

Discover our Amazing Wealth of Workshops!

Catalogue



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Wellness Workshop Today!

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Top Workshops

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Healthy Eating & Nutrition

Healthy Eating and Antioxidants

Food is Fuel. It contains many ingredients that can either help or hinder you. Establishing a consistent energy state and decreasing the risk of illness is key to meeting both your wellness and health goals.

A hectic schedule can make eating a healthy diet a challenge. Understanding the importance of eating an antioxidant rich diet will give you the motivation you need to make healthier choices.



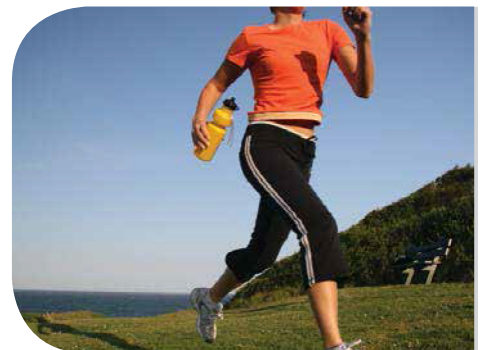
This presentation will:

- Teach you how to eat a balanced diet and improve your energy.
- Help you to understand the role anti-oxidants play in your food.
- Take a proactive approach to using food as an excellent illness prevention tool.

Eating for Peak Athletic Performance

This workshop will help you optimize your nutrition and hydration for exercise.

Learning about the right nutritional ingredients for peak performance will help you choose the perfect fuel before, during and after exercise.



This presentation will:

- Introduce some common myths about energy drinks and pre - and post exercise snacks.
- Provide ways to eat for optimal energy and performance.
- Introduce the best Pre-exercise meal and snacking guidelines.
- Give optimal fuelling strategies during and after your workout.

Healthy Eating & Nutrition

Eating for Stress & Coping

During times of stress we often use food to cope and distract us. Stress can cause indigestion and even become a barrier to weight loss if our bodies are always in fight or flight mode.

This presentation will:

- Teach you how to eat healthy to increase your resilience to stress.
- Introduce you to emotional vs. mindful eating.
- Share four ways to manage stress using diet.
- Provide you with 4 days of healthy meal plans.
- Explain the food & brain connection.



Nutrition and Chronic Disease Prevention

Canadian disease statistics show that chronic health conditions, such as heart disease, diabetes and cancer are still on the rise.

This presentation will:

- Introduce nutrition strategies that can help prevent and treat health conditions that are related to obesity.
- Review up to date facts regarding Canadian disease statistics.
- Introduce which foods affect blood sugar levels.
- Discuss dietary strategies to decrease cholesterol and triglycerides.
- Identify how nutrition can improve blood pressure.



Healthy Eating & Nutrition

Heart Health - Eating to Reduce the Risks

Heart disease is the leading cause of death in Canada. The good news is this chronic condition can be managed by leading a healthier lifestyle. Understanding that diet can play a major role in the prevention and management of heart disease is empowering when it comes to managing our health.

This presentation will:

- Help you understand cardiovascular disease.
- Identify risk factors for heart disease.
- Introduce you to strategies for implementing preventive lifestyle habits.



Healthy Eating on the Go

Life is busy for most people. Trying to find the time it takes to eat well can be challenging. There are many practical, easy, portable and nourishing ideas to help fuel your body for the on-the-go lifestyle.

This presentation will:

- Explore the relationship between busy lifestyles and nutrition habits.
- Discuss 8 ways to eat healthy on the go.
- Introduce 12 portable protein snacks.
- Share healthy meal planning tips.



Healthy Eating & Nutrition

Food Wise

It is a known fact that our lifestyle choices and specifically what we eat, affects gene expression even in adulthood. We will explore the idea of “personalized nutrition” and what we can do daily to promote better health now and in the years to come.

This presentation will:

- Introduce the relationship between food and our health.
- Discuss how our genes interact with food.
- Present organic vs. non-organic food options.
- Provide options for buying locally and growing your own food.



Supermarket Savvy

Healthy eating starts in the supermarket. Even the best intentions to eat well are easily undermined by an unprepared, confused, or hungry trip to the grocery store.

This presentation will:

- Help you understand how to eat healthier by creating a healthy meal plan and grocery list.
- Teach you how to make healthy selections in the grocery aisle.
- Share smart tips for saving time, money and effort by shopping smarter.



Healthy Eating & Nutrition

Understanding Nutrition Food Labels

All packaged foods have a nutrition food label as well as ingredient information designed to provide us with information that is important to our health. It's important to choose wisely when it comes to the foods you buy. Checking food labels can help us to make healthier choices and understand better what we are eating.

This presentation will:

- Discuss the importance of reading food labels.
- Explore the different components of the nutrition facts label.
- Teach you about nutrition facts and how to compare different food labels.



Healthy Eating on a Budget

Learn simple tricks to help you eat healthier without breaking the bank. At a first glance, healthy eating may cost you more at the grocery store. However, leading a healthier lifestyle may cut down on the cost of restaurant meals and alcohol. Planning is the key to success when it comes to healthy eating.

This presentation will:

- Help you prepare your weekly meal plan based on your fridge and pantry's current ingredients.
- Help you to shop smarter by understanding the food industry.
- Teach you how to cook more efficiently to save time.



Healthy Eating & Nutrition

Making the Best of Unhealthy Decisions

Time and lack of organization are some of the biggest obstacles people complain of when it comes to eating well.

This presentation will:

- Help empower individuals to reorganize their life so healthy eating becomes a priority and new way of living well.
- Review the value of the 80/20 rule for eating.
- Provide strategies to help stabilize appetite and hunger.
- Share how to include 'not so healthy foods' into your diet in a balanced way.
- Provide nine tips & tricks for making healthy eating possible.



Holistic Nutrition

Workout and Nutrition Advice for a Healthier You

With holistic nutrition we look at the whole person and how hormones, stress, and sleep deprivation affect you and your exercise/activities. High Intensity Interval Training (HITT) is all the rage – but is it good for everyone? Could adrenal fatigue or chronically high cortisol levels be limiting your health goals? Nutritional options including pre and post activity food choices will be covered. This presentation explains a holistic approach to becoming healthier through exercise and nutrition.



Gut Health

Do you suffer from digestive issues, have food intolerances, or want to improve your absorption of nutrients? Did you know that your quality of sleep and your stress can have a huge influence on your gut flora or that your brain and gut are connected? This 1-hour workshop conducted by an RHN is full of tips and suggestions to help improve your diet, gut health and overall well-being. If you would like to achieve healthier digestion, weight management and more energy this workshop is for you.



Diet Trends

Confused about which diet or lifestyle eating plan might be best suited for you and your goals? Does that magic diet really exist? Are you looking to lose body fat permanently, increase your energy or change your dietary habits? This presentation will explain the correlation between body fat, chronic stress and sleep deprivation. Recent diet trends are explored along with information on weight management and choosing the right personal eating plan. Diet trends include; Ketogenic, Paleo, 5:2 diet and the Mimicking Fasting diet.



Weight Loss

Boost Your Energy, Maximize your Metabolism

Come and learn what it means to eat to feed your metabolism, to lose weight or maintain your weight, maximize your energy and be healthy. Discover what role genetics, muscle tissue, hormones, stress and diet play in manipulating your metabolism.

This presentation will:

- Discuss seven areas that affect your energy levels.
- Review Energy Boosters vs. Energy Busters.
- Discuss how digestion can affect your energy levels.
- Share what and when to eat to boost your energy with practical meal ideas.



Weigh to Go

Many have caught on that diets don't work. If diets aren't the answer, then what is? Understanding how the body works when it comes to metabolism and body weight is essential to weight loss success.

This presentation will:

- Identify and challenge beliefs and attitudes that do not support a healthy relationship to food and eating.
- Introduce strategies that will help you finally break the weight loss/weight gain cycle.



Weight Loss

Managing the Menopause Middle

Weight gain is not an inevitable for all women moving through menopause. With the right approach, you can learn how to use essential lifestyle practices to help you avoid the menopausal spread, increase and maintain optimal energy levels and continue to feel attractive and vibrant.



This presentation will:

- Explain what kinds of exercises are most effective when it comes to avoiding abdominal weight gain.
- Teach you how and what to eat to ramp up your metabolism.
- Explain how to manage shifting hormones that play a role in menopausal weight gain.
- Provide strategies on how to incorporate healthy lifestyle practices into your busy daily schedule.

Workplace Wellness

Healthy Habits in the Workplace

Research tells us that only 1 in 3 people take the time for a lunch break. Learn how building healthy routines at work can increase concentration and overall productivity as well as energize you for the whole day.

This presentation will:

- Explain the benefits of taking breaks.
- Highlight unhealthy work habits and give strategies for healthy alternatives.
- Explain the role of brain chemistry.
- Provide examples of foods that provide brain power.



Desk Energizer Presentation

The challenges associated with taking regular breaks during work hours are increasing given today's busy workloads.

This presentation will:

- Educate employees of the best ways to generate and maintain optimal levels of energy throughout their work day without leaving their desks.



Please note: Includes a handout and workout gear not required.

Workplace Wellness

Desk Posture and Workplace Assessment

This presentation will:

- Seated & standing posture and tools/tips to positioning of existing computer equipment
- Interactive postural assessments (seated & standing)
- Seated back care and seated stretching exercises
- Optional: floor exercises as a “second level” set of exercises. Bring a mat if you’re interested!



Take advantage of these valuable tips to help relieve the stress of being at our desks most of the day!

Healthy Lifestyles

High Performance Lifestyles

The challenge to excel affects all of us. Come to this presentation to learn how you can transform pressure and stress into success. Adopting powerful tools can help you learn how to blow off tension and empower your performance.

This presentation will teach you:

- How to identify your individual performance range to help you create a winning program.
- How to create a positive and healthy life balance.
- How to adopt a winning attitude using self talk and powerful thoughts.
- How to nurture yourself with healthy lifestyle practices and perform with less stress everyday.



Six Winning Strategies For Health & Happiness

When you are operating on all cylinders, your energy increases, you feel better, have more mental focus and clarity and your body feels great.

This presentation will:

- Teach you how you can generate more energy.
- Increase your resilience to stress.
- Improve your sleep and maintain a healthy weight.
- Enhance the quality of your life by putting six strategies into practice.



Healthy Lifestyles

Sleep Ease

Getting optimal amounts of sleep is an essential element of any healthy living program.

Achieving optimal levels of health can be more challenging than one would think. Busy lives, time challenges and sleep disturbances play a major role in the chronically sleep deprived.



This presentation will:

- Explain why it is vital to make sleep a priority.
- Discuss obstacles to good sleep.
- Provide tools that you can use to increase the opportunity for restful and restorative sleep.

Men's Health

Men's health is an important topic. More men than women tend to avoid going to the doctor until a serious situation has developed. Empowering and educating men on what to look for and how to take responsibility for their health and protect it is valuable.



This presentation will:

- Discuss 6 health issues related to men's health.
- Identify risk factors for each health issue.
- Provide Screening methods for each health issue.
- Provide strategies for prevention for each health issue.
- Introduce a 'take action' approach to change.

Healthy Lifestyles

Know Your Numbers

Many people can recite a wide variety of numbers by memory: cell phone, SIN, friend and family phone numbers as well as dozens of passwords. Some of the most important numbers we should know do not show up on that list. Blood pressure, cholesterol and blood sugar are some of them.

This presentation will:

- List and discuss the most relevant health related numbers.
- Discuss their importance to our wellbeing.
- Outline health screening options.
- Identify how taking responsibility for your health is one of the most important things that you can do for yourself.

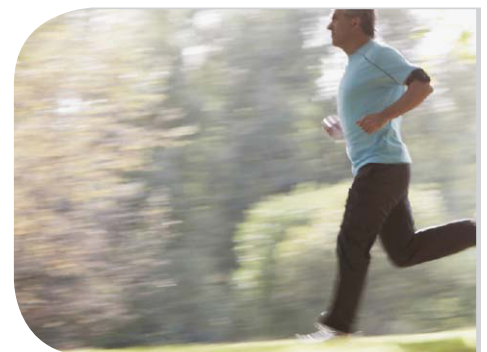


Leaving Aging in the Dust

It is a well known fact that our population is changing. We now have a mass increase in the sixty-five and older group and we are living longer. Aging well and practicing healthy living strategies is essential if we want to continue to enjoy life and do the things we love.

This presentation will:

- Discuss key concept regarding aging today.
- Introduce theories of aging.
- Share the secrets of centenarians.
- Support participants in creating a plan for change.



Healthy Lifestyles

Making Shiftwork Work

Many people are working jobs that have them sleeping when they are meant to be awake and working when they are meant to be sleeping. Shiftwork has its pros and cons but if not managed well can take a real toll on many parts of life.

This presentation will:

- Provide strategies that will help you maintain a healthy lifestyle while living a shiftwork life.
- Provide strategies to manage your schedule to include more time for exercise, healthy eating and better sleep.



Living Well

What You Need to Know about Diabetes

According to the Canadian Diabetic Association, Diabetes rates in Canada have almost doubled over the past decade and will continue to rise. They predict that unless action is taken now, one in three people will be living with diabetes or prediabetes by the end of this decade.

This presentation will:

- Arm you with preventative health education.
- Increase awareness and living well steps you need to stay healthy and well as you age.
- Teach you how to live well with Diabetes.



Healthy Lifestyles

Optimizing Health in the Age of Technology

Technology has brought significant advantages to our modern world. Many activities like going to the bank or shopping can now be conducted from the comfort of your home or couch. It is a wonderful convenience but at what sacrifice? With obesity on the rise, we need to practice regularly the lifestyle habits that are designed to keep us healthy and well.



This presentation will:

- Share ways in which technology has negatively impacted our health.
- Discuss ways that we can take advantage of technology to enhance our health.
- Identify areas in life that we can improve or optimize our well being in an age of technology.

Cancer Awareness, Prevention as the Best Cure

Healthy living is an effective preventative strategy and can offer a strong line of defense. With cancer diagnosis on the rise, healthy living needs to be a priority in everyone's life.



This presentation will:

- Review Cancer today.
- Identify ways to determine your risk.
- Discuss strategies to reduce your risk.
- Discuss the role of healthy lifestyles.
- Provide additional resources.

Stress & Resilience

Work-Life Balance

This presentation is designed to help increase your awareness around present lifestyle balance. Focus is on the potential consequences and associated ineffectiveness of living a chronic 'out of balance' lifestyle. Participants will be encouraged to change at least one thing they have determined throughout the hour that if changed would support a healthier balance in their lives.



This presentation will:

- Introduce a tool box of ideas for increasing balance, energy and efficiency at home and at work.
- Introduce a 'take action' approach to changing work and home expectations.
- Discuss the importance of not just creating more time but generating more energy.

Stress Resilience And Hardiness

Attend this workshop and make this your first step towards creating a personal plan for controlling the stress in your life.

This presentation will:

- Highlight stress management strategies that will help you increase personal hardiness and resilience.
- Discuss how much stress is too much and will help you to look for warning signs of mounting stress.
- Teach you to see stress as something valuable in life that can empower you towards change.



Stress & Resilience

Self-Care for the Care Giver - Creating a More Resilient You

Care givers have a special gift. They selflessly give to others that are in need but commonly overlook their own needs. Constantly giving out without putting back in can have a significant impact of an individual's wellbeing over time. This presentation is for the care giver who is ready to start giving back to themselves.



This presentation will:

- Discuss the connection between resilience and our outlook.
- Introduce four resilient characteristics.
- Introduce the correlation between resilience and optimism.
- Identify the impact of self talk on our resilience.
- Look at the importance of language and outlook on our resilience.

The Optimistic Mindset

Our attitude plays a significant role in our perception.

It impacts how we experience our world and how we respond to events. Optimism is a well know characteristic that gives people an edge when it comes to resilience and coping with stress.



This presentation will:

- How to define optimism.
- What optimism is not.
- The benefits of being optimistic.
- How optimism impacts resilience.
- The importance of language and optimism.

Stress & Resilience

Putting Resilience into Action

Resilience is more than just a concept. Putting it into practice requires a daily commitment to evaluate our attitude and approach to life. Living in a resilient way provides an excellent foundation required to live a healthy and vibrant life that supports our ability to combat life's stresses.

This presentation will:

- Lead you through a process of building your own resilient attitude.
- Discuss 3 Resilient outlooks.
- Identify what makes a resilient person.
- Review how you can build a resilient life using lifestyle skills.



Mind Body Methods for Stress Management

This workshop has been designed to explore various empowering tools to manage stress and build awareness through mindful practices. Participants will be taught yoga stretches and breathing techniques for optimal mind-body health as well and will learn daily habits that contribute to wellness.



Fitness

Fitting Fitness into Your Busy Day

Today's world operates 24/7 and many people struggle to get personal needs met. Finding the time to fit exercise in can be a real challenge and for many people it is the first thing to go when time gets tight.

This presentation will:

- Help participants identify personal values and establish priorities.
- Using benefits as motivators.
- Setting your goal.
- Organizing your day.
- Daily desk energizer exercises.
- How to implement change.



Core Stability for Healthy Backs

This is a practical workshop on re-stabilizing yourself. The “core” stabilizes the spine, keeps the body in alignment (e.g. posture), produces movement and force (e.g. bending and twisting), and absorbs shock during movement (e.g. walking down stairs or running). The core must be strengthened progressively using different methods.

This presentation will:

- Teach the basics and progressions on how to get stronger and minimize injuries.
- Educate on the role of the core and which muscles make up the core.
- Demonstrate how to do stability exercises that strengthen your core.
- Highlight common mistakes and show how to fix them.
- Teach core progressions.
- Each participant will also receive practical handouts.



Fitness

The Key to Preventing Slips & Falls

According to Canada Center for Occupational Health & Safety, Canada has over 42,000 workers that get injured annually due to fall accidents. This number represents about 17% of the time loss injuries that were accepted by workers compensation boards across Canada. On the job safety awareness and personal responsibility is key when it comes to lowering job related injuries. Preventative strategies are worth a pound of cure.

This presentation will:

- Share strategies, exercises and stretches that can minimize your chances of slipping and falling while on the job or off.



Keeping Your Heart Healthy (New 2018)

This informative 1-hr workshop focused on the functional importance of the heart! We will cover how the cardiovascular system works; including how risk factors, disease, and ultimately exercise affect our heart health.

Learn tips & tricks to train smarter & lead a hearty lifestyle!

Join in for some hands-on exercise techniques to better manage your blood pressure and heart rate throughout your day - from stressful workdays to trying to squeeze in that much-needed exercise workout!



Change and Transition

Choosing Change

A down to basics delivery of understanding how behaviors come about, how to change them and what factors affect our decision and habits required to implement positive change.

This presentation will:

- Help each participant identify what they want to change.
- Teach best practices for moving through the change process.
- Introduce what components create a healthy, balanced life.
- Determine your stage of readiness for change.



Change Your Mind, Change Your Health

Research has shown there is a direct correlation between our attitudes and our health. The messages our minds convey to our bodies have been shown to directly affect our physiology and can ultimately impact our health.

This presentation will:

- Identify how you can pin point thoughts and attitudes that may compromise optimal health and quality of life.
- Encourage you to leave with powerful empowering ideas and tools you can put into practice to optimize your health and improve quality of life.

