

Worksite Wellness Classes



| TITLE | CLASS SERIES DESCRIPTIONS | LENGTH |
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| HEALTHY EATING SERIES (Classes may be requested individually or as a series.) | These four classes focus on learning to eat and cook healthier. Throughout this series you will learn the basics of nutrition, healthier cooking techniques, and how to make healthy substitutions. Classes will be offered once a month for four months. | Classes are 45 to 60 minutes each |
| Nutrition 101 | An overview of nutrition basics including information about Choose MyPlate.gov, the importance of portion control, and how to read and use a food label to make food choices. | 60 minutes |
| Health Eating on a Budget | Can you eat healthy and stay within your budget? This presentation provides you with ideas on how to keep within your budget while still making healthy meals. Learn tips on shopping the sales, clipping coupons, and buying fruits and vegetables in season. | 45 minutes |
| Healthy Cooking Basics | Presentation provides simple tips on making meal time healthier and involving your family. There's information on stocking your pantry and how to substitute unhealthy ingredients with healthier alternatives. Participants will receive resources to help make their meals a healthier. | 45 minutes |
| Healthy Living® Healthy Recipe Rehab | Taught by Chef, Mary E. Ross, Healthy Recipe Rehab proves you can make the foods you love healthier—and just as tasty! Class includes unique cooking techniques, recipe remakes, substitutions, alternatives, interactive breakout session, video cooking demonstration, and food samples.* A minimum of 20 participants is required. *Sample recipe food costs are the responsibility of the group and are based on the number of guaranteed participants. | 60 minutes |
| STRESS LESS SERIES (Classes may be requested individually or as a series.) | This interactive three class series focuses on different ways to lower your stress and the health benefits associated with stress management. You will also practice a variety of stress management techniques. Classes will be offered once a month for three months. | Classes are 30 to 60 minutes each |
| Massage Ball and Stress Management | Learning how to manage stress through the use of massage ball therapy. | 30 minutes |
| Health Benefits of Laughter | Learn how laughter has a beneficial impact on physical, mental, and social health, as we explain methods for adding more laughter to your life. Participants are invited to join in group games showing how laughter improves mood and decreases stress. | 45 minutes |
| Stretches and Chair Yoga | We will practice and explain how chair yoga can increase concentration, productivity, efficiency and enhance circulation and relieve stress. | 30 minutes |
| INDIVIDUAL CLASS DESCRIPTIONS | | |
| Behavior Change Workshop | Participants learn about behavior change and how to adapt healthy behaviors. The group meets once a week for 60 minutes six weeks, followed by two to four monthly meetings. Class size is limited to 12 participants. | 60 to 90 minutes |
| Change and the Power of Positive Thinking | Learning how to change from a fixed to a growth mind-set. Developing the motivation to change and using the power of positive thinking. | 45 minutes. |
| Complete Health | A great starting point for a balanced approach to health. Learn about the six dimensions to overall health (i.e., physical, spiritual, intellectual, social, emotional, and occupational health). | 45 minutes |
| Staying Active While Sitting at a Desk | Participants will learn how to stay active while sitting at a desk and the effects of sitting all day. The presentation will also review the benefits of being active and provide hands on demonstration of exercises to do while sitting at your desk! | 30 minutes |
| Setting Goals | Participants will be taught to set realistic and attainable goals using the S.M.A.R.T goal setting principals. They will learn the importance of aligning their goals with their values as well as how to review their goals to determine progress. Lastly, we will discuss the benefits of creating support to accomplish a goal and why rewards are important to accomplishment. | 45 minutes |
| Summer Outdoor Safety and Activities | Basic summer safety and first aid tips for outdoor adventures. Activity ideas for individual/family summer outdoor activities. | 45 minutes |
| Test Your Knowledge: Tips for Overall Wellness | In a Jeopardy-like format, this presentation challenges participants to test their knowledge of a variety of wellness topics. It provides a creative way to learn more about how to eat well, move well, feel well, be well, and live well. | 60 minutes |
| Winter Exercise | Suggests alternative activities for the winter months and tips for exercising safely in the cold. | 30 minutes |

For successful scheduling and coordination of classes, we require a minimum of 45 days advanced notice. Due to the large volume of requests received, an employer may be limited to two worksite wellness classes every 12 months. Minimum size and participation requirements apply.

Note: Choose a wellness class series and it counts as one individual wellness class. For more information or to schedule classes, call **801-442-6759** or email health.management@imail.org.