

# NUTRITION & WELLNESS PRESENTATION TOPICS

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

## Fueling Your Lifestyle With Quick And Easy Meals

You need energy to get through the demands of a busy day! Discover the perfect balance of carbohydrates, proteins, fats, vitamins, and minerals to fuel your body day in and day out. We'll provide practical and speedy meal ideas and dining options that provide sustainable energy throughout the day.

## 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 Anatomy of Habit Formation

It has been said that "we are what we repeatedly do." Developing positive habits is crucial for long-term success. But anyone who has set a New Year's Resolution knows just how hard it can be to establish a new habit. Join us to learn how to establish habits that last, allowing you to achieve your goals and become the healthy person you envision.

## Nutrition for Cognition: Food And Mood

The brain is a control center for our body, regulating our thoughts and emotions. Our gut and brain are interconnected, making our diet a key factor in influencing our mood. With this session, we will show you how to use your plate to make your gut happy, and in turn alleviate symptoms of anxiety and depression and promote a positive mood

## Nutrition for Cognition: Memory And Focus

Given the connection between our gut and brain, what we eat can have a significant impact on our focus and memory. In this session, we'll delve into the ways in which our plate can sharpen memory, boost cognitive function as we age, and improve brain performance.

## Eating Healthy on a Budget

As the cost of groceries and dining out continues to rise, it can seem like eating a balanced diet is becoming increasingly expensive. It's possible to make healthy choices without breaking the bank. Let's explore strategies to maximize your food budget while still enjoying delicious and nutritious meals.

## 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.

## 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. Learn how to decode each section of the nutrition label, how to identify deceptive health claims, and put it all together to decide which foods are the best fit for you!

## The Sugar Sweet Spot

Sugar can be tricky to navigate when it comes to maintaining a balanced lifestyle. Overconsumption of it can lead to various adverse outcomes, such as chronic disease, inflammation, and poor gut health. Join us as we explore the science of sugar and its substitutes to help you determine your own personal "sweet spot."

## Meal Planning Magic

Preparing a home-cooked meal shouldn't feel like a full-time job. Fortunately, having a personalized strategy in place can make it all easier. Discover the best meal planning and prepping tools, apps, and websites that can make your life simpler. With a comprehensive meal planning framework, you can save both time and money in the kitchen.

## Hydrate For Health

Did you know water is the most affordable and easily accessible daily habit for health? From energy to digestion to temperature regulation, hydration is the key. Despite being free, many individuals still find it challenging to drink enough water throughout the day. Join us in discovering why water is crucial for maintaining good health and our patients' favorite tips to ensure they stay hydrated.

## Nurturing Your Relationship With Food

Many 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.



## The 4 Pillars Of Wellness

To achieve optimal health, it's important to focus on all four pillars of wellness: nutrition, physical activity, sleep, and stress management. These four elements interconnect and play a vital role in our overall well-being. Join us to learn how a lifestyle balance improves metabolism, energy, and vitality.

## Reducing Stress and Building Resiliency

Experiencing stress is a part of everyday life, but chronic stress can lead to serious effects on our overall health. Discover how the combination of nutrition and stress management techniques can help alleviate stress, and ideas of more relaxation techniques to try at home. Additionally, learn about the ABCs of resilience and gain helpful strategies to help you bounce back from difficult situations.

## Sleep Your Way To Better Health

Sleep is not just a luxury; it is a fundamental pillar of health that allows the body to rest and recover. Despite this, many individuals have difficulty getting enough sleep. Fortunately, there are strategies to improve the quality and length of your sleep, such as changes in lifestyle and nutrition. Join us and learn to enhance your energy levels and mood while improving your general health and well-being.

## 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. Join us to explore why these aspects of wellness are so crucial to your overall health as we provide accessible, actionable, and affordable tips that you can use at home to feel your absolute best.

## Easily Active

Want to get your heart pumping and start improving your health, mood, metabolism, and longevity? Look no further! In the first half hour, we'll cover how to integrate balanced and consistent activity into your life – for once and for all! The second half hour will be a live workout, putting our newfound knowledge into practice. Suitable for all activity levels.

## Healthy Habits While Working From Home

With more people working from home than ever before, it's helpful to be mindful of the challenges that come along with it. Distractions and a change in environment could make it difficult to stay healthy and productive. In this session, we will discuss effective planning and techniques that can help enhance your overall well-being while working and living in one space.



## The Rainbow Road To Optimal Health

The scientific verdict is indisputable: the healthiest diets are not strictly white and brown. Including colorful produce is the key to fueling every process in our body. Discover the rainbow-colored nutrient powerhouses, their impact on boosting metabolism, and ways to infuse more into your daily diet.

## Debunking Dieting Myths

It's easy to get overwhelmed with the abundance of information available from various sources such as the internet, TV, friends, and family. The question is: how do we distinguish between what to accept and what to disregard? Join us to separate fact from fiction and learn a simple approach to nutrition that is both sustainable and enjoyable.

## 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.

## Smart Snacking

To snack or not to snack? Many people question their choices between meals. Learn how to distinguish between true hunger and mindless eating, how snacking can provide energy and satiety between meals, and how to build a snack that will balance your blood sugar levels.

## 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. Discover common concerns that arise when dining out and find easy solutions for selecting a menu item that fits your health goals while still being enjoyable.

## Cooking With Confidence

Ignite your culinary excitement by learning new ways to prep your favorite ingredients. This session concentrates on fundamental culinary and knife skills, familiarizes you with basic kitchen tools, and demonstrates how to achieve different end results by altering cooking methods.



## Heart Health

Did you know that over fifty percent of Americans have at least one risk factor for cardiovascular disease? In this session, we'll discuss how blood pressure and cholesterol levels are linked to heart health, as well as the factors that increase the risk of developing heart disease. You'll also gain valuable nutrition and lifestyle tips to help ensure a long and healthy life with a happy heart.

## Diabetes Prevention

More than 100 million Americans have diabetes or pre-diabetes, and that number continues to climb annually. 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 healthy blood sugar and proactive strategies to prevent long-term health risks.

## Men's Health

June is Men's Health Month. Testosterone and other hormones, mental health, stress, and chronic disease are essential topics in male 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 female 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.

## Menopause: Caring for Your Body & Health

Menopause is a season of life every female goes through, which often brings questions and sometimes new health concerns, yet it's something that's rarely spoken about. Let's start the conversation – because it's an important one. We can do a lot to optimize our health and support our bodies in moving through this transition from a fully nourished and empowered place.

## Sustainable Goal Setting

Whether you're seeking inspiration or already have a big goal in mind, this workshop-style class will help you define your vision of health and success and then develop an action plan to reach it. Join us to learn how to prioritize your goals and create a sustainable plan for achieving them.



## Improving Immunity

Our immune system does a marvelous job defending us against viruses and bacteria, but to function well, it needs balance and harmony. We will focus on specific vitamins and minerals that play a big role in immunity and additional nutrition strategies that keep our immune systems running smoothly. Join us to learn proactive tips on what you can do to build up a strong and healthy immune system during the winter season!

## Seasonal Favorites

As the seasons shift, so do our favorite fresh and locally sourced produce offerings, as well as the nutrients they provide. In this class, we'll explore the best picks for Spring, Summer, Fall, and Winter, and provide you with recipes that are appropriate to the season.

## Back To School: Wellness Tips For The Whole Family

When summer winds to a close, a little preparation for back-to-school season can go a long way! We can help reconfigure from a looser summertime structure of bedtimes and meal patterns and focus on a routine-oriented game plan to help make the back-to-school season a breeze for the whole family.

## The Tricks To Treating

From jack o'lanterns to pumpkin spice, Halloween is often all about the sweets! In this class, we explore the world of sugar and offer advice on creating a healthier Halloween celebration, whether trick-or-treating with family, going out for a party, or enjoying a night in.

## Reimagined Recipes

Do you want to add a healthy twist to your traditional favorites? Join us for this session as we guide you through simple and delicious substitutions to make your holiday meals more nutritious and learn how to prepare a feast that aligns with the way in which you plan to celebrate.

## Eat, Drink, And Be Merry

Holidays are a time for festivities! Join this class to develop a plan for enjoying the decadent desserts and celebratory beverages without interfering with your health goals.

## Gift Yourself With Activity

One of the greatest gifts to give yourself this holiday season could be the gift of movement! Join us to discuss the barriers and solutions to movement during the holiday season and learn about the benefits of fitting in joyful movement!

Custom content is available upon request

