular cancer and more. Participants complete the self-assessment or answer questions related to the educational materials to receive prize drawing entry tickets.
<b>My Goal, My Plan</b>	Meet with a Health Coach to set a Personal Health Goal. Meet with your Health Coach at least 3 times. Goals may include: age appropriate screenings, disease management course, weight loss, reduce waist measurement, improve body fat % or BMI, increase physical activity, improving nutrition etc.

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***Pass on Processed***

This month long challenge focuses on reducing the amount of sugar, sodium, and saturated fats in the participant's diet. The goal is to increase the amount of whole foods in your diet while also bringing awareness to how much sodium, added sugars, and saturated fats are in every day foods.

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***Power Up! Nutrition Challenge***

Participants receive a tracker where they must complete each plate by eating a well-balanced meal. They track what they ate for each category and how much. Don't forget to include the total number of ounces of water.

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***Shape up for Summer***

Participants will form a team of 3-5 people and that team will focus on one category to improve their health. At the beginning of the challenge, participants will be assessed on: body composition, flexibility, blood pressure, and grip strength. From there, the team selects which area that they would like to improve.

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***Step Into Cash***

In this 8-week challenge, participants track their daily steps using smartphones, apps or body wearables. Their goal is to accomplish determined levels of average steps per day to qualify for prizes.

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***Taste the Rainbow***

This 4-week challenge is designed to help participants increase the amount of fruits and vegetables in their diet, while discovering new, colorful produce. Participants will fill out a tracker daily with how many servings of produce they eat from each of the different color groups.

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***Team Healthy Weight Loss Challenge***

This challenge focuses on team weight loss. Form a team of 3 to 5 people and pick a creative name (the best name wins a prize!). Weigh in and out with your health coach. Total team weight loss goal is 4%. Exercise, eat healthy and support each other to lose weight.

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***Trek Arizona***

Trek the 800 mile Arizona Trail in 10 weeks. Average walking 5,000 steps a day. Complete your log book with how many steps you completed each day to see where you end up on the trail weekly. Enter your logbook at the end of the challenge for a chance to win a prize.

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***Veg Out***

Participants will have 30 days to work towards their goal of consuming at least 100 servings of fruits and vegetables during the month by tracking and increasing their daily intake.

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# WELLNESS WORKSHOPS

To schedule a Wellness Workshop for your group, please contact us at (520) 293-3369 or [contact@welcoaz.org](mailto:contact@welcoaz.org). Available onsite or by webinar.

*Updated: 8/31/2018*

**NUTRITION**

**PHYSICAL ACTIVITY**

**STRESS MANAGEMENT**

**SELF- CARE**

**OTHER**

**WORKSHOP SERIES**

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## NUTRITION

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### ***20 Worst Drinks in America***

Do you know what's really in your morning Frappuccino or afternoon energy drink? Discover the calorie content and sugar equivalents of some of your favorite drinks.

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### ***A New Approach to Nutrition***

How much do you really know about the newest weight loss fads? Discover the negative side effects of many popular diets. Learn how to combine nutrition and exercise to optimize your health.

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### ***Building a Healthy Lunchbox***

Attend this workshop and learn the options to build a healthy lunch box with better nutrition and less cost. Beat the fast food habit and enjoy fewer calories, fat and sodium while improving your health and energy levels. The facts show that you can save over \$1,000 a year by packing your own food for the day instead of purchasing restaurant and fast food meals.

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### ***Caloric Needs and Calculation***

Learn how to calculate your calorie needs based off of your gender and activity level. Learn how to balance healthy eating with exercise to obtain your ideal caloric intake and expenditure.

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### ***Cook it up Healthy***

Join us for this informative workshop on options to prepare healthy entrees, sides, salads and even desserts. Find out how to keep the taste and lose the unhealthy ingredients by replacing them with natural substitutions. What are the best ways to cook and prepare meals that are healthy and nutritious? Learn to read between the lines of ingredients and food labels. Tasting demos available for an additional fee.

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### ***Cooking for Your Numbers***

Learn how to manage diabetes, hypertension, cholesterol and body weight goals through an informational overview of each. Also discover some easy recipes that will help you manage your health!

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### ***Creative Solutions for Healthy Nutrition***

Do you struggle making healthy choices? This workshop focusses on helping you make nutritional decisions and provides examples for cost efficient daytime snacks.

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### ***Eat this Not That***

Based on the popular books on supermarket and fast food options, Eat This Not That will offer great insights on how to better choose what you eat. Receive helpful information for choosing what to purchase for homemade meals and restaurant dining. Information relates to healthy nutrition choices in regards to amounts of fat, sugar, sodium, chemicals and calories. Attend this workshop and become a more savvy shopper and healthier person.

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***Eat this Not That: Holiday Edition***

The holiday seasons often come with an abundance of food, and it can be a hard time to eat healthy. This workshop will offer great insights on how to make better food choices when all the holiday goodies are so near.

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***Eating for More Energy & Less Stress***

This presentation offers participants information concerning foods that have been identified as having influences on the body's energy levels. How to maintain proper blood sugar levels along with facts about sugar, caffeine and other substances are addressed.

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***Eating for Your Numbers***

Calculate what your personal calorie daily intake should be. Understand how to read a nutritional label and learn how to manage hypertension, cholesterol and diabetes. Use this presentation as a guide to help you make health conscious choices.

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***Eating Healthy on a Budget***

Attend this workshop to learn the cost difference between eating out and eating at home, how to meal prep and plan, and new recipes to try that are sure to please the whole family! We will also give helpful tips on how to navigate the hectic supermarkets.

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***Fats: The Good, The Bad, & The Ugly***

What do you mean there's good fats?! What fats are good for you and which ones are bad for you? Attend this workshop to learn how to identify the bad fats and how to avoid the ugly trans fats. Learn about Cholesterol, HDL, LDL and the difference between saturated versus unsaturated and how they affect your health.

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***From Farm to Table***

Learn the benefits of shopping for foods at your local farmer's markets, butcheries and bakeries! Foods from these outlets are generally fresher and the sellers are very knowledgeable about what they are offering. Tips about storing produce, meats and other goods will also be discussed to help you ensure that your foods maintain their peak freshness for longer.

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***Go Green***

Tips on how to go green by choosing fresh, organic, local foods to eat and natural products to clean.

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***Healing Foods and Natural Remedies***

Many foods serve as natural remedies for risk reduction and healing diseases. See what foods you can incorporate into your diet to decrease your risk or naturally heal the seven most common chronic diseases in the US. These diseases include cancer, diabetes, heart disease, hypertension, depression, and pulmonary conditions. Also discover how to prevent and naturally remedy common ailments such as headache, heartburn, nasal congestion and constipation.

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***Healthy Eating for Kids***

With increasing child obesity rates in the US, it is crucial for children to understand what it means to eat well. Review the major categories My plate in this presentation. Also discover how children can help hands on and make healthy food choices.

<b><i>Healthy Weight Loss Tips</i></b>	Losing weight in a healthy way is important to our overall health. Learn healthy approaches to nutrition and physical activity that offer the most influence and sustainability for obtaining and maintaining a healthy body weight. Keep it simple and enjoy great success!
<b><i>Hot Topics in Nutrition</i></b>	Basic tips on how to eat clean. Learn what foods are best to buy organic, discover super foods to incorporate into your diet, and guidelines to eating a nutritious meal.
<b><i>Moderate Your Beverage Intake</i></b>	Discover what effects alcohol has on your body and what alcohol is. We are going to be going over servings sizes of various alcohols and how to moderate your alcohol consumption
<b><i>Pick Your Poison: How Do Your Beverage Choices Impact Hydration?</i></b>	Do you really know what you are drinking? Learn the facts about popular beverages such as sports drinks, coffee, and diet sodas.
<b><i>Portion Distortion</i></b>	What did portion sizes look like 20 years ago? Can you guess how many calories are in common foods today compared to 20 years ago? Attend this presentation to find out how much our portion sizes have grown over the years and what that means for burning off those extra calories!
<b><i>Proteins</i></b>	What do you know about protein? Learn how this macronutrient fuels the body. Additionally, discover how you can build muscle mass.
<b><i>Reading Between the Lines: Interpreting Food Labels &amp; Portion Recommendations</i></b>	Does no fat really mean no fat? How free is sugar free? If it says low sodium what is that compared to? Attend this workshop and receive full interpretation of labeling and explanations as to how to use labeling to determine portion sizes along with supporting healthy nutritional choices.
<b><i>Sensible and Slimming Snacks</i></b>	Discover which nutrition foods will increase your satiety. Don't snack on large portioned high sugar foods, instead focus on having a healthy snack around 100 calories. Attend this workshop for snack ideas and tips.
<b><i>Sizzling Summer Recipes</i></b>	Learn the about the four steps to food safety, how to ready a food label and tasty alternatives to grilling cheeseburgers in this presentation on grilling for your health. Get inspired to try out some new, healthier grilling favorites.
<b><i>Sugar 101</i></b>	What do cupcakes, candy, milkshakes, and funnels cakes all have in common? They are all high in sugar! Learn all about natural and refined sugar and their health risks. Also discover tips to cut back and how to identify the several names for sugar on a nutrition label.
<b><i>Super Foods</i></b>	What has the ability to supply abundant amounts of energy, fight cancer, protect your health and do so much more? Super foods! Attend this workshop to unmask the secret and discover what super foods do and what they are? Learn what top nutrients you may be missing from your diet along with the importance of omega-3 fatty acids, antioxidants and fiber. Along the way, also discover what key foods pack a powerful punch and earn the right to be called a super food.
<b><i>Supermarket Survival</i></b>	Think stepping into a supermarket is like stepping into a minefield? Attend this workshop to learn how to navigate through the supermarket to pick healthy and nutritious foods for you and your family.

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***Surviving the All Day Holiday Buffet***

The average American puts on 5 pounds on average between Thanksgiving and New Year's Day. Along with laughter and good cheer during the holiday season comes parties and family gatherings filled with table upon table of food. Want to avoid holiday weight gain and feeling like a stuffed turkey yourself? Attend this workshop to learn how to make smart holiday food choices during your run in with the All Day Buffet!

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***The Anti-Inflammatory Diet***

Are you affected by high blood pressure and poor blood sugar regulation? Do you experience shortness of breath, headache, and fatigue throughout the day? If you can relate to any of these symptoms, you may be suffering from Chronic Systemic Inflammation. While acute inflammation helps protect the body from injury and infection, chronic inflammation can leave a negative impact on the body and overall health. Luckily, chronic inflammation can be managed and reduced through simple lifestyle changes. Dr. Andrew Weil, a renowned medical doctor and best-selling author on holistic health, has found nutrition to be a key factor in preventing and managing Chronic Systemic Inflammation. Please join us as we present Dr. Weil's Anti-Inflammatory Diet, which will include the foods and daily servings that encourage healthy inflammation, bodily function, and improved quality of life.

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***The Carbohydrate Conspiracy***

Everyone has been told that carbohydrates can make you fat...is that true? There are such things as unhealthy carbohydrates and there are certainly very healthy and necessary carbohydrates...do you know the difference? Attend this workshop and receive information, which may help you prevent heart disease and many forms of cancer. Are sugar substitutes better than table sugar? What's the truth behind artificial sweeteners and chemically based flavor enhancers? Find out what the Center for Science in the Public Interest has to say and recommend about human consumption.

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***To Drink or Not to Drink: Comparison of Vitamin Water, Electrolyte Water, Coconut Water and Plain Water***

How do you stay hydrated? This presentation compares the pros and cons of drinks that are generally considered healthy and hydrating: Vitamin Water, Electrolyte Water, Coconut Water and Plain Water.

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***Vitamins, Minerals & Trace Elements***

This presentation offers information from A to Z concerning vitamins, meaningful minerals and elements that our bodies require. When you should take them and how along with overdose warnings and precautions are covered.

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***What Food Does for You: Macro and Micro Nutrients***

Learn what the difference is between macro and micro nutrients and how they work for you. Learn the best food sources and how to use the ChooseMyPlate to make healthy food choices.

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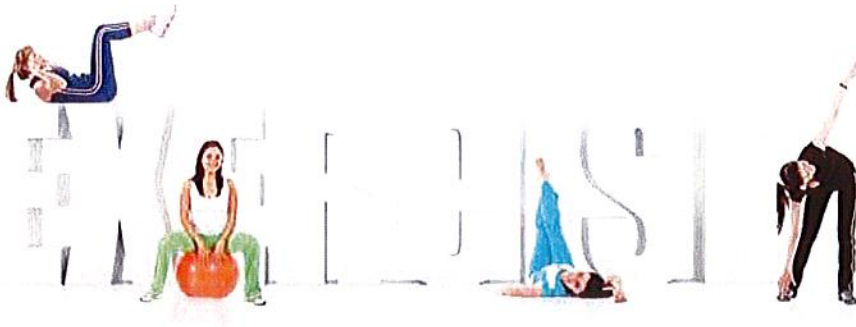
***Why Fad Diets Don't Work***

Discover why fad diets don't always give you the results they promise and how some may be doing more damage than good. Learn how to spot a fad diet and visit some common ones. What is the best way to lose weight? Learn the best approach to this question without having to take the risks and follow the rules of fad diets.

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# PHYSICAL ACTIVITY

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## ***Building Your Own Physical Activity Program***

You're not like anyone else. So, why do someone else's workout routine? If you want to see results from your hard work, you must give your exercise program purpose. By developing a custom fitness plan you'll be able to set your goals and achieve the progress you desire. Whether you're training for a race, recovering from an injury, or just starting exercise again - do it on your own terms.

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## ***Every Step Counts: Walking for Better Health***

Walking 10,000 steps a day could help you lose a pound a week! Learn the proper posture for walking and stretches to keep your muscles from becoming stiff. Also, discover all the benefits of walking regularly.

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## ***Exercise for Busy Bodies***

Exercise and stretching tips for both in and outside of the workplace. Understand the importance of regular physical activity and discover ways you can incorporate physical activity into your day.

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## ***Finding Your Passion for Fitness***

Switch up your physical fitness routine by trying something new. Finding an activity you like is just one of the ways you can stick to your fitness goals. Attend this presentation to learn how to set, and reach your fitness goals.

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## ***Fitness at Your Fingertips***

Do you have a computer or a smartphone? Would you like to use these tools to help you with fitness and nutrition? Discover exciting and useful fitness and nutrition apps, gadgets and websites. Learn how to incorporate these into your fitness routine to optimize your results.

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## ***Fitness Motivation***

Having trouble staying motivated with your fitness routine? Attend this workshop to learn the different types of motivation. Discover why a commitment contract might be the key to sticking to your routine and how friends and family can be great reinforcements.

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## ***Let's Enjoy the View: What to Know for Summit Hiking and Long Distance Backpacking***

Hiking is a great way to get in some exercise while enjoying nature. Come to this workshop to find out everything you need to know about hiking. From the proper gear and amount of water needed, to correct posture and how to train, be prepared for your next hike!

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***Little or No Equipment Necessary***

Learn exciting and easy exercise options to do just about anywhere all with little to no equipment necessary! Learn the importance of exercise and how you can perform these indoors and outdoors.

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***Obtaining and Maintaining Optimal Body Weight***

Attend this workshop to learn what body composition is and how to calculate your basal metabolic rate. Learn how developing a fitness plan with cardiovascular fitness and strength training will help you lose weight or maintain a good body weight.

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***Resistance Band Workout***

All you need for this workout is a resistance band and an exercise ball. Tone your arms and legs at home with this resistance band workout.

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***Rest, Recovery and Exercise***

Attend this workshop to learn why rest and recovery is important in an exercise routine. Learn techniques to help you keep balance.

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***Spring, Jump, Leap - Just Move: Staying Active at Any Age Keeps Muscles, Joints and Heart Healthy***

Staying active at any age keep muscles, joints and heart healthy. Learn the health benefits and some recommended activities of staying active at any age. Learn conditioning techniques for specific activities.

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## STRESS MANAGEMENT

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***Approaches to Relaxation***

Attend this workshop to learn various approaches to relaxation including: breathe work, progressive relaxation, yoga, stretching, visualization and guided imagery and self-massage.

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***Beating Burnout and the Doldrums***

Have you experienced the signs and symptoms of burnout at some time in your life? Learn strategies for avoiding the everyday risk of falling into the doldrums. Making diverse choices in lifestyle, health, recreation, social activities, work and family can keep us stimulated and motivated in life.

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***Create the Vision: How to Create an Effective Vision for Successful Work / Life Balance***

What are your personal goals? Take a moment to focus on the big picture. Discover the significance behind having a vision as well as three life principles that lead to success.

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***Handling Holiday Stress***

The holidays can be one of the most stressful times of the year. Attend this workshop and discover various ways to manage stress and enjoy the holidays more. Learn tools to help approach time, expectations, personal needs and relationships. Also learn managing skills for food, parties and social events. Simple substitutions and planning can go a long way.

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***Managing Change & Stress***

Attend this session and obtain skills to help better manage and maneuver through the dynamics of change and stress. Learn a technique that you can use to reduce your stress responses related to change. Experience a simple breath exercise which will reduce your blood pressure and help you feel like you just took a 20 minute nap. Engage in change and empower your personal and professional life with greater strength, energy & vitality!

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***Stress Busters***

Sick of stress ruining your day? Learn tips and tricks to beat stress once and for all!

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***Take a Breath Break***

The workshop is designed to offer a tool for stress reduction and rejuvenation. Breath work is over 3000 years old and is based in the "Practice of Mindfulness". Biometric studies show that 5-minutes of breath work offers the same levels of recovery as a 20-minute nap. The technique is relatively simple and is found in "present moment awareness" of following the pathway that each breath takes through our bodies.

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***Take an Office Break***

Take a break and attend this workshop to learn stretches and exercises that can be done in your workspace.

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***Ultimate Balancing Act: A Healthy Work / Life Balance***

Do you ever feel like you're juggling your life with work, home, family and other commitments? Living like this can contribute to high levels of stress. Attend this workshop to learn how to manage your work/life balance. Learn tips to address exercise, nutrition, self-care and stress management to get your life in balance.

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***Working with Difficult People***

Difficult people exist in any workplace, and it's easy to let a challenging person affect us and ruin our day. Fortunately, learning how to work well with difficult people is a skill that can be learned. Join us to learn the seven difficult types and some do's and don'ts for working with them.

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***Workplace Fitness: Moving Beyond Diet & Exercise***

Sometimes, diet and exercise aren't the only components of overall fitness you need to worry about. Attend this workshop to learn how to incorporate Physical Intellectual, Emotional, Community, Environmental and Spiritual PIECES of fitness into your everyday work schedule to help manage stress.

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## SELF - CARE

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### ***ABC's of Hepatitis***

Attend this work shop to learn the risk factors, signs & symptoms, and preventative measures for Hepatitis A, B, & C. Also discover ways to reduce your risks.

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### ***Aging and Agility: Approaches to Optimal Joint Health***

Learn what steps you can take to keep your joints healthy. Discover the importance of calcium and omega 3 fatty acids as well as the effects of weight loss and caffeine on your joints. Exercise your joints to prevent or manage arthritis.

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### ***Blood Pressure, Salt and the Sad Story about Sodium***

It is known as the silent killer, don't let it creep into your life. Attend this workshop and discover lifestyle approaches to maintaining appropriate blood pressure levels and balance. Learn the effects of dehydration and the influence of sodium/salt in typical nutritional consumption. Find out how the DASH Diet has helped people with hypertension reduce and better manage their condition through the DASH approach.

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### ***Boosting Immunity: Staying Healthy During Cold & Flu Season***

Our immune system is vital for keeping us healthy, but during cold and flu season it may need extra help to fight off the viruses. Learn how to protect and strengthen the immune system with nutrition, exercise, stress reduction and daily behaviors and practices.

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### ***Breast Cancer: What You Need to Know***

Find out the risk factors, signs and symptoms, treatment options and prevention measures related to breast cancer. Learn how self-assessments and healthy lifestyle choices can your awareness and decrease your risk of incurring this possibly deadly cancer.

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### ***Building Self-Confidence for Better Health***

Our experiences shape us and if we continually place ourselves in situations that do not provide our lives with value and meaning, or do not seek improvements, our self-esteem may become diminished. Join us to learn about the critical factors in your life that impact your self-esteem, how self-confidence can have positive implications on your health, and tools & tricks to help you feel good about yourself daily.

***Cervical Cancer: What You Need to Know***

Find out the risk factors, signs and symptoms, treatment options and prevention measures related to cervical cancer. Cervical Cancer is highly curable if caught early; learn the ways to prevent and detect it in the early stages to decrease the chance of incurring this possibly deadly cancer.

***Dehydration***

Water is very important for your body to function properly. Discover the risk factors, causes, and symptoms of dehydration. Learn what your personalized daily water intake should be.

***Dental Health and Nutrition Tips***

Diet plays a large role in your dental health. Discover what foods are harmful to your teeth and how to care for your mouth through nutrition.

***Deterring Diabetes***

Attend this workshop to discover how to better live with or prevent diabetes. Learn approaches to nutrition, physical activity, stress management and self-care in relation to diabetes.

***Diabetes - Small Steps to Prevention and Management for You and Your Family***

A disease such as diabetes can impact the whole family. Whether you or a family member already has diabetes, or you would just like to learn how to prevent it, attend this workshop to learn simple lifestyle approaches to fight diabetes as a family.

***Diabetes How Sweet It Isn't***

Understand what risks you face for developing diabetes. This presentation provides an overview of what diabetes is, as well as common myths about the disease. Discover what can be done to reduce your risk of developing Type II Diabetes.

***Family Doctor-Do List: Self-Care Schedules for All Family Members***

Staying on top of your family's health can be a daunting task. Attend this workshop to learn how to build a plan to stay on top of your family's health screening schedules and how to prepare for their doctor's visit.

***Fluffy Floaters vs Stinky Sinkers - Irritable Bowel Syndrome***

What is (IBS) Irritable Bowel Syndrome? Learn the Story Behind Fluffy Floaters versus Stinky Sinkers, including symptoms, causes and treatment of IBS.

***From Ah-Choo to Bless You - Understanding Allergies and Asthma***

What is happening to us when we sneeze or our eyes water? How serious is asthma? Learn the signs and symptoms, treatment and facts about allergies and asthma.

***Headaches: What You Should Know and What You Can Do***

Headaches are a legitimate medical disorder. Learn all you need to know about how to prevent and manage headaches. Don't suffer any longer and discover what you can do to keep headaches from slowing you down.

***Keeping Your Good Senses - Hearing and Vision Health***

Do you have a hard time reading the menu at a restaurant, or hearing people over the phone? It may be time for you to get your eyes or ears checked! In this presentation you will learn the basics about vision, hearing, and the resources available to improve your senses.

***Know Your Numbers***

Cholesterol? HDL - Good, LDL – Bad, Why is one good and one bad and where do they come from? Learn how to improve your numbers to reduce heart disease related to cholesterol and blood pressure. Learn the importance of glucose and how to use diet and exercise to manage proper levels. Join us and learn how to improve your numbers.

<b><i>Love Your Heart, Love Your Health</i></b>	Attend this workshop to learn recommendations for physical activity, nutrition, stress management and supplements to maintain a healthy heart. Learn how smoking, drinking alcohol, too much caffeine and overeating affect your heart.
<b><i>Men's and Women's Health Enhancement &amp; Disease Prevention</i></b>	Attend this workshop to learn the risk factors, signs & symptoms and prevention models of heart disease, cancer, mental health, arthritis and more along with information for male and female specific diseases.
<b><i>Men's Health For Every Age</i></b>	A focus on several men's health concerns including prostate and testicular cancer as well as many other conditions such as arthritis, heart disease, mental health, and diabetes.
<b><i>Metabolic Syndrome: Body Management and Your BMI</i></b>	Did you know Metabolic Syndrome is related to many common conditions and disease? Learn what puts you at risk for Metabolic Syndrome and how you can prevent it.
<b><i>Pain in the Neck (Back, Hip, Shoulder): Ergonomics to the Rescue</i></b>	Ergonomics is the process of designing and arranging everyday things that people use, so that people can interact with them most effectively and safely. Sitting correctly at your desk, posture, exercises for low back, knee and neck pain and treatment options will be discussed.
<b><i>Protect the Skin You're In: Skin Cancer Prevention</i></b>	Did you know 1 in 5 Americans will develop skin cancer in their lifetime? Learn how to protect your skin from UV rays and be sun safe!
<b><i>Skin Protection</i></b>	Understand the various skin conditions our bodies are susceptible to, the risks and benefits to sun exposure and how water plays an important role in our skin's health. Kids and adults experience different skin sensitivities so it is important to know what products are appropriate to use.
<b><i>Standing Sitting Lying Down: Back Care</i></b>	Do you suffer from back pain? Learn the proper posture while sitting at a desk, standing up, and sleeping that reduces stress on your spine. Also discover other causes of lower back pain.
<b><i>The Beat Goes On: How to Keep Your Heart Healthy</i></b>	Discover what you can do to ensure your heart health! Everything from sodium intake and blood pressure to fiber and exercise, learn what steps you can take to reduce your risk of developing a heart disease.
<b><i>Understanding Cancer</i></b>	Attend this workshop to learn the risk factors, signs, and symptoms for different types of cancer. Also discover prevention techniques that could reduce your risk of several types of cancer!
<b><i>Understanding Depression</i></b>	How well do you understand depression? Learn more about causes, symptoms, and treatment of depression. Not all depression is the same; learn more about how you can prevent becoming depressed and how you can help others who are.
<b><i>What is Cholesterol</i></b>	Not all cholesterol is bad for you. Discover the different types of cholesterol and what the normal ranges are for each. Also learn ways you can decrease your bad cholesterol through diet tips.
<b><i>When I Awake I will Feel Great - Sleeping Better</i></b>	Attend this workshop to learn approaches to enhance sleep and rejuvenation. Sleep preparation, environment, sleeping surfaces, exercise, mental engagement along with approaches to enhance relaxing the mind are all offered.

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***Women's Health: Maintaining Your Health at Any Age***

Learn all about common diseases and health topics among women, including osteoporosis, breast cancer, menopause, and many more. Also discover what preventative measures you can take through physical activity, nutrition, stress management, and sleep.

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## OTHER

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# WELLNESS

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***Aging Parents - Finding the Right Care***

What to expect as your parent grow older. How to have "the conversation" with your parents and be prepared for their future. Be informed on advance directives, housing and care giving options, and signs of dementia and their changing functional level.

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***All Systems Go: Understanding the Human Body***

How much do you really know about your body? Learn the basics about your cells and organs. Discover the purposes and interesting facts of the circulatory system, digestive system, skeletal system and muscular system. Which vitamins and minerals affect these systems and what are some tips to keep these systems healthy and in top shape? Review recommendations on macronutrients (protein, fat, and carbohydrates) as well as oxygen and water.

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***Back to the Basics***

General wellness advice in the workplace. Tips on how to save money on lunches and manage your time to fit in physical activity.

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***Budget Better, Eat Better***

Maintaining a healthy diet doesn't have to break the bank! Discover what healthy eating means and savvy shopping tips to keep your diet in budget. Healthy alternatives to eating out for breakfast, lunch, dinner, and snacking will be offered as well as eye opening discussions about how much we spend on fast food coffee drinks.

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***Caring for the Caregiver***

Balancing care of others with self-care can be a fine line to walk. Information concerning approaches to maintaining our own equilibrium while giving to others and serving people in need.

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***Eye Health & Protection in the Workplace and Beyond***

Learn common eye hazards and injuries, how to prevent them and have a safe work environment along with eye safety tips and first aid.

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<b><i>Feeling Great! It Happens When You Move</i></b>	Understand how maintaining physical activity, a healthy diet and self-care can produce healthy benefits that can transcend to overall improved quality of life.
<b><i>Finding Your Motivation</i></b>	Tips on how to motivate yourself to work to your best ability. It is hard to keep yourself motivated during hard times or when life becomes challenging. Fortunately, we can focus our energy to set specific goals and work at achieving these goals.
<b><i>Food Safety: Myths and Facts</i></b>	Learn the facts that will keep you from eating unsafe foods. This presentation includes tips on how to properly cook and handle foods to avoid getting a foodborne illness.
<b><i>Head, Bellies and Joints: Over the Counter or Over the Line</i></b>	When we're not feeling well we tend to take an over the counter medicine to help us feel better. Attend this workshop to discover some common over the counter medications for headaches, belly aches, and joint aches. Learn the intended uses and possible adverse effects. Prepare yourself with the knowledge to make sure you don't go over the line with OTC medications.
<b><i>Healthy Aging</i></b>	Know the common signs of aging and health changes that come with age. It is important for older adults to understand nutrition and physical exercise recommendations, as well as how to manage developing conditions and diseases.
<b><i>Healthy Holidays</i></b>	With the hustle and bustle of the holiday season, we tend to forget to take care of ourselves. We sway towards the holiday sweets, forget to take a walk, stress out about gift shopping and hosting parties and become sick on top of it all! Attend this workshop to learn how to manage nutrition, physical activity, stress and self-care during the holiday season.
<b><i>Healthy Holidays: Maintain, Don't Gain</i></b>	Learn ten strategies to prevent you from gaining weight over the holidays! Also discover alternatives to walking.
<b><i>Heat Related Illnesses in the Workplace</i></b>	Do you work outside or in the heat? Learn the dangers, risks factors and prevention tips associated with heat related illness.
<b><i>Instant Energizers: Fatigue Busting Tips to Boost Your Energy</i></b>	Do you ever get into an afternoon slump? We all need a pick me up sometimes. Attend this presentation to learn healthy instant energizers to recharge your body and mind.
<b><i>Make it Matter: Family Wellness</i></b>	Health and wellness for the entire family! Learn how the entire family can stay active in Arizona. Know how many servings of fruits and vegetables you should be eating as well as many other important health facts.
<b><i>Myth Bust – Common Nutrient Supplements</i></b>	Focusing on common supplements people take for health and fitness - energy drinks, protein powders, pre and post workout, common vitamins and minerals like multi-vitamins, fish oil, probiotics, liquid vs. hard, etc. Which ones are recommended vs. which ones depend on each person's needs (if you're an athlete, if you have a deficiency, which ones are safe to take in general vs. not, etc.)
<b><i>New Year, New You</i></b>	Do you always make a new year's resolution, but rarely follow through? Learn how to make SMART goals that you can work towards accomplishing.

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***Preserving Your Brain Power***

Brain health is often overlooked in the realm of health and wellness but optimal brain functioning is essential for maintaining a clear, active mind. Learn how physical activity can enhance parts of our brain to improve concentration, memory and slow cognitive decline. Discover the benefits of how certain foods can provide nutrients such as antioxidants for improved health. Understand how other lifestyle factors including sleep, smoking, chronic illness and “mental fitness” can inhibit or improve our brain functioning.

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***Ready Set Go: Goals and Vision for the New Year***

Are you ready for a new year? Are you tired of making New Year's resolutions that don't stick? Attend this workshop and learn how to set wellness goals that work and how you can reach your visions for the new year!

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***Socialize Without Sabotage: Keeping Healthy Through the Holidays***

Is holiday season so hectic, you forget to take care of your body? Discover 10 ways you can squeeze a workout into your schedule. Also learn the three golden rules to holiday eating and how to manage added stress.

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***Spread Thin: The Sandwich Generation***

The Sandwich Generation are those who care for their aging parents while supporting their own children. Many find themselves being “squeezed” in between caring for younger loved ones and elderly parents or family members. Attend this webinar to learn more on the subject to learn more on the subject and to learn helpful tips to help minimize the “squeezing”.

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***Sun- Sational Summer: Family Safety, Health and Fitness Tips***

What's your favorite summertime activity? Learn basic safety on summer favorites such as grilling, boating, and fireworks. Also discover fun summertime activities you can do with the family to stay active.

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***Taking Control of Your Health***

Get your health on track through making a healthy lifestyle plan. Start by making SMART goals and discover some guidelines to help you adhere to your plan. A healthier you is possible.

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***The Awareness Approach - Staying Safe at Work***

With all that happens at work, the last thing you want is an injury from an accident at work. Attend this workshop to learn ways to be mindful at work and how to prevent workspace injuries from occurring.

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***Toxins Lurking in Your Cupboard***

Learn about the toxic ingredients found in common household items, personal products and cleaners and how to properly store them. Discover safer DIY alternatives to household cleaners and safer product brands offered on the market.

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***Wise Health Care Consumerism***

Know when it is necessary to go to the Emergency Room. Learn how to determine if you need to go to the ER, urgent care, or a primary care physician and discover the warning signs for a stroke and heart attack. Also receive tips on overall self-care and disease prevention!

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***Work Hard. Play Harder: The Health Benefits of Laughter and Play***

A smile is the shortest distance between two people. Humor can be a magnet to attract people, to build positive working relationships, and to improve morale and teamwork. Join us at this presentation to learn more about the health benefits of laughter, humor and playing. Learn how our physiology changes as we laugh and play through life!

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# WORKSHOP SERIES

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***Sitting, Standing, Lying Down - Back Care:***

Learn the causes and symptoms of back pain along with proper posture and techniques to help alleviate back pain when sitting, standing or lying down.

***Back Care on the Job:***

Learn ergonomic techniques for sitting at a desk or workspace and proper lifting techniques to help take care of your back at work.

***Back Care Nutrition & Exercise:***

Learn how proper nutrition and regular exercise can help your back. Learn back specific exercises to help banish back pain.

***Pain in the Neck (Back, Hip, Shoulder) - Ergonomics to the Rescue:***

Learn ergonomic techniques for every day movements to keep your back strong and pain free.

***Banishing Back Pain - 4 Part Series***

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***Building Strength, Energy & Vitality -  
Diabetes & Hypertension - 4 Part  
Series***

Attend this four part series to learn how to prevent or better live with Diabetes and Hypertension. Sections include: A Nutritional Approach, Developing a Personal Fitness Plan, Stress Management and Self-Care.

***Physical Activity:***

Being active is primary to preventing and managing diabetes. Learn how to design your own program for maintaining an active lifestyle. Information will be offered on cardiovascular / aerobic options, strength training and flexibility. Do it at home or in the gym and maintain balanced blood sugar levels.

***Nutrition:***

What we eat is critical to maintaining balanced blood sugar levels along with preventing and managing diabetes. Learn some of the myths and truths about what to eat and what not to eat. Find out how to use the Glycemic Index and which foods are high and which are low. Learn how to better consume high glycemic index foods to maintain balanced blood sugar levels.

***Deterring Diabetes - 4 Part Series***

***Stress:***

Stress directly affects our health and behaviors. It also influences blood sugar levels and diabetes management. Learn tools, techniques and lifestyle approaches to reduce and better manage day to day stress. Managing stress will enhance our health and improve our lives.

***Self-Care:***

Take the steps of self-care to improve our health and management of diabetes. Presented by a Certified Diabetes Educator, learn what you can do and how to best comply with medical management recommendations. Save your sight, your limbs and your life through proper self-care and medical compliance.

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***Managing Hypertension - 4 Part Series***

Known as the silent killer, high blood pressure or hypertension can often times be prevented or treated with a healthy lifestyle. Attend this 4 part series to learn how to prevent or better live with hypertension through nutrition, physical activity, stress management and self-care.

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