

# Nutrition & Wellness Presentation Topics

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*All presentations are 60 minutes in duration unless requested otherwise.*

## Wellness & Disease Prevention

### The 4 Pillars Of Wellness

The four pillars of wellness - nutrition, activity, sleep, and stress - each play an interconnected role in our health. This session teaches attendees how a balanced approach to wellness can optimize energy, focus, and vitality.

### Healthy Habits While Working From Home

Working from home is now more common than ever. The change in environment and increased distractions can be an added hurdle to feeling healthy and productive. This session will focus on the planning and practice necessary to boost your well-being at home.

### Prioritizing Your Health Goals

This interactive session guides you through creating your optimal health vision, identifying which areas are solid, and determining the smallest change that can make the biggest impact on achieving your goals. We will also help you create SMART goals, backup plans, and action steps for behavior change.

### Easily Active

Get that heart pumping and learn about improving your health, mood, metabolism, and longevity through physical activity. More importantly, walk away with a plan to incorporate balanced and consistent activity into your life, once and for all.

### Diabetes Prevention

More than 100 million Americans have diabetes or pre-diabetes and that number continues to climb. The good news is that diabetes is preventable. The first step in prevention is understanding the disease and how it progresses. We'll help you understand the keys to managing a healthy blood sugar and proactive strategies to prevent long-term health risks.

### Heart Health

More than half of Americans have one or more risk factors for cardiovascular disease. This session will explore how blood pressure and cholesterol fit into heart health and the risk factors for developing heart disease. Walk away with nutrition and lifestyle strategies to help you enjoy a long life with a happy heart.

### Gut Health: Let's GUT To The Truth

The balance of bacteria in your gut is important for overall health. You will learn the fundamentals of digestion and nutrient absorption while exploring optimal vs. suboptimal gut health. Walk away with ideas for healing solutions and the next steps you can take to improve your gut health.

## Nutrition & Meal Planning

### Inflammation And Foods That Impact It

Inflammation is our body's protective response, but when is it harmful, and when is it helpful? This class covers how food affects inflammation and the effect it may have on your health. Join us to learn how to fill your plate with foods that fight inflammation and reduce those that feed it!

### The Sugar Sweet Spot

Some people are easily able to include sugar as part of a balanced diet. Other people need help dialing back their sugar habit. Yet, others want to avoid the weight gain, chronic disease, inflammation, poor gut health, and hormonal imbalance that can accompany the overconsumption of sugar. Come gather the facts about sugar to identify your personal sweet spot.

### Debunking Dieting Myths

With all of the information available from the internet, TV, and our friends and family, how are we supposed to know which to apply and which to ignore? Let us help you separate fact from fiction and learn strategies that will be sustainable, enjoyable, and customized to your body's needs.

### The Secret Life Of Nutrition Labels

Did you know that a "fat-free" product may contain fat, but a "gluten-free" product contains absolutely zero gluten? There's a lot of information packed into one sneaky nutrition label. Uncover the secrets hiding in each area of the label, learn how to outsmart labeling health claims, and put it all together to decide which foods fit for you and which are in disguise.

### The Rainbow Road To Health

The scientific verdict is indisputable: the healthiest diets are not strictly white and brown. Colorful food is key to fueling every process in our body for a vibrant life. Learn about rainbow-colored nutrient powerhouses and ways to infuse more of them into your diet.

### Hydrate For Health

Did you know water is the cheapest and easiest daily habit for health? From energy to digestion to temperature regulation, hydration is the key. So why is it so difficult to stick to this free daily habit for health? Join us to explore how water is vital for health and our patients' favorite tricks for getting it all in!

### Nurturing Your Relationship With Food

Internal and external factors influence how we perceive foods and how those perceptions impact our behaviors. Develop simple strategies to help you repair negative feelings about your diet and build a long-term, healthy relationship with food.

### Mindfulness At Mealtime

Healthy eating and stress reduction are two essential pillars of optimal health. Unfortunately, both of these things can be hard to juggle with a busy lifestyle. Learn fun and straightforward strategies to promote health and happiness while enjoying meals to the fullest.

## Fueling Your Lifestyle With Quick And Easy Meals

You need energy to get through a busy day! Identify the right balance of carbs, proteins, fats, vitamins, and minerals to fuel your body day in and day out. You'll walk away with quick and simple meal ideas and restaurant options that can provide sustained energy throughout the day.

## Meal Planning Magic

With a step-by-step system in place, getting a home-cooked meal on the table won't need to feel like a full-time job. Learn about the best meal planning and prepping strategies, tools, apps, and websites, and walk away with a meal planning framework to save you money and time in the kitchen.

## Smart Snacking

To snack or not to snack? Many people are questioning their choices between meals. Find out how urges to snack might not be true hunger, how snacking can fit into your personal meal patterns, and how to build a balanced snack.

## Dining Out With Confidence

Meals outside the home are a big part of life for many people. Some assume you can't eat healthy if you travel often or if you prefer to let someone else do the cooking. Learn about the most common issues people face when dining out as well as some simple tips for choosing something off the menu that you'll enjoy without sabotaging your health goals.

## Cooking With Confidence

Reignite your culinary excitement by learning new ways to prep your favorite ingredients. This session focuses on basic cooking and knife skills, introduces common kitchen tools, and explores how to get a different end product by varying cooking methods.

## Sleep & Stress

### Stress Reduction And Building Resiliency

It's normal to feel stress from time to time, but chronic stress can lead to serious health concerns. Learn how nutrition and stress management can work hand in hand and stress reduction activities to try at home. You will also learn the ABCs of resilience and strategies for bouncing back.

### Sleep Your Way To Better Health

Sleep isn't a luxury; it's an essential pillar of health that ensures the rest and repair your body needs for healthy and happy functioning. Unfortunately, sleep doesn't come easily for many people. Learn nutrition and lifestyle strategies to improve your sleep quality and duration and to support your energy, mood, and overall health.

### Sleep, Stress, And Self-Care

People often think of sleep, stress management, and self-care as luxuries but these are all essential components to a healthy, balanced lifestyle. We'll cover why these areas of wellness are so important to your overall health and some simple strategies that you can implement at home to feel like your best self.

## Seasonal & Special Topics

### A Plant Forward Approach To Building Your Plate

It's no secret that the consumption of plant-based foods has ample health benefits. With so much conflicting information on this topic, many people are unsure of how to meet their nutrient requirements while approaching a plant-forward, plant-based, vegetarian, or vegan diet. This class will be applicable to omnivores, vegetarians, pescatarians, and vegans who are interested in incorporating more plant foods.

### Men's Health

June is Men's Health Month. Testosterone and other hormones, mental health, stress, and chronic disease are important topics in men's health. Let us answer your questions and provide you with strategies for meeting your health, fitness, and wellness goals.

### Women's Health

May is Women's Health Month. Learn about the most common topics in women's health including balancing hormones, mental health, and chronic diseases. Let us answer your questions and provide you with strategies for meeting your health, fitness, and wellness goals.

### Prenatal And Pregnancy Nutrition

Whether you are currently pregnant or thinking about becoming pregnant in the future, this class may be right for you. This presentation covers how nutrient needs change during the preconception and pregnancy stages, when to start planning, and how to pick a prenatal vitamin.

### Seasonal Favorites

As seasons change, learn about what that means for our favorite fresh and local produce and the nutrients they provide. This class will review Spring, Summer, Fall, or Winter picks and offer seasonally appropriate recipes!

### The Tricks To Treating

Jack o'lanterns, magic spells, pumpkin spice, and everything nice. In this class, we talk all about sugar and share tips and tricks to healthify your Halloween whether you plan to trick-or-treat with family or stay at home to celebrate.

### Plating Your Way To a Healthy Holiday

The keys to a healthy holiday season are planning ahead and finding balance. Discover strategies to enjoy your holidays, especially the foods that help make them special, while not completely losing sight of your wellness goals.

### Reimagined Recipes

What recipes do you typically prepare for your holiday celebrations? This session will help you explore simple and delicious substitutions for your traditional holiday favorites.

### Eat, Drink, And Be Merry

Holidays are a time for celebration! Develop a plan to enjoy decadent desserts and alcoholic beverages without interfering with your health goals.

*Custom content is available upon request*