



Give your organization the advantage

A HEALTH PROMOTION RESOURCE
for businesses, schools and the community

AdvantageHealth Corporation

Business, education and community leaders know that healthy, happy employees work harder and longer. AdvantageHealth is a respected source for results-oriented programs that promote wellness and productivity. We work with clients of all sizes and manage a variety of national, award-winning health promotion programs.

Our lifestyle enhancement and risk-prevention programs cut absenteeism, control healthcare costs, improve morale and retain employees. We help our clients expand their work-life benefits and become “employers of choice” by taking an active role in supporting their population’s health. We tailor every program to meet your organization’s needs and budget.

AdvantageHealth can assist you in providing all areas of wellness; from lifestyle coaching, yoga classes and massage therapy, to an onsite employee fitness center with motivating incentive campaigns, comprehensive fitness assessments and professional staff.

The following pages outline AdvantageHealth’s services and programs. If the program you are looking for is not listed, please contact us and we will customize a program for you.

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MANAGEMENT AND CONSULTING

AdvantageHealth is your best-in-class resource for employee fitness center management and health promotion programming. We design each program based on our client's business plan and culture, and then implement, manage and evaluate it throughout its existence.

We start by assessing your population and then helping you set goals such as less turnover, increased productivity, decreased absenteeism, higher morale and reduced health care costs that are achievable, affordable and consistent with the vision of your organization's wellness program.

Because every successful wellness program requires the enthusiastic participation of employees, asking them what they want in their wellness plan is essential. With employee input, AdvantageHealth meticulously fashions the program to meet employee needs and interests. We also organize an employee wellness team which will contribute ideas and skills that are necessary to build your company's strategy for wellness.

An annual operating plan with measurable goals and objectives is essential in order to frame a results-driven wellness program. This includes a detailed plan for evaluation that will show our clients a measurable return on their investment.

You will see your wellness program goals being met with the comprehensive services AdvantageHealth provides, including:



Fitness Center Management

- Consultation and planning
- Fitness center design and layout
- Fitness equipment selection, layout and installation
- Marketing strategies and promotion
- Policies and procedures development
- Participant enrollment, medical release and consent forms
- Membership sales, billing and tracking
- Annual operating plan and program table
- Employee orientations on equipment and facility
- Fitness and wellness program administration
- Staffing and supervision of fitness facility
- Motivational incentive campaigns, group exercise classes and activity clubs
- Health education and resource library development
- Analysis of facility and program participation
- Third party vendor set-up and management (i.e. towel service, equipment maintenance)

Wellness Program Consulting

- Seasoned consultants with the expertise to develop and drive a results-oriented wellness program
- Program models for participation-based and outcomes-based programs
- Assessment of client's population
- Customized programming to meet client's needs, interests and budget
- Operating plan with measurable goals and objectives
- Healthy workplace policy development
- Wellness program integration into benefit plan design
- Marketing strategies and promotional activities
- Wellness team creation and facilitation
- Senior management support
- Return-on-investment analysis and outcomes evaluation

PREVENTIVE SCREENINGS AND ASSESSMENTS

Like all health promotion advocates, AdvantageHealth professionals stress prevention. Our formula is to identify health risks as early as possible using a variety of discovery and assessment techniques. The results are kept confidential, shared only with the individual and AdvantageHealth professionals.

SCREENINGS

Bone Density

Bone density testing can be the first step in identifying the risk of developing osteoporosis. AdvantageHealth experts conduct a simple heel ultrasound to measure bone mineral density, indicating your potential risk for future bone health issues.

Cholesterol & Glucose

Screening consists of our staff obtaining a small fingerstick blood sample, which is processed onsite within a few minutes. (Venipuncture available in some locations. If interested, please inquire.)

- **Total Cholesterol and Glucose**
2-hour fast suggested, but not mandatory.
- **Total Cholesterol, HDL, Ratio**
No fast required.
- **Total Cholesterol, HDL, Ratio and Glucose**
2-hour fast suggested, but not mandatory.
- **Lipid Profile, including Total Cholesterol, HDL, LDL, Ratio, Triglycerides**
12-hour fast suggested, but not mandatory.
- **Lipid Profile, including Total Cholesterol, HDL, LDL, Ratios, Triglycerides and Glucose**
12-hour fast suggested, but not mandatory.

At-Home Cholesterol/Glucose Kits available as well. These kits are ideal for participants who cannot attend a worksite screening, or who work in a remote location.



Fitness Screenings

- **Blood Pressure**
Checked using a sphygmomanometer and stethoscope, these numbers are a key indicator of heart health.
- **Body Fat**
Measuring body fat can help to differentiate between lean muscle and fat. Using skinfold calipers, measurements are taken at three sites on the body. Body fat can also be measured via a hand-held bioimpedance analyzer, which passes a low frequency electrical current through the body.
- **Body Mass Index (Height and Weight)**
Based on height and weight, this calculation is used to screen for weight categories that may lead to health problems.
- **Cardiorespiratory Fitness**
Screening consists of stepping up and down on a 12-inch step for three minutes. Heart rate is checked at the radial artery after stepping to measure the participant's recovery heart rate and fitness level.
- **Flexibility**
Performed by having the participant reach forward on a sit-and-reach box. Measures flexibility of the hamstrings and low back.
- **Hips and Waist Circumference**
With a tape measure, circumference measurements are done above the navel and at the widest part of the hips. These measurements can be used to assess risk for developing future health problems.
- **Muscular Endurance**
Participants complete as many bent-leg sit-ups as they can in one minute to measure the endurance of the abdominal muscles.
- **Muscular Strength**
Participants squeeze a hand dynamometer to measure static strength of the forearms, which correlates to total upper body strength.
- **Resting Heart Rate**
Checked at the radial artery, this number may provide an indicator of overall physical fitness.

PREVENTIVE SCREENINGS AND ASSESSMENTS

OTHER SCREENINGS

Flu Shots

Be proactive and schedule onsite flu shots for your employees.

Hearing Awareness

Using a pure tone audiometer, this screening tests how well an individual hears various high and low frequencies.

Hemoglobin A1c (HbA1c)

The HbA1c test measures the total amount of hemoglobin A1c in your blood. Comparing the results of your initial HbA1c test to the results of subsequent tests can determine if you are properly managing your diabetes.

Hi-Sensitivity C-Reactive Protein (CRP)

Inflammation (swelling) of the arteries has been linked to an increased risk of heart disease, heart attack, stroke and peripheral arterial disease. The body produces CRP during the general process of inflammation.

Lung Function

Lung function is screened by having the participant blow into a small, hand-held spirometer. This screening is ideal for encouraging participants to quit smoking and/or decrease exposure to other pollutants, to increase exercise, and to appropriately manage existing lung conditions, such as asthma and allergies.

Nicotine (Cotinine)

Our two options for nicotine testing (saliva or blood) detect cotinine, which is the principle metabolite of nicotine. Testing via saliva yields a result within 30 minutes. Blood samples collected via a fingerstick are sent to a lab for processing with results available within 48 hours.

Prostate Specific Antigen (PSA)

The PSA test measures a chemical substance produced by the prostate gland. Certain conditions of the prostate may raise the level of PSA in the blood and, while elevated levels of PSA are not harmful, they can be an important signal of possible prostate disease.

Thyroid Stimulating Hormone (TSH)

TSH is a laboratory analysis that measures a chemical substance in the blood called thyroid stimulating hormone. This test will help you and your health care provider identify and/or monitor an underactive or overactive thyroid.

Visual Acuity

Using a Titmus machine, a visual acuity screen is conducted to see how well individuals see both near and far. A glaucoma screen can also be done to check for early signs of this blinding disease.

Vitamin D

Vitamin D deficiency has been linked to many common and serious diseases including some cancers, diabetes, cardiovascular disease and osteoporosis.

ASSESSMENTS

Personal Wellness Profile™

AdvantageHealth utilizes the Personal Wellness Profile™ (PWP) for our health risk assessment. The purpose of the PWP is to provide the information and motivation necessary for individuals and organizations to assess lifestyle habits and other health-related issues. This tool includes approximately 60 questions, plus the option to add up to 15 customized questions. After completing the questionnaire, participants receive a personalized report detailing their health habits and suggestions for improvement. In addition, group reports are provided for organizations in order to assess high risk areas and measure return-on-investment. The PWP is available in both online and paper formats (English, Spanish and French-Canadian).

INDIVIDUAL REPORTS INCLUDE:

- Individual Overview
- Counselors Summary
- Trend Report

GROUP REPORTS INCLUDE:

- Executive Summary Report
- Productivity & Economic Benefits Report
- Group Progress Report

Health Needs & Interest Survey

Employee input is essential to the success of any wellness program. AdvantageHealth will customize a survey to assess program interests, modes of delivery, preferred programming times and potential participation from your employees. This will give your organization a starting point and is also critical for establishing benchmark data. AdvantageHealth distributes, collects and analyzes data and presents information in a summarized report. Paper and online surveys are available.

TARGETED BEHAVIOR CHANGE PROGRAMS

AdvantageHealth understands the importance of targeting high risk behaviors. AdvantageHealth also realizes that organizations require various modes of delivery for programming — check out our onsite, online, phone based and direct mail options!

ONLINE PROGRAMS

AdvantageHealth offers a wide variety of online behavior change programs from Selfhelpworks™ as a part of their LivingLife™ Series. These programs empower individuals to apply the insights that they learn from the program, remove barriers, create possibility and keep them focused on their behavior change vision.

Each program includes the following components:

- **Instructor** – Each lesson is a multimedia coaching session led by a certified trainer. The program trainer motivates, educates, and demonstrates to the participants how to apply the simple but powerful concepts to even the most difficult challenges in their lives. They lay the foundation, process, and track for change.
- **Support** – Live programs usually contain a wide spectrum of support options.
- **MP3 Downloads** - A series of 13 short motivational support talks are available for the participant to listen to on their cell phone, iPod, or CD player.
- **PersonalCoach™** - The PersonalCoach™ is a sophisticated software program that tracks the user experience longitudinally and provides experience-based coaching appropriately. This is an integral part of the program's unparalleled interactive nature. Participants complete short confidential surveys before most sessions. Based on how they fill out the surveys they may receive coaching (audio and text) on how to deal with certain challenging situations. They may also receive coaching to keep them or nudge them back on track, or to just simply acknowledge them. They may even get email or PDA feedback if they choose.
- **Internet-Based RealTalkRadio™** - Once a week, Selfhelpworks™ holds a live online support group hosted by the instructor or a guest. Users can call, email, or fax in questions, problems and challenges if they would like to get verbal feedback (as if they were in a live group session), or they can just listen. Selfhelpworks™ promotes the sessions weekly to all participants unless they opt out of the reminder.



- **Emails** – Users receive up to 50 reminder, motivational, or educational emails throughout the year.
- **Program Manual** – At the end of each lesson, reading material, which mirrors the delivered message, is available to print and refer to as desired.
- **Program Exercises** – Each session contains actualization exercises (incorporated within the reading materials) designed to bring that lesson to life.
- **Additional Tools** – The programs contain a variety of program-specific tools designed to keep the user experience interesting and valuable.

TARGETED BEHAVIOR CHANGE PROGRAMS

Below is a list of the online programs available:

LivingEasy™ - Stress Coping Techniques

In small quantities, stress is good. It can motivate you and help you be more productive. However, too much stress or a negative stress response can actually harm your mind and your body. LivingEasy™ helps you implement calming techniques and build fulfilling relationships.

LivingLean™ - Weight Management

Most choices about eating are based on the way you feel about food. LivingLean™ will change your mindset and feelings about weight loss. You will start seeing and feeling differently about food, your health, and the possibilities that are available to you through living lean, healthy, and free.

LivingFree™ - Smoking Cessation

You will discover new techniques that change the way you think about the smoking cessation process. These techniques are very different from any program you've tried. LivingFree™ treats the root physical and emotional causes of smoking and eliminates the psychological barriers that have kept you from succeeding in the past.

LivingSmart™ - Alcohol Management

You will learn how to become an ex-drinker without feeling deprived. LivingSmart™ teaches you how to take control, eliminate the psychological road blocks, and change your emotional relationship with alcohol.

LivingFit™ - 90-day Walking Program

Most of what you do on a daily basis is a function of habit. Some habits are productive, while others do not contribute to well-being. One thing all habits have in common is that once they are established, they become automatic. The LivingFit™ 90-Day Walking Program makes exercise an activity that you anticipate and enjoy daily so it becomes a regular part of your life.

ONSITE PROGRAMS

Pathways™ Lifestyle Coaching

This program typically targets those employees who have the highest risks within your organization. AdvantageHealth health coaches work one-on-one with participants, empowering them to make long-term, healthy changes. The 3-6 month program includes monthly or bi-monthly onsite meetings that build confidence and skills participants can use long past the end of the program. Each session consists of the following topic areas: readiness to change, short-term and long-term goals, motivation, triggers, coping skills and relapse prevention.

The following modules are available:

- Physical Activity
- Nutrition
- Weight Management
- Stress Management
- Smoking Cessation

Personalized Nutrition Consultations

Participants will have the opportunity to meet one-on-one with a nutrition professional to discuss their nutritional goals, barriers, motivation, portion control, daily caloric requirements and how to lose weight safely/effectively. Consultations can also include food log review, plus educational materials.



TARGETED BEHAVIOR CHANGE PROGRAMS



S.H.A.P.E. Weight Management Program

This 12-week program has one goal: Support Healthy Eating And Promote Exercise! Through a cognitive and behavioral approach, S.H.A.P.E. focuses on increasing knowledge, coping mechanisms and weight management strategies for managing weight for a lifetime. A balanced diet following guidelines set by the American Dietetic Association and the United States Department of Agriculture is promoted. Regular aerobic exercise and strength training is also promoted following guidelines set by the American College of Sports Medicine. Each program is facilitated by a nutrition professional and includes up to a 60-minute weekly meeting consisting of voluntary individual weigh-ins, educational materials and group discussion on a variety of health-related topics. Participants complete a weekly food log which can be reviewed by the program facilitator on a weekly basis. This is one of our most requested programs!

Tobacco Cessation — Individualized Counseling

One-on-one counseling sessions are an excellent way to assist tobacco users in their cessation efforts. With support and assistance from a tobacco cessation specialist, participants identify triggers to tobacco, learn strategies to overcome urges, learn alternative behaviors and develop a personalized plan for quitting. The tobacco cessation specialist is there for support and guidance along the road to quitting.

Tobacco Cessation — Support Group

Support groups are an essential part of any behavior change program. Facilitated by a tobacco cessation specialist, participants share their challenges and successes associated with their quitting process. The facilitator will continually provide additional resources and skill development throughout the quitting process. These groups typically meet weekly or biweekly for 45–60 minutes and are an excellent follow-up to individualized counseling or seminars.

TELEPHONIC

Pathways™ Lifestyle Coaching

This program typically targets those employees who have the highest risks within your organization. AdvantageHealth health coaches work one-on-one with participants, empowering them to make long-term, healthy changes. The 3-6 month program includes monthly or bi-monthly phone calls that build confidence and skills participants can use long past the end of the program. Each session consists of the following topic areas: readiness to change, short-term and long-term goals, motivation, triggers, coping skills and relapse prevention.

The following modules are available:

- Physical Activity
- Nutrition
- Weight Management
- Stress Management
- Tobacco Cessation

Coaching programs can be email-based for those that prefer that communication route.

DIRECT MAIL

Lifestyle Modification Guides

AdvantageHealth has several direct mail pieces aimed to assist participants with combating their high-risk behaviors. There are several available and all include:

- Overview of the high-risk area
- Information participants need in order to identify their personal reasons for changing their high-risk area
- Developing a personal plan for changing their risk area (a personal goal worksheet is utilized to keep track of progress and to stay focused)
- Details on motivation, relapse and living without their high-risk behavior

Behavior Change Brochures

We can provide brochures that target specific health areas including: Healthy Diet, Physical Activity, Healthy Body Weight, Stress Management & Tobacco. The interactive brochures guide participants through exercises and activities specific to their “Stage of Change” and the health area they are most interested in.

WELLNESS SEMINARS

AdvantageHealth seminars allow employees to interact with specialists on popular topics.

Seminars are presented by a variety of health professionals and can be coordinated to accommodate your schedule and meet your needs. In addition, many of our seminars are available in webinar format.

The complete AdvantageHealth program includes seminars on the following wellness topics. If you don't see your topic of interest, please ask us to customize a seminar for you!

CHRONIC CONDITIONS

A Holistic Approach to Managing Chronic Pain, Fatigue and Fibromyalgia

Examine the causes of chronic pain and fatigue, including neurogenic pain, arthritis, chronic fatigue syndrome, and fibromyalgia. Current research and natural approaches are discussed.

Becoming a Heart-Wise Woman

Rates of cardiac disease among women, are rising. Lynette Crane, stress expert and cardiac survivor, provides the most recent information about cardiac distress, and what women can do to prevent it.

Blood Pressure – Stop, Drop & Control

According to research studies, 50 million Americans have high blood pressure. High blood pressure can damage blood vessels and internal organs. Detection, prevention, and treatment are discussed in this seminar.

Cancer is All Around Us

There are over a hundred different types of cancers, with as many causes. And since the risk of cancer also depends on personal and family history, there is no way to eliminate the risk entirely. Lifestyle changes and screenings will be discussed.

Cholesterol – What You Need to Know

A certain amount of cholesterol is necessary for good health, but too much can lead to clogged arteries and potential heart disease. This seminar covers "good" and "bad" cholesterol, what cholesterol numbers mean, and how to improve your cholesterol profile.



Diabetes – Prevention & Detection

This seminar defines diabetes, symptoms, how it affects the body, and how it relates to living a healthy lifestyle. Learn the importance of managing nutrition, glucose, exercise, and other risk factors.

Diet and Chronic Disease

Many chronic diseases are directly associated with diet and lifestyle. Learn how diet affects your risk for disease and the tools to change your lifestyle.

Healthy Living for Women

Our bodies continue to change, from early adulthood through peri-menopause and menopause. Learn what you can do during the stages of your life to prevent disease and promote healthy living.

Heart Disease – Prevention is the Key

According to the National Heart, Lung, and Blood Institute, coronary heart disease is the number one killer in the U.S. Many of these deaths could be prevented by changing lifestyle risk factors like smoking, obesity, and physical inactivity. This seminar focuses on the causes, detection, prevention, and treatment of CHD.

Hormones Naturally: A Holistic Approach to Women's Health

Hormone-related problems are associated with PMS and menopause. Information on these topics and a natural drug-free approach are discussed, including proper diagnosis, and diet and herbal supplements as alternatives to Hormone Replacement Therapy.

Knowing Your Numbers - What's Next?

So, you have taken the first step and have learned your biometric screening numbers. Your next step is to either maintain those numbers (if in the healthy ranges) or make some lifestyle changes in order to improve them. This seminar will cover what lifestyle changes you can make to improve your cholesterol, glucose, blood pressure and Body Mass Index.

Living Longer, Healthier and Better!

This seminar covers time-tested tips and habits that may not guarantee a longer, healthier life, but will certainly increase your chances!

Managing Bone and Joint Health Naturally

Examine the common causes of bone density and joint problems, including osteopenia/osteoporosis, osteoarthritis, rheumatoid arthritis, and other auto immune join disorders. Dr. Kriva presents natural methods to manage these conditions, including dietary supplements.

Metabolic Syndrome: The Ins & Outs

Metabolic syndrome is a combination of medical disorders that increase the risk of cardiovascular disease and diabetes. This seminar helps participants understand metabolic syndrome, the potential causes, symptoms, and how to tackle it.

Natural Management of Carpal Tunnel Syndrome

This seminar discusses the causes and diagnosis of carpal tunnel syndrome. Natural treatment options are presented as alternatives to medication and surgery.

Natural Solutions to Managing Arthritis

Learn about the causes and symptoms of arthritis. Non-drug and non-surgical treatment alternatives will be presented.

Natural Solutions to Managing Asthma

This workshop focuses on the causes, symptoms, and treatments of asthma and other breathing disorders. The Buteyko Breathing Method, a revolutionary non-drug approach to asthma management, will be introduced.

Smoke-Free for Life

This seminar caters to all stages of smokers including those who are thinking about quitting, preparing to quit, in the process of quitting or trying to stay quit. Participants will learn about cessation options, coping strategies, and the motivation to be smoke-free.

The Secrets for Living Longer

Based on Dan Buettner's bestselling book, *The Blue Zones*, this seminar identifies four places in the world where people live amazingly long, healthy, and productive lives. Discuss what has been learned about these 'blue zones' and how we can add years to life and life to years!

Women's Health

Women often spend much of their energy caring for others but may neglect their own health. Learn the diseases most common for women, the tests for early detection, and how to prevent chronic disease and improve your quality of life through diet and exercise.



WELLNESS SEMINARS

FAMILY HEALTH

Balancing Work and Family Demands

Many Americans feel “used up” by the end of the day and would spend more time with their families if they could. Learn how to address these issues, plan a good year ahead, and reach a comfortable balance for you and your family.

Communicating with Young Children

A child’s specific developmental stage influences her ability to understand and communicate. This seminar focuses on practical, accessible, and developmentally appropriate skills and strategies for communicating with young children ages two through six.

Discipline Means “To Teach”

This seminar defines discipline as opposed to punishment as a way to guide children. With a strong base in child development, we explore a variety of strategies for various age groups and personality styles. Understand “why” your child behaves the way he or she does, and learn quick tips and long term strategies.

Dual Career Families

Whether dual career, blended family, or single parent, a family can be strong. Discuss changing expectations and rituals, raising healthy children, managing stress, and celebrating your family’s style.

Emotional Intelligence

Using Daniel Goleman’s research, this seminar defines the emotional factors children need to be successful, including the ability to motivate oneself, regulate moods, and empathize.

Encouraging Responsibility in Children (6-12)

As children learn to accept responsibility, they gain confidence. Self-sufficiency raises self-esteem. This seminar focuses on increasing cooperation without nagging, encouraging responsibility, and providing rewards and consequences.

Family Tool Kit

Family relationships can strengthen through use of the family tool kit. Helpful relationships are created when families work and play together, complete chores, manage allowances, hold family meetings, and share thoughts and feelings.

Fantastic Families

Explore traits of strong families and how to strengthen family relationships, with tips on strengthening parent/child relationships and parenting with intentionality.

Got Defiance?! 19 Ways to Gain More Compliance

“My child doesn’t listen the first time,” is one of the most common parenting complaints. This seminar offers 19 different options parents can use to derail their child’s defiance and get results.

Helping Your Child with Transitions

From new schools to the death of a loved one, your child will experience numerous transitions and losses. Learn the best tools for helping your child through the process of change.

How Understanding Your Child’s Temperament Can Make You a Better Parent

Are your kids giving you a run for your money? Learn nine temperamental traits, complete a free assessment, and learn how to work with temperament rather than against it.

Managing Problem Behaviors at Home with Your School-age Child

Understand the causes of children’s misbehavior and how to better manage problems. Learn why children misbehave, how to use consequences, and what your child needs to know to be better behaved.

NO! Why Our Kids Need to Hear It and Why Parents Need to Say It

Based on Dr. David Walsh’s book, this seminar will help you say “no” to your children when needed. Discuss the importance of self-discipline to a child’s development and how to gain confidence in your judgment and ability to guide that development.

Nurturing Resilience in Your Child

Children are born with a certain amount of “natural resilience.” It’s the ability to bounce back despite great odds (e.g. divorce, death of a family member, family drug and alcohol abuse, family violence, bullying, etc). This class helps you teach them to recover and have healthy outcomes.

Parenting Styles and Behavior

Understanding your parenting style’s effect on your child’s behavior can be helpful. Using Jean Illsley Clark’s research, discuss different types of parenting behavior and when each is most effective. This seminar will show you how to change your behavior to help your children’s.

Parenting Tools for Tough Times — WEB ONLY

Do your children act out at the worst possible time? Children pick up and reflect our own stress. Explore how stress affects behavior and how to insulate your children from it. Get practical tips on juggling stress and reconnecting with your children.

Peer Pressure: Helping Kids Manage and Resist

Do your teen’s friends have more influence over them than you do? Learn how to be a major influence in your teen’s life and support and guide your teen into positive friendships.

Promoting Responsibility in Our Children

Cover the basics of communication, limit-setting, and consequences for children. This program addresses parenting tools to promote responsibility and independence in our children.

Purposeful Parenting: Requirements for Success at Home and at Work

The Red * Yellow * Green Framework is a systemized approach to common sense, delivering direct and clear messages, establishing rituals and routines, and communicating family values, benefits, and expectations. Applying these insights promotes success at both work and the kitchen table.

Quantity or Quality?

These two words come up often in regards to the time spent with our kids. Explore which one means most to kids, and look at ways to encourage spending time together as a family.

Raising Financially Successful Kids

Children face media pressures at a young age. This seminar gives parents a better understanding of teaching children about money. Learn fun exercises for you and your child to learn about allowances, money management, savings, and credit.

Raising Healthy Kids in the New Millennium

This workshop covers a variety of health topics, including: nutrition, exercise, natural approaches to treating common childhood health problems, and overall health.

Ready for Kindergarten: What Parents Can Do

What skills are needed for entering kindergarten? How will you know your child is ready and what should you do to prepare her? This presentation provides realistic expectations and guidelines regarding skills for kindergarten readiness.

Relief for Homework Headaches

Imagine your child completing his homework without nagging or pleading, and never hearing “I can’t” or “I won’t.” Start the school year out right with strategies for motivating your child, increasing compliance, making homework fun, and a “checklist for change.”

Self Care: How to Prepare Your Child When Home Alone

What does a child need in order to stay home alone? What age is appropriate? What helpful rules make a home alone experience successful? Join us as we discuss this important topic.

Single Parenting Families

Single parenting is a “whole” job. Often the biggest challenge is balancing work, children, and home, and still having time for oneself. Discuss discipline, self-esteem, time management, and other concerns.

Stepping Stones: Guidelines for Stepfamilies

The unique concerns and challenges of stepfamily life are addressed in this seminar. Participants will learn a set of guidelines and tools to help this “instant” family grow and flourish.

WELLNESS SEMINARS

Survival Techniques for New Parents

Welcome to the wonderful (and bewildering) world of parenthood! Among the topics in this seminar are:

- Roles and responsibilities
- Sleep (yours and baby's)
- Tips for planning ahead, setting up routines, etc.
- Getting to know your baby

Talking with Teens About Drugs and Alcohol

Parents have tremendous influence on their teens to keep them safe and drug free. Learn current information regarding the effects of drugs and alcohol on the teenage brain and practical suggestions to keep your kids drug and alcohol free.

Teaching the 3 R's: Respect, Responsibility, and Relationships

"Respect is an attitude of honoring people and caring about their rights." Being respectful includes self-respect, and is reinforced when we act responsibly. This class encourages respectful behavior and offers ideas on helping children become more responsible, including chores and social responsibility.

The Intentional Family

Does it seem as though you're flying through life? Are your children growing up too fast? This seminar offers simple steps to bring connectedness back into your family. Learn a conscious approach to family life and the difference it makes.

The Magic of Encouragement

Strong self-esteem is essential in a child's development. Parents will reinforce their current skills and learn new skills in supporting their child's self-esteem, and use children's books as a tool for encouraging positive attributes and behaviors.

The Media and Your Family

Discover the power and influence mass media has on behaviors, attitudes, and learning. Explore techniques to enhance your family's viewing time using curriculum from the *National Institute on Media and The Family*, written by Dr. David Walsh.

The Sibling Battle

This seminar explores the nature of sibling conflict and how parents can use it as an opportunity to teach the vital skills of conflict resolution, negotiation, and compromise.

The 7 Worst Mistakes That Parents Make (and How to Avoid Them!)

After working with hundreds of families, this instructor brings the 7 Worst Mistakes parents unwittingly make and brings them to light, providing practical solutions to correct these common errors and bring greater joy to parenting.

Tired of Time Out? Learn 10 Positive Discipline Methods to Use Now

Stuck in a rut when it comes to discipline? Learn 10 positive options to use with children 3-12 years of age. Practice methods for increasing positive behavior and decreasing negative behavior.

Understanding Your Child: Information and Tools to Help Guide Parents

This seminar assists parents in understanding the behaviors of children. Understand the sensitive and intuitive child, as well as the angry and high energy child. Learn to communicate with and support these children, and take care of yourself.

Unplug Your Kids

Based on the work of Dr. David Walsh, this seminar articulates the effects of media on children with emphasis is on using media wisely, and helping children become critical consumers.

What Must They Be Thinking? Understanding the Teenage Brain

Do you wonder why your teenager acts irresponsibly and impulsively and doesn't understand consequences? Current information on brain development offers parents effective approaches for parenting.

MENTAL HEALTH

AGING & ELDER CARE

A-Z: Reviewing the Senior's Needs

This presentation provides a practical step by step look at caring for older adults, including the five senses, home safety, nutrition, memory, and social activities.

Being A Working Caregiver

The "sandwich generation" is employed and raising children, while also assisting their parents. Collecting resources and information early can save time as well as simplify the process.

Caregiving: A Family Affair

Because families are often central to caregiving, understanding roles can make it a positive learning experience. Activities for all ages can involve even the youngest member in the aging process.

Caring from a Distance

"Distance" caregivers, from across the state to across the country, can prepare for their role and benefit from local community resources. This seminar outlines the options you have as a caregiver, plus critical information to ease stress and paperwork.

Choices in Senior Housing

This presentation provides information on long-term care options for seniors, including remaining in the home, or supportive housing arrangements such as foster group settings, retirement communities, or assisted living facilities. Advantages and disadvantages are reviewed, matching individual needs with availability, as well as tips on being a smart consumer.

Critical Conversations: Making Decisions as a Family

Ideas from this seminar will help your family communicate and work together to solve caregiving challenges, such as health, independence, and dying. Learn strategies to ensure everyone feels positive about plans and decisions, and create a true family caregiving team.

Elder Law

Seniors avoid estate planning for many reasons. This seminar will educate about wills, health care directives, powers of attorney, trusts, guardianships, and conservatorships



Funding for Elder Care

Long term care costs are high and increasing, and it's important to be able to pay for care when we need it. This presentation reviews services covered by Medicare and Medicaid, and important information about other funding options.

Finding Community Resources for Your Older Family Member

There are many resources and services to make a senior's life easier, not to mention a caregiver's. Learn how to identify resources and pay for them, as well as encouraging your family member to try helpful services.

My Parents Are Getting Old - What Do I Need to Know?

Because adult children are often the key contact for aging parents, collecting information and health history is valuable. Participants will understand what to know, documents to gather, and questions to consider about aging.

Navigating the Long Term Care System Maze

Long-term care includes health, social, and residential services. This presentation provides information about options available to support long term care needs. Tips on communication with providers and professionals are offered.

Understanding Memory Loss and Dementia

If you are concerned for an older person with memory loss or dementia, this seminar can help you understand the disease. Learn ways to cope and communicate with someone experiencing memory loss and dementia.

WELLNESS SEMINARS

FINANCIAL WELLNESS

Achieving the Lifestyle of Your Dreams During Retirement

Discuss retirement communities and relocation issues, how to adjust your retirement dream due to health or financial concerns, and family dynamics.

Cost-Cutting Ideas for Families — WEB ONLY

Times are tight financially, but also in the time we have to implement new strategies, and children make it a whole new equation. Explore real-life, practical tips to survive and protect your family during financial strain, learn from others, and share your own ideas.

Early Plans Reduce College Tuition Fears (for Parents of Children 0-8th Grade)

This class takes a look at ways to pay for education. Savings and investments include an array of options with benefits and drawbacks. Smart parents have a better chance at qualifying for financial aid and taking advantage of tax savings options.

Estate Planning: Securing Your Wishes for the Future

Estate planning protects your assets, children, spouse or partner, and your wishes. Death is not the only event to plan for. A Power of Attorney and Health Care Directive "Living Will" is critical in the event of incapacitation. Receive information and answer questions and concerns about estate planning.

Financial Planning 101

The secret to financial security is spending less than you earn, staying out of debt, and building for the future. This seminar will provide valuable knowledge about Debt Management, Risk Management, Capital Accumulation, Mutual Funds, Tax Advantaged Investments, and other basic strategies to help you achieve wealth success.

Getting Your Budget On Track for the New Year

Do you feel financially stretched? Make your goals a reality, set attainable goals, and formulate workable budgets. Gain basic planning skills and help your New Year's resolutions come true.

Got Goals?

Learn how to plan for retirement, college expenses, travel, and any dream you have. Build a firm foundation of realistic goals and specifics to successfully plan your financial future.

Is Your Budget Broke?

Learn a proven alternative to outdated budgeting systems. Plan and design your own budget around how you spend your money, and teach your kids this valuable skill as well.

Making Decisions Sooner Rather Than Later — Your Own Health Care Directive

Join us to learn how to identify key people in your life that should know about your wishes and understand the importance of expressing them. Learn about what is included in the Minnesota Health Care Directive and "Five Wishes".

Paying for College: The Financial Aid & Tax Credit Maze (for Parents of 9th-12th Graders)

This class helps you better understand how college financial aid is calculated and how to improve your chances of receiving aid. Look at tax credits and tax deductions available to college students and their families.

Retirement Planning: Maximizing the Benefit of Your Retirement Plan Options

Explore strategies for establishing a sound retirement plan. Discuss six key elements: The right frame of mind, how much to save to meet your goals, different sources of retirement income, different types of employer sponsored retirement plans, whether IRAs are right for you, and personal savings and investment vehicles.

Successful Credit Management

Gain a general understanding of how credit works and how to keep your credit looking good. Learn about types of credit, credit reporting, credit scores, credit repair scams, protecting your credit, and identity theft.

Successful Money Management

Are you living paycheck to paycheck, having difficulty saving, or wanting to brush up on money management skills? This seminar provides information on successful money management, including creating a successful spending plan, tracking expenses, expense guidelines, and knowing your own weakness.

You Can Become Debt-Free in 7 Years or Less

If you are frustrated paying 19% interest on credit cards, and waiting 30 years to pay off your mortgage, this presentation has the solution. Most families can become debt-free in 7 years or less. Learn how.

Your Money Personality – Engage it for Mental Wealth and Prosperity Now

Figure out what makes you tick financially with simple yet powerful tips and tools to separate emotions that sabotage your efforts from those that bring success and prosperity. Learn how to:

- Claim and tame your dominant money personalities
- Interpret memories or emotions that drive your habits
- Create motivations for spending that follow your values
- Gain confidence about your money past, present, and future



PERSONAL NEEDS

Above the Line / Below the Line

Our attitudes, state of mind, and moods Above the Line (ATL) are significantly different than those Below the Line (BTL). Participants will understand the ATL/BTL model, identify moods, attitudes, or state of mind as positive or negative, and know their positive or negative indicators or triggers.

A More Balanced You

We all have the same 1,400 minutes in a day and often it is our own perception that keeps us stuck and unbalanced. In this seminar, you will:

- Learn time-saving techniques for self-care
- Identify physical, emotional, and mental tools to fit your schedule
- Improve your well-being

Are You Ready?

Not everyone is ready to change at the same time, and behavior change does not happen at once. Each of us progresses through the “Stages of Behavior Change” at our own pace. Learn what stage you’re in and how to reach your goals!

Beware of Thought Circles and Tornadoes

In this session, participants will learn how negative thinking leads to negative experiences for themselves and others, and how to minimize its effects.

Building Trust: The Key to Effectiveness

The most important ingredient in any relationship is trust. You cannot build trust instantly, but you can destroy it. This session presents 5 ways of building trust and 5 ways to diminish it. Assess your own trustworthiness and develop a plan for building trust in a key relationship.

Change...It's Not Just in Pockets: Managing Life's Stresses

This seminar covers ideas for managing stress in everyday life, tips for staying connected to those close to you, and keeping the fun in relationships.

WELLNESS SEMINARS

Communicating Effectively with Health Care Providers

This seminar helps increase communication, get more out of office visits, and create a team approach towards your health care. Learn effective communication techniques, and save time and energy. In this seminar, you will:

- Identify key principles to communicate effectively
- Learn how to state individual concerns
- Create a team approach to your health care

Conflict: Obstacle or Opportunity

Conflict is inevitable in relationships. The mark of success is how you work through problems. Topics covered include: Understanding anger, how conflict gets out of control, understanding conflict management style, and resolving conflict.

Cultivating Healthy Sleep Habits

Do you wake up feeling refreshed and alert or irritable and drowsy? Sleep habits affect our ability to function during the day. In this seminar, learn about common sleep disorders and tips for a good night's sleep.

Disappointment is a Life Skill

One thing all great leaders have in common is their ability to deal with disappointment. This session discusses five principles to not only deal with disappointment, but rise above it.



Discovering the Main Thing

This seminar leads participants through the process of developing their personal mission statement. This can be adapted as a family or group mission statement.

Emotional Intelligence: Street Smarts for Success

Recent research has uncovered a new dimension for success called "Emotional Intelligence," highly linked to personal and professional accomplishment. Explore your own EQ and discover a blueprint for success in relationships, health, and career. Participants learn 6 factors to help manage their emotional lives and will:

- Explore emotional intelligence
- Discover a formula for success
- Practice skills of emotional self-awareness and self-management
- Learn to manage impulses which threaten goals
- Learn to communicate feelings in the workplace
- Learn to recognize, understand, and work with emotional states and achieve healthier relationships
- Learn to be more positive in negative circumstances

Energizers, Relaxers and Spirit Lifters

Physical and mental health affects performance, productivity, and quality of life. Participants will leave refreshed and motivated, with "tools" to recharge energy systems, boost immune systems, and enhance personal and professional performances.

Health for the Holidays

Learn ways to stay fit and healthy over the holidays! Learn portion control, low-fat cooking, physical activity, and de-stressing. Participants learn tools to help make it through the holidays stress-free!

Identity Theft: Who'd Want to Be ME, Anyway?

Identity theft is the fastest growing crime in the nation. For victims, the blow is devastating: loss of time, resources, and a feeling of vulnerability. This seminar shows how to prevent it, determine whether you're a victim, and defend yourself if you are.

Igniting Team Energy, Creativity and Spirit

Learn basic techniques on charging your meeting room to insure creativity and cooperation, create effective meeting openers, and build a foundation for progress.

Imagine Serenity...It Will Come

The mind thinks in words, but the body responds to images. Experience how peaceful images in the mind bring serenity. Learn to activate the creative right brain and experience improved health and better job performance.

Inside/Outside

We live in two worlds. One includes our life at home, school, or work. The other is our thought life, including beliefs, attitudes, opinions, and decisions. Participants will understand the inside and outside world and how to hang on to or let go of responsibility.

Keeping the Main Thing the Main Thing

Participants will learn a process of time management based on what is personally important to them.

Mad About You

Anger is often an appropriate emotion, but for some it is the only emotion they know. Learn to express and manage the anger keeping you from being productive at work or home.

Managing Change: How to Succeed in an Ever Changing World — WEB ONLY

This program is designed to help individuals manage change effectively. Learn "Seven Ways to Deal with Change," and dozens of tools for implementing or dealing with change. Individuals will be ready to take on change and look for opportunities.

Managing Stress Naturally

"Managing Stress Naturally" begins with a personal stress survey to help gauge stress exposure. Topics include: sources of stress, "good" versus "bad" stress, and effective ways to manage it naturally.

Mastering Productive Performance: A Systematic Approach to Time Management and Personal Productivity

Explore strategies, structures, and tricks for taking action on the "inputs" of your life. Imagine feeling that your bases are covered, critical details haven't been overlooked, and that you have a clear sense of priorities and actions. Learn to be more efficient with your time and more productive overall!

Mindfulness – Based Stress Reduction

Learn the practice of focusing on the present and cultivating stillness of mind and body. Participants will be led through quiet meditation exercises to combat stress.

Mining Mistakes

We all make mistakes. In this session, participants will become aware of their beliefs regarding mistakes, challenge false beliefs, and understand their response to mistakes.

Personal Power: Taking Responsibility

This seminar presents responses to any situation based on values, feelings, moods, or circumstances. Participants will see how their own future is based on the choices they make.

Primer on Spirit at Work

What is spirit? The words grounding, centering, mindfulness, and passion will be explained in relation to stress reduction at home and work.

Recognizing and Valuing Differences in Daily Life

In this class, participants discover strategies for openness and acceptance. Explore the 5 R's for valuing differences.

- Reality—Where differences exist in our lives
- Responses—How we respond to differences
- Results—The results we experience
- Reasons—The reasons for valuing differences
- Reaping Rewards—Rewards gained by valuing differences

Self-Image

Self-image can be affected by body image, environment, job status, and finances. Participants will analyze their self-image and determine if it's a positive or negative influence.

WELLNESS SEMINARS

Simple Time Management

Created by popular demand and based on principals of simple living and time management, this seminar focuses on time management techniques to simplify your life. Find time you didn't know you had, learn to prioritize, and perceive time in a new way.

Stress Less at Work! An Introduction to Mindfulness Meditation

Mindfulness meditation and yoga teach awareness to better manage everyday stresses. This seminar introduces the method of breathing as a stress reduction tool and how the mind affects our bodies and physical health.

Stress Management

A certain amount of stress is unavoidable and may even be good for us. Too much, however, is harmful. Many techniques can manage the stress you can't avoid, including deep breathing, meditation, stretching, improving diet, increasing exercise, and learning to relax.

Stress Self Defense – T'ai Chi and More

Research has shown that "moving meditations" provide physiological and psychological benefits. Learn simplified techniques drawn from the martial art of T'ai Chi to enhance health and reduce stress. Learn a simple 5–10 minute practice for eliminating stress.

Successful Juggling of Work and Home

Our lives are increasingly spent on the circumference of life, characterized by hectic pace and overwhelming expectations. Participants will assess what's important and what's not, and learn a six-step process to enhance balance, and focus on what's important.

The 5 Languages of Apology

This seminar is based on *The 5 Languages of Apology* by Dr. Gary Chapman. Identify the languages of apology and proven techniques for effective apologies. Learn ways to clear the way toward healing and sustaining vital relationships.

The Frame: See-Feel-Do-Get

This seminar presents the Basic Change Model of See-Feel-Do-Get, one of the cornerstones for H.O.P.E. (How Our Potential Explodes). Participants discover how to see things differently to get the results they desire.

The Law of Attraction: Creating the Life That You Deserve

Discuss the law of attraction, how it works, and tools to apply it to work, relationships, finances, etc.

The "New Biology" and What It Means for Your Health

Cutting edge research in cell biology is shattering previous notions of how the body operates. Dr. Kriva looks at the research and lays out the implications of long term health maintenance.

The Power of Laughter

Laughter reduces pain, strengthens our immune system, and decreases stress. You will:

- Learn simple tools to laugh
- Understand the importance of laughter
- See how humor can heal



The Seven Keys to Unlocking Your Potential: Overcoming Obstacles and Getting Results — WEB ONLY

Michelle helps individuals unlock the keys of self discovery and evaluation, create a powerful life vision, plan for the future and set goals, embrace accountability and measure progress, commit to lifelong learning habits, and discover the value of celebrating oneself.

U-R-Awesome! Being Positive in a Negative World — WEB ONLY

Communication is the key to success. Through stories and humor, individuals will implement powerful communication techniques to build confidence, change attitudes, and transform company culture.

What's it All About? Complementary Self-Care Disciplines

More and more Americans are interested in the self-care disciplines of the East. Gain an understanding about T'ai Chi, Qigong, Yoga, Feng Shui, conscious breathing techniques, and meditation.

Whose Space Is It Anyway?

Learn to make minor changes in the space in which you work to make your workspace and workday more pleasant and productive. Learn the Six Common Sense Feng Shui Tips for better job satisfaction and success.

What We See Is What We Get

Realize the power of seeing in influencing any situation, the presence of blind spots, and how to take more responsibility for the results we attain.

Work/Life Balance: The "Fragile" Juggling Act

Do you seek balance or "calm" in the middle of chaos? Find out how we arrived at this state and discover tips to improve personal balance at home and at work.

12 Health Myths That Even Your Doctor May Not Know

Dr. Kriva looks at current research and provides information to make informed decisions regarding health, on topics as varied as fluoride and tooth decay, sunscreen and skin cancer and vaccinations. Be prepared to leave surprised and better equipped to take care of your health.

WORKSITE ISSUES

Are We Having Fun Yet?

This session demonstrates how fun can be re-ignited in the workplace and contribute to performance. Explore how attitude impacts performance and success.

Being More Assertive: Speaking Up When You Need To

Do you want to say something but cannot seem to get it out? Do you wish you could say "no"? Learn to tell people what you think, feel, and want. This seminar focuses on making assertiveness an ongoing part of your life.

Communication During the Workday! Differences Between Men and Women

Relationships are the heart of any business, between the company and customers, management and employees, and among coworkers. This class covers:

- The languages men and women speak
- How men and women make decisions
- Reducing misunderstandings and increasing effectiveness
- Developing strategies to increase communication performance

Dealing with Difficult People

We all encounter difficult people in life. This workshop outlines 4 ways difficult people throw off our "balance" and create negative situations. Learn 5 easy strategies for helping others deal with difficult people.

Dealing with Difficult People at Work

This seminar enhances your understanding of negative behavior and your skills in dealing with difficult people. Topics include: causes of behavior, not reacting to reactive people, and developing your behavioral style.

Developing Win-Win Relationships

This seminar presents 6 paradigms of human interaction, thinking in a mutually beneficial manner, and developing win-win agreements.

WELLNESS SEMINARS

Difficult Conversations: How to Discuss What Matters Most

Based on research from the Harvard Negotiation Project, this session provides an approach for managing tough conversations with less stress and more success, focusing on preparation, avoiding defensiveness, and keeping conversations constructive and focused.

Feedback: Staying On Course

Giving and receiving feedback is important to achieving goals, developing our potential, and making a positive difference. Distinguish between affirming and critical feedback, the most important requirement of effective feedback, and the five steps of effective feedback.

Handling Conflict

This program presents five approaches to addressing conflict in the workplace and seven useful tools for coping with it.

If You Can't Change Your Life, Change Your Attitude

The ability to enjoy life and have fun is directly tied to a powerful, positive, energized attitude. Studies have shown that people with a positive attitude get sick less often, have better relationships, and are more successful in their careers. Join us to gain a new perspective while exploring ideas for improving everyday attitudes.

Innovate or Stagnate: The Cutting Edge of Change

Examine how creativity can be enhanced and focused toward innovation, cultivate a creative mind set, and use it to brainstorm solutions to problems. Empower staff to see change as an opportunity rather than a threat.

Job Stress and Burnout

Identify job stress and learn tools to help manage it. This seminar addresses the reality of stress valuable strategies for changing our response to it. Tailored for the corporate or non-profit workplace, this is an essential seminar for employees and managers in all settings.



Let's Make a Deal: Tips for Negotiating Win-Win Solutions

Discover techniques and strategies of principled negotiation. Gain the tools needed to achieve respectful, efficient, and mutually rewarding solutions.

Re-energize for Peak Performance

This class is designed to deal with stress and energy drain, often associated with a changing environment. Discover the signs and symptoms, causes, strategies for replenishing energy, and dealing with change in a positive and proactive manner.

Social Impact of Technology

While technology makes life easier and work more efficient, it can also cause stress and compromise quality of life. Discover how technology reshapes the lines between work and home, how technology produces social change, and learn to manage technology so it doesn't manage you!

Staying Energized in a Draining World

There is an energy crisis in America in our personal and professional lives. Increased stress is causing a loss of productivity running into billions of dollars. This seminar explores the symptoms and causes of stress and personal strategies for restoring energy. Develop your own "tool box" for combating burnout and reducing your personal stress.

Talkin' About Your Generation: Multi-Generational Differences in the Workplace

Generation gaps can make it difficult to accomplish things in the workplace. Learn practical tips for managing, motivating, and retaining multi-generational employees. This course is for managers, supervisors, and organization leaders, or can be delivered as a general awareness course for employees. Participants will:

- Learn about the influences that have shaped five generations.
- Discover generational similarities and differences.
- Learn tips and techniques to improve communication.
- Learn what motivates each generation.

Team Building: Understanding One Another's Differences

This course uses a psychological map to understand the strengths and needs of individuals. Team members gain perspective about personality style, new behavioral skills, and personal understanding. This awareness motivates individuals, increasing group cohesiveness and energy levels.

The Power of Perception: The Impact of Perception on Performance

Philosophers state that perception is reality, that what we know and understand to be true is not necessarily reality but is filtered through our method of looking at it—or “interprefacts.” This class explores how perceptions impact relationships and performance.

Workplace Stress and Relationships

Achieve a realistic personal balance, and minimize the impact of stress and change on others. Learn coping styles, how to build coping resources, and ways to manage stress in the workplace.

Workplace Challenges: Understanding Your Role

This seminar addresses the concept of “mirroring” and how it relates to the law of attraction. Discuss self evaluation as an effective way to understand challenging or conflicted situations and dynamics, and tools to resolve and release challenges.

NUTRITION & WEIGHT MANAGEMENT

Dining Out the Healthy Way

Choosing healthier foods can be difficult. It is easy to be tempted by the convenience of fast foods or restaurants. Participants will learn simple dining tips to keep their healthy lifestyle on track.

Eating for a Healthy Mind and Body

Learn how foods can make you tired, depressed, or happy, and how to make changes to your diet.

Essential Nutrients

This seminar distinguishes between carbohydrates, fats, proteins, minerals, vitamins, and water. Dietary recommendations and food sources will be identified, as well as their importance in maintaining a healthy body.

Fat Facts

Saturated, monounsaturated, polyunsaturated, and trans fatty acids are all confusing terms. This seminar describes the benefits of fats, distinguishes between good and bad fats, identifies sources of fat, and provides the latest research.

Grillin' and Chillin'

Summer months mean outdoor barbeques. Make these outings healthy for all with new recipes and healthy techniques for even the beginner cook.

Healthy Cooking 101

This seminar will provide information on how to shop for healthy ingredients, followed by how to cook and bake the heart-healthy way. Recipe modification, the power of herbs, retaining nutrients and low-sodium cooking will also be covered.

Healthy Kids, Healthy Families

Are you tired of fighting about food? Learn what kids need for healthy growth and development, and tips on getting your kids to eat right.

WELLNESS SEMINARS

Healthy Snacking for Children from Toddler to School Age

It's important to teach children the importance of healthy eating. Learn healthy snack ideas for kids from toddlers to school age children. Take home ideas to teach kids the importance of healthy and simple snacks.

Herbal Supplements – A Natural Alternative

This class includes a brief history of herbal medicine, and an overview of herbal supplements. Several common herbal supplements, their uses, effectiveness, and possible interactions will be discussed.

Maximize Your Metabolism

What is metabolism and how does it affect our body? This seminar covers the basics of metabolism and its relationship to weight loss/gain. Research on ways to improve metabolism and associated health issues will be highlighted.

Organic – Good, Bad or No Difference?

What does “organic” really amount to? Learn what it means and how to understand organic food labels. Participants will learn about local resources for organic products and buying tips.

Peak Performance

Learn how to achieve peak energy and performance levels, including nutrition, the role of water in health, nutritional supplements, enhancing joint flexibility, and avoiding injury to achieve long-term optimal performance.

Relapse Prevention

You've lost the weight, but how do you keep it off? This seminar covers the importance of physical activity and healthy eating habits for a lifetime. Learn skills to prepare and manage behavior and prepare for lapses and slips.

Soy Foods

Learn the health benefits of soy foods, sources of soy, and how to add soy to your diet.

Sugar Addict Recovery

Are you a sugar addict? Do you have success with low carb diets, but know it isn't healthy? Learn how to plan a diet that eliminates sugar cravings and promotes healthy weight.

The Competitive Edge – Eating for Athletic Performance

For those who are physically active and looking for information on proper nutrition, this seminar will address:

- Energy requirements
- Nutrients for peak performance
- Nutritional requirements for specific sports/durations
- Eating before, during and after activity
- Vitamin and mineral supplements
- Water or fluid replacement drinks

The Glycemic Index – What's this All About?

The glycemic index, or GI, ranks carbohydrates according to their effect on blood glucose levels. This seminar helps participants understand the glycemic index and how to apply it to a weight management program.

The End of Overeating; Taking Control of the Insatiable American Appetite

Join us to discuss the insatiable American appetite, and explore former FDA commissioner Dr. David Kessler's work on why we eat more than we need and what we can do to stop it.

Understanding Childhood Obesity

This seminar discusses the “Super-Sizing” of our children and identifies practical, accessible strategies and treatments for managing childhood obesity.

Understanding Food Labels

Do you read food labels at the grocery store? The FDA requires food labels, and this seminar helps you decipher them, determine nutrient content, and make wise choices.

Vegetarian Eating

The vegetarian diet is growing as people become aware of its health benefits. The basic elements and benefits will be addressed.

Vitamins, Minerals and Phytonutrients

Vitamins and minerals help the body to function properly and are found in nearly all foods, making it is important to eat a variety of healthy foods. This seminar provides information about essential vitamins and minerals.

Weight Management the Easy Way

According to the American Dietetic Association, one in four men and four in ten women is trying to lose weight. This seminar discusses the important components of healthy weight loss: nutrition, exercise, and behavioral change. Learn the safe and effective way to lose 1-2 pounds per week.

What to Eat

Are you tired of deciphering myths around healthy nutrition? Learn the best foods to promote good health and prevent chronic disease. Discuss "super" foods, how to promote health, and how these choices fit your lifestyle.



PHYSICAL ACTIVITY

Advanced Strength Training

Participants will learn how to get more out of their strength-training program by changing the order of exercises, trying new exercises, controlling recovery time, and other training for greater strength.

Athletic Injury Prevention

The number of available sports activities is growing at a rapid pace. Participating in sports is fun and can also develop fitness and coordination. Participants will learn how proper conditioning and safety can limit injuries and improve performance.

Biking 101

Bicycling is a healthy activity to enjoy for a lifetime. The beginning bicycle enthusiast will learn maintenance and repair, basic riding skills, and traffic laws.

Exercise – One Step at a Time

For some of us, an exercise program is difficult to start and maintain. This seminar is designed for the novice and teaches no-fail ways to incorporate exercise one step at a time.

Fitness Walking

Walking is easy on the joints, free, requires only a pair of shoes, and can be done anywhere. This seminar covers proper form, technique, and improving your fitness level.

How to Stay Fit While You Sit

Designed for people who sit all day, this seminar discusses ergonomic workplace design, injury prevention, and techniques to maintain fitness while sitting.

Just Try It

The seminar highlights how to incorporate more physical activity through the use of various equipment such as resistance bands, fitness balls, balance boards and BOSU balls. Participants will learn exercises to perform at home and try out the equipment!

WELLNESS SEMINARS

Office Yoga

Do you sit at a desk for long stretches? Feeling less flexible than you once did? Are headaches more common? By adding simple yoga movements and breathing techniques you can feel great again.

Strength Training for Everyone

One benefit of strength training is a boosted metabolism. Participants learn basic elements of a safe and effective strength training routine, names of major muscle groups and exercises that target them, the difference between sets and reps, proper form, and the basics of frequency and progression.

Stretching 101

A good program of warm-ups and stretching can make a big difference in flexibility. Anyone interested in improving performance, preventing injury, alleviating pain or feeling more flexible will appreciate this seminar.

Triathlon Training

Swimming, biking, and running are great cardiovascular workouts. When you combine them, you've got a triathlon. Triathlons are a great way to challenge your body and mind. The basics of triathlon training, workouts, and equipment are covered.

Wellness on the Road

Participants in this seminar will learn several ways to be "well" on the road, including workout routines for hotel rooms, eating healthy on the road, and proper ergonomics when traveling.

Working Out – Beyond the Basics

Are you interested in taking your workout routine to the next level? This seminar will recap the basics of aerobic exercise, strength training, and stretching. In addition, participants will learn about setting up individual workout routines, interval training, heart rates, exercise equipment, athletic shoes and more!

SAFETY

Ergonomics

Ergonomics is the science of human performance and well-being in various environments. The way your workspace is set up greatly affects body position and how you feel, and can lead to pain, chronic health problems, and impaired performance. Learn tips for improving body mechanics and the environment where you live and work.

How to Prevent On-the-Job Injuries

Preventing workplace injuries reduces workers' compensation costs and lost work days. Topics include: MSD (musculoskeletal disorder), how injuries occur and can be prevented, and proper ergonomics. This talk conforms to current voluntary OSHA guidelines for workplace ergonomics, and a certificate of participation is available.

Repetitive Motion Injuries

Tens of thousands of injuries are caused by repetitive motions including typing, computer mouse use, and recurring motions like twisting, turning, and grasping. Participants will learn ways to recognize and prevent injuries.

Safety Skills for Young Children

What should parents teach their children about basic safety? When should parents talk about safety? Discuss these and important questions. The presentation is oriented toward parents with children ages preschool to early elementary school.

Self Defense – Creating Awareness

Personal safety begins and centers on a survival mentality. Join us for a demonstration of self defense anyone can use in case of emergency. Learn how to set boundaries, practice communication skills, and develop the art of de-escalation.

Summer Survival

Along with summer comes many health and safety issues including sun safety, boating safety, bicycle safety, grilling safety, heat stroke, drinking water, tick bites, and more. Learn how to make your summer safe and healthy!

Taking Care of Your Back

Back pain is one of the most common workplace problems and the second leading cause of absenteeism from work according to the American Academy of Physical Medicine and Rehabilitation. Learn correct posture, and strengthening and stretching exercises.

Employees with common fitness goals enjoy doing group exercise together or participating in biking, running or walking clubs. Led by certified instructors, participants have fun while they build healthier, stress-free, disease-resistant bodies.

Check out our classes below. If you don't see a class listed that you would like offered at your organization, please inquire and we'll customize a class just for your group!

BASIC CLASSES

You provide the space; we will provide the motivation and expertise! The classes in this category are classic formats that will be enjoyed by fitness class novices and enthusiasts alike. Classes typically range from 20–60 minutes, but can be customized to accommodate your needs.

Abs 'N Backs

The muscles of the abdominal area and back are considered the "core" of your body. This area is involved in every movement you make. Increase the strength, endurance and flexibility of your "core" to make your daily activities easier.

Boot Camp

Are you up for the challenge? If so, then Boot Camp is calling your name! This intense workout is designed for those who are looking for something beyond the basic exercise program. This class includes cardiovascular and strength training drills and will be sure to make you sweat!

Cardio Sculpt

Get the most bang for your exercise buck with this total body workout complete with cardio, strength and flexibility—all in just 45 minutes!

Circuit Training

Maintain your target heart rate by combining cardio and strength training into one effective workout. This efficient and balanced workout will save you time and make you feel great!

Fitness 101

Are you new to exercise, or just a little intimidated because it's been a while since you've had a exercise routine? If so, then this class is for you! This class will teach you the basics of stretching, cardiovascular activity and strength training. Classes will be slower-paced and include hands-on demonstration as well as participation.



On the Ball

Work on coordination and stability as you strengthen your body with large stability balls. Core strengthening and balance is the main focus.

Rejuv-in-Eight!

Feel like there's not enough time to get to the Fitness Center? We're bringing the exercise to you! This eight minute class is the perfect way to fit exercise into a busy day.

GROUP EXERCISE



Step It Up

Taught on aerobic steps, this is a challenging, yet fun, cardiovascular class incorporating both upper and lower body movements. If you have never tried step aerobics, this class is a must!

Stretch 'n Flow

Work your joints through a range of motion to increase strength, flexibility and agility throughout the entire body. You will finish the class feeling relaxed and rejuvenated.

Tone 'n Tighten

Improve muscular strength and endurance through upper and lower body resistance training. This class accommodates a wide range of fitness levels. Get the toned body that you have always wanted using a variety of techniques and equipment.

W.O.W (Women on Weights) — For Women Only!

This class focuses on strengthening and sculpting all major muscle groups through the utilization of various equipment pieces. Proper form, technique and workout plans for all levels will be covered.

SPECIALTY CLASSES

The latest trends in the fitness industry can be offered to your employees. These innovative classes are led by certified and experienced instructors and can meet weekly, monthly or for a pre-determined number of sessions.

Cardio Kickboxing

Boxing, martial arts and hi-lo impact aerobics are combined for an intense cardiovascular workout involving all of the body's major muscle groups.

Group Cycle

The goal of our group cycling class is to increase your level of cardiovascular fitness as well as increase muscular endurance. The class is structured to provide beginner to advanced level participants a challenging, yet capable, workout. Participants are guided through a motivating workout that includes varied intensities, as well as correct riding mechanics. Classes utilize specific fixed-gear cycles.

Pilates

Develops a strong core, builds long muscles and flexible joints, creates an evenly-conditioned body, trains efficient patterns of motion and improves the mind-body connection.

T'ai Chi

Achieve stress reduction and improve your balance and flexibility through gentle movements.

Yoga

Promote strength and flexibility through various poses and stretches. The class will also concentrate on deep breathing and relaxation.

Yoga-Pilates Fusion

This class combines the best of both worlds! Yoga is an eastern Indian tradition which focuses on strength, flexibility and spirituality. Pilates focuses on building strength in the deep muscles of the abdominal region; the body's core. This class fuses both of these practices together and involves attaining specific postures, emphasizes correct breathing and meditative mindfulness.

Zumba

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party. Come see what's moving millions of people toward joy and health!

ACTIVITY CLUBS

Finding the motivation to exercise can be difficult for many people. Activity clubs are designed to motivate participants with similar interests and goals, making exercise seem easier and more enjoyable. Plan your organizations activity clubs around seasonal or annual events. Clubs can meet weekly, monthly or for a pre-determined number sessions.

Cycling Club

Let us organize and lead bike rides for your organization! Novice to advanced cyclists will develop riding skills and improve their physical fitness levels. All sessions are led by experienced cyclists who will help individuals reach their goals. Available for both road and trail riders.

Running Club

Runners of all experience levels will benefit from the discussions and workouts offered through this club. Participants will set goals and learn about proper running technique and form. An AdvantageHealth running instructor will be present to motivate and assist participants with their training programs. Available for all fitness levels!

Triathlon Club

This program is designed for anyone who has always wanted to complete a triathlon, but does not know how or where to begin. The program includes skill development and workouts focusing on the three sports of the triathlon (swimming, biking and running). All participants will be encouraged to participate in a local sprint triathlon (i.e. ½ mile swim, 13.4 mile bike, 3.1 mile run) as a long-term goal.

Walking Club

Walking in a group is always more fun than walking alone! An AdvantageHealth walking instructor will be there to motivate and assist participants with stretching, proper walking form and increasing participants' fitness levels.



SPECIALTY PROGRAMMING

A comprehensive wellness program includes a wide variety of programs and services to attract your entire population. Let AdvantageHealth assist you with providing these unique areas!

CPR/AED TRAINING

Knowing how to save a life is essential! Based on protocols set forth by the American Heart Association, participants will learn and practice life-saving techniques. After completion of the training, participants will receive their AHA certification.

ERGONOMIC WORKSITE EVALUATIONS

Performed in individual or small group format, our ergonomic specialists assess and make recommendations for proper workstation set-up for a wide variety of populations.

FITNESS CENTER STAFFING

AdvantageHealth provides degreed, certified and experienced fitness staff to motivate and educate fitness center members. Our staff can lead group exercise classes, assist members with workout routines, conduct fitness screenings and facilitate new member orientations and paperwork.

FITNESS EQUIPMENT ORIENTATIONS

Let AdvantageHealth fitness professionals provide the guidance your members need to know in order to exercise safely and effectively in your onsite fitness center. Our staff also manage member enrollment forms, medical release and consent forms.

HEALTH ACTIVITY TRACKER™

This is an online system that identifies and tracks health/lifestyle change for individuals and groups. With this tool, participants enter their biometric data and health activities through an online portal, and can view a report of all completed health activities. By achieving goals the employer sets, participants earn points that can translate into rewards and recognition through the employer's incentive plan.

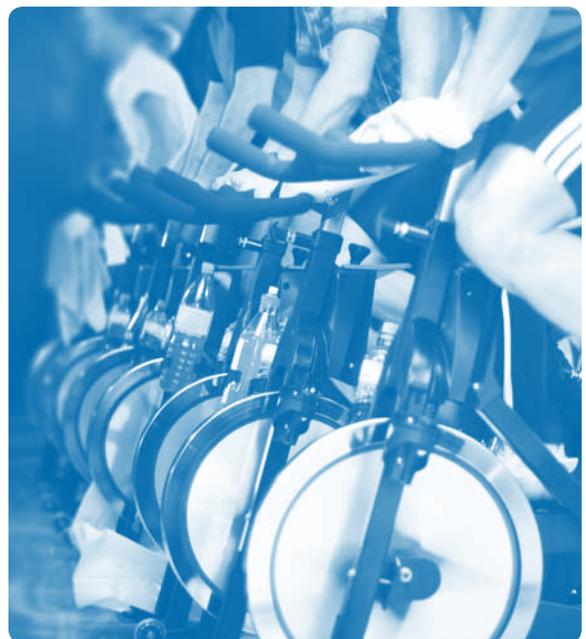
HEALTH FAIRS

Let our staff take care of all the details including designing a theme, coordinating vendors, setting up layout and directing employee flow the day of the event.

Educational Displays

(Perfect for making your health fair more festive!)

- Blood Pressure Display
- Cholesterol Display
- Diabetes Display
- Ergonomics Display
- Fitness Products Display
- Heart Health Display
- Physical Activity Display
- Nutrition Display
- Smoking Cessation Display
- Stress Management Display
- Weight Management Display



INCENTIVE CAMPAIGNS

Incentive campaigns are designed to create awareness around healthy behaviors, while providing rewards for achieving goals. Typically ranging in length from 4–12 weeks, these programs target risk areas such as physical activity, weight management, stress management, and nutrition.

Below are just a few of our popular incentive campaigns. All programs include customization, tracking card, promotional materials, education materials, plus a follow-up evaluation of your program. AdvantageHealth can also provide weekly administrative support.

Biggest Loser Challenge

The goal of this program is losing weight, either as individuals or teams. Each individual or team is weighed confidentially, the total weight is recorded each week, and percent of change is calculated. At the final weigh-in, the greatest percentage wins! You can also offer bonus points for completing a weekly food log, or attending a nutrition seminar or group exercise class.

Deskercise Challenge

This 4-week challenge is designed to add more physical activity and fitness into the workday. Each day, participants will challenge themselves to do one desk exercise and one desk stretch. Participants record a point for each day, and earn extra points by completing bonus challenges.

Dog Days of Summer

Teams of four compete to earn points based on exercise, proper nutrition, sleep, and other healthy behaviors during the summer months. Participants keep track of points on their tracking card each week that can be earned through recreational activity, and exercises such as aerobics and strength training.

Fitness Clue

This “murder mystery” program encourages healthy behaviors. Participants track their fitness activity in exchange for clues. The more participants exercise, the more clues they receive! As clues are accumulated, participants try to solve the case. If successful, they are entered into a drawing for prizes.

Hold the Holidays

Participants weigh in with their pre-Thanksgiving weight and sign a contract stating that they will practice healthy diet and exercise habits over the holidays. Participants commit to entering the New Year weighing less, the same, or within two pounds of their initial weight. Weigh-ins are then conducted on a weekly basis.

New Year, New You

This program focuses starting the year off stress-free. Each week focuses on goals like sleep, community involvement, organization, nutrition, physical activity, relationships and spiritual health. Participants keep track of goal progress.

Strong Bodies

Strength training is important for almost any fitness goal. Each week, participants learn an “exercise of the week,” plus workout tips to achieve their fitness goals. After 10 weeks, all exercises can be combined into a complete workout routine!

The Skyscraper Challenge

This program focuses on climbing six of the tallest buildings in the United States. Participants identify the number of steps in their workplace, and track their steps. Each week focuses on a different building. Prizes can be given out weekly to those who completed the building, and to those who completed all six buildings by the end.

Wellness Bingo

This program is designed for individuals to branch out and try activities that they wouldn't normally try. It is also a great way to encourage participants to switch up their workout routines. A “bingo” game card is created with various fitness and wellness activities in the squares. Participants receive one stamp for each activity, and a prize for each row completed.

Do you have a specific theme or incentive campaign idea for your organization? Let us customize a unique program just for you!

SPECIALTY PROGRAMMING

JUST STEP! WALKING PROGRAM

The Just Step! program is designed to get your organization moving! Available in both online and paper formats, participants keep track of steps as they walk to designated locations and can receive fun incentives along the way! The program requires the use of a pedometer to measure steps, which can be ordered directly through AdvantageHealth at discounted pricing. We customize a walking route and website specifically for your organization. Employees log in to record their steps, plus have access to walking tips and other motivational information!

MASSAGE

Table or chair massage; we bring the therapists to you! This can be a festive addition to a health fair, or to offer to your employees on a regular basis.



ONLINE WELLNESS CENTER™

Housed on our wellness portal, this is a comprehensive, online library of health-related information from evidence-based research.

Features include:

- Interactive health assessments, quizzes, and calculators
- Multiple health centers
- Monthly featured content, plus educational handouts and Health Challenges™
- Questions with answers from medical experts
- Keyword and phrase search ability

PERSONALIZED FITNESS CONSULTATIONS (PERSONAL TRAINING)

Degreed, certified and experienced fitness professionals assist with individual or group workout routines. These sessions can be offered on a periodic basis to employees, or on a regular schedule.

REGISTRATION SYSTEMS

Let us take care of facilitating your program registration. Telephonic, online and paper-based registration systems available.

TEAM BUILDING ACTIVITIES

Let our staff spice up your next staff meeting or employee retreat through innovative icebreakers and camaraderie-building activities!

WELLNOTES®

This monthly electronic health letter includes new research findings, quick health tips, downloadable health handouts, HealthChallenges™, featured web links, plus Ask the Wellness Doctor.

ADMINISTRATIVE SERVICES

Short on time? We can take care of the administrative tasks associated with your wellness program, such as incentive point tallying, data entry, communication and coordination. We can also take care of processing personal health information for your employees in order to be compliant with employer privacy guidelines.

FITNESS PRODUCTS

AdvantageHealth offers a full line of discounted fitness products at www.corporatefitnessproducts.com. This is a great resource for home fitness products or for ordering in larger quantities for onsite fitness centers.

INCENTIVE PRODUCTS

AdvantageHealth offers a wide array of customizable incentive products designed to encourage and reward healthy behaviors! Popular items include: t-shirts, water bottles, heart rate monitors, visors and more. Quantity discounts apply — please inquire.



ADVANTAGEHEALTH — WHO WE ARE

OUR VISION

To continuously improve our leadership in worksite promotion programs and services to our clients by utilizing the strengths of our people.

OUR MISSION

We will provide for our clients the knowledge and experience essential in leading innovative lifestyle improvement and behavior change programs that show a return on investment.

OUR FOCUS

Enhance the Quality of Life

We will provide for our clients programs which focus on reducing the risk for disease and enhancing the quality of lives for their employees.

Reduce Absenteeism

We will help clients minimize employee lost time due to illness and injury through health education and lifestyle coaching.

Improve Recruitment and Increase Retention

We will help encourage organizations to become “employers of choice” and take active roles in supporting programs and services to improve their populations’ health.

Increase Productivity

We will educate clients on the importance of providing opportunities for employees to be happy and healthy, so they work harder and longer.



