



equilibrium lifestyle management

ELM Workplace Wellness: Seminar & Workshop Topics

"Lunch & Learn", evening, half-day and full-day sessions available. Don't see your topic? Seminars and packages can be tailored to your business needs. Give us your suggestions and we will make it happen!

Activity Based Sessions: Mobility required for full participation

- Walking 101: One of the best activities to keep you fit for life!
- Running 101: First steps to becoming a smart runner.
- Postural Restructuring: Identify and correct poor posture...for life!
- Build a Better Back: Back education and injury prevention.
- Workplace Workout: Simple Exercises to prevent aches and pains at work
- Suitcase Workout: Traveling gym
- No Gym? No Problem! Workout without equipment...anywhere!
- Weight Training 101 (takes place at a local gym facility)
- Yoga for Anyone!*
- Pilates and the Core connection*
- Meditation: Soothe your stress, calm your mind and renew your spirit
- Self Massage: Release techniques for you!*
- What's in your cart? Grocery Store Tour (takes place at a local store)
- Cooking Classes: Sushi Rolling, Smoothies: Meal in a Cup, No Bake energy snacks...more!

Non-Activity Based:

- Fitting Fit In
- Anticipation into Action: Keys to getting started and staying active for life
- Keys to Healthy Weight Management...for Life!
- Fad Diets! Do they work? Setting the facts straight.
- SMART Goal Setting
- Motivate ME! How to stay on track with your active lifestyle.
- Stress Free! Busting strategies
- Workfit: Making sure your workstation Fits You!
- Build a Better Back: Prevention and Treatment of Back Pain
- Strong Bones for Life: Osteoporosis facts and fiction
- The Business of Health: How and Why Workplace Wellness Programs Work
- Nutrition 101: Healthy Guidelines and How to follow them
- Labelology: Reading nutrition labels and making healthy choices
- Breathing Room: Organize your space for harmony and decreased stress*
- Aromatherapy: Mend your mood!*
- Time Management: Tools you Need*
- Alternative Health: Defining 'new-age' healing practices
- Chinese Medicine and Acupuncture: Why are so many people heading east?*
- 'Shoe-Talk': Picking the right shoe for your needs*

*Topics led by experts from the community

FITNESS ADVENTURES

