



## **Interactive Wellness Workshops**

YMCA wellness workshops are designed to provide participants with fresh wellness information and an opportunity to identify their personal wellness goals. Presentations are scheduled to be on-site at the employer at a preferred time, with flexibility to accommodate shifts. *\*Preferred length of presentation: 60 minutes*

### **Physical Activity:**

**Don't Just Sit There:** Physical activity goes beyond the time spent on the treadmill. In a culture that promotes and supports sedentary behaviors, movement has to be an intentional practice. Understand the why and how to adding more activity into your daily living!

**Restoration and Recovery:** How much is too much? Learning how to optimize the balance between work and rest can mean the difference between injury and healing.

**Beyond Cardio:** Being "fit" goes beyond the treadmill. Discover new ways to strengthen your foundation with strength training, flexibility and balance.

**Exercise: The Miracle Pill** Stress? Fatigue? Depression? Arthritis? High blood pressure, cholesterol or glucose levels? Exercise might just be what the doctor prescribes!

### **Nutrition:**

**Healing Foods:** "Let food be thy medicine and medicine be thy food" – Hippocrates Food is fuel for our body. Discover how fiber, fats, antioxidants and other nutrients provide unique benefits to boost your health.

**Food & Mood:** Did you know your food choices affect your emotions? And your emotional state impacts your decision making when it comes to food? Learn ways to stay in control so food doesn't rule your mood!

**Is That Really in My Food?** Explore what it means to eat food in its natural form and why that should matter to you.

**Dinner Solved:** Don't let the idea of food prep keep you from making healthy choices any longer.

### **Emotional/Social**

**Multi-tasking – Fact or Fiction?** What does the research really says about multi-tasking. You may be surprised and relieved by what the experts are finding in terms of its effect on productivity and personal well-being.

**Mind FULL versus Mindful:** A decluttered mind and being fully present in the moment can lead to better outcomes in all areas of your life. Learn and embrace the practice of mindfulness.

**Stress – Harmful or Helpful?** Reframe how you think about stress to use stress to your benefit.

**Resilience, the Rebound Strategy:** Learn to harness your inner strength to rebound from stress, a setback or other challenge.

**Relationships, Life Drainer or Life Saver?** Humans are social beings and thrive when we have positive social connections. Good friends could mean longer life!

### **Financial:**

**Money Matters:** Personal finances are a leading stressor for many people. Taking small steps now, can improve your financial security for the future.



**Medical / Self Care:**

**Know Your Numbers** – For many, the information they receive following a health screening often seems foreign and confusing. Understanding your health numbers and how to make improvements will be simplified as participants review their results one value at a time.

**Preventive Practices:** Take a look at your disease risk based on family history, habits and behaviors, and preventive action. *An ounce of prevention is worth a pound of cure!*

**Bedtime Basics:** Sleep plays a bigger factor in health, productivity, weight management and decision making than you may have thought. A better night leads to a better day!

**Blue Zones: 9 Secrets to Longer Life** Learn practices that are standing the test of time from populations around the world that are living WELL, longer!

**Inflammation, and What To Do About It!** Learn how free radicals, antioxidants and stress impact your body and how you can fight back to improve your health.

**Rates:** Y Corporate Membership Partners: \$150/presentation | Community Partners: \$250/presentation

**Contact us with questions or to schedule:**

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