



Creating Wellness In The Workplace Lecture Series



Stop Surviving. Start Thriving.

Creating Wellness

Certified Creating Wellness professionals provide preventative health and wellness presentations to corporations nationwide. These outreach programs we provide are supported by a national network of health care professionals and wellness experts.

Wellness incorporates 3-dimensions of life

- Physical: fitness and exercise
- Biochemical: weight and nutrition
- Psychological: the mind-body connection

While making a change in one dimension of life can have a positive effect on another, making changes in all 3 dimensions simultaneously can be life transforming. Creating Wellness means bringing it all together.

Presentations

Presentations cover a range of topics in each of the dimensions of life. They are designed to grab and hold the audiences attention and to empower participants to make healthier lifestyle choices. We will work with you to determine which stresses are most common among your employees.

Popular Creating Wellness Topics

Avoiding Today's Top Health threats

- ▶ Obesity / diabetes / Heart Disease & High Blood Pressure / Mental Stressors

Stress Reduction

- ▶ Breathing Techniques / Stretching Exercises / Time Management

Nutrition & Weight Management

- ▶ Meal Timing / Proper Nutritional Balance / Powerfoods / Exercise

Injury Prevention & Ergonomics

- ▶ Proper Lifting & Bending / Workstation Setup / Core Strength Exercise / Stretching Exercises

Fighting Fatigue

- ▶ Eating To Create Energy / Work & Rest Balance / Increase Energy At Work

Do You Have Other Topics In Mind?

- ▶ Talk To Your Creating Wellness Professional