



2017 Presentation Menu

Please review the onsite presentation guidelines and scheduling instructions at the end of this document.



Eat Healthy

Overcoming Emotional Eating

We all experience struggles in our lives, which often come with uncomfortable feelings like stress, anger, loneliness, etc. Many of us eat to cope with these feelings but this often leads to weight gain. In this presentation, you'll explore seven powerful alternative coping strategies to help you overcome emotional eating.

Fall in love with Veggies

Did you know that most Americans don't eat enough vegetables? If you're looking to add some sizzle to your diet, you might want to feature these important foods. We'll show you fun ways to add more veggies to your meals- plus offer tips on how to pump up the flavor.

Portion Control 101

Over the past few decades, portion sizes have grown at restaurants, at grocery stores, and at home. This has led to many of us consuming more calories than we need and gaining weight. Come and learn a number of helpful portion control techniques you can use in a variety of dining situations.

Diet Trends

From gluten-free to vegan, this presentation covers the special types of diets that many people follow and discusses the advantages and disadvantages of each.

Organic Foods – What's the Hype?

The availability and sales of organic foods have skyrocketed in the past few years. Learn how organic foods differ from conventional foods, along with labeling requirements and how to save money if you choose to buy organic.

Nutritional Sources of Energy

Nutrition is a popular but confusing health topic. Get back to the basics and learn the functions of carbohydrates, proteins and fats in the body and how to manage balanced eating.

Healthy Eating

Rate your plate! Learn about each food group, as well as proper portions, better choices and how nutrition can lower your risk of chronic conditions.

Shop Smart and Meal Plan

What does your shopping cart look like? Learn strategies to use while grocery shopping and tips to build healthier meals!

Ditch the Diet Mentality

Craving chocolate? Tired of the ups and downs of dieting? Break free of the diet mentality and learn the non-restrictive steps towards nutritional balance.

Super Foods

Get ready to prepare your grocery shopping list! Learn what “super foods” can be added to a healthy diet to help you feel more energetic, maintain a healthy weight and fight disease.

Be Tobacco Free

Tips to Quit Tobacco

We’ll explore how tobacco and nicotine affect the body, discuss strategies to quit and identify tips to help you stay on track with your tobacco free goals.



Get Fit

Go Digital, Go Healthy

We'll cover the latest apps, trackers, and wearables- plus your MyActiveHealth website. Today its easier than ever to manage and improve your health the digital way. You can go digital and we'll show you how.



Age Gracefully: The Active Older Adult

Older adults can gain great health benefits with a moderate amount of physical activity. Learn how to enhance the “aging process” by staying active and discover types of safe and effective exercises for both cardiovascular and muscular conditioning.

Get Moving Today!

Regular physical activity can improve your overall health and fitness, give you more energy and reduce your risk for many chronic diseases. We’ll discuss easy tips to fit activity into your busy schedule, and techniques to help you stay motivated.

Transform Your Exercise Routine

Are you bored with your normal exercise routine and looking to kick it up a notch? Learn how circuit training can help you take your exercise to the next level and some tips to keep it fun and fresh.

Essentials to Strength Training

Strength training can be intimidating, but it can also be rewarding. Learn the foundation of strength training and how to benefit from incorporating it into your regular exercise routine.

Blow Away Your Old Exercise Routine

Tired of the same old exercise routine? Discover new ways to stay fit and have fun. Topics will include aerobic activities, strength training, stretching and new fitness trends.

Mini Presentation: Cold Weather Exercise

(15-30min)

Learn how your body responds to cold temperatures, and even warns you when it's under stress. Plus learn tips to stay active (while staying safe) throughout the cooler months.

Couch to 5K

New to running and nervous about signing up for a race? Learn what to expect pre-race and during your race, as well as some tips for safely preparing for your first 5K.

Manage Stress



Healthy Mind, Healthy Body

Explore how your thoughts can affect your health. Imagine changing your thoughts and improving your overall wellbeing. Learn ways to cultivate a healthy mind and body.

The ABC's of Mindfulness

This interactive presentation provides the basics for how to implement mindfulness into your life and offers insight into some surprising benefits of building your mindfulness muscle. Includes a brief breathing meditation and ideas for formal and informal mindfulness practices.

Resilience: Bouncing Back

How well do you bounce back after a stressful situation? We will discover ways to build your inner strength and resiliency to help you adapt to change without feeling overwhelmed.

Battling Holiday Stress

Did you know that December is considered the most stressful month of the year? We will give you tips and resources to keep calm during the holidays.

The Gift of Health

Learn ways to enjoy the holidays this year, without the annual feelings of guilt and stress. We'll help you get more out of the food, family and celebrations.

Relaxation Techniques

Put your stressors in perspective. Learn quick, easy, and practical methods to relieve your stress.

Mental Wellness

We can eat healthy, exercise, and be tobacco-free, but still suffer from poor emotional wellness. Learn tips to better cope with stress, deal with anxiety, and improve your overall mental wellness.

Time Management and Work-Life Balance

Learn steps to organize your time and take back control of what is important in your life.

Think Well, Live Healthy

Stress isn't something that just happens to you; it can be brought on by the way you think. The key is to look at your thoughts in a new way – and change them for the better.

Condition Management



Cholesterol 101: Understanding the Basics

Did you know that people with high total cholesterol have approximately twice the risk for heart disease as people with ideal levels? Learn a number of lifestyle changes that you can make to help prevent and/or improve your cholesterol levels to help lower your risk of heart disease.

Understanding Asthma

Asthma, which affects about 8% of our population, can be a scary and dangerous condition. In this session, we will explore common triggers, signs and symptoms, medications, and the importance of developing an asthma care plan.

Living Well With Diabetes

Learn the basics of the growing epidemic of Diabetes and ways you can prevent or manage this condition.

Heart of the Matter

Heart disease is the leading cause of death among both men and women. Join us to learn the lifestyle changes you can make to lower your risk.

Controlling Your Blood Pressure

Stress, alcohol, a poor diet, lack of exercise. What really affects blood pressure levels? Learn which lifestyle factors you can control and how to manage or prevent high blood pressure.





Preventive Health

Weight Loss: Building a Solid Foundation

When a contractor builds a house, they use trusted building principles and some must-have tools to ensure a solid foundation. Plan to attend and examine essential weight loss principles and trusted weight loss tools that you'll want to use as you build your weight loss plan.

The Buzz about Bones

Our bones support us and allow us to move. They protect our brain, heart, and other organs, and store minerals that help to keep them strong. How can you take better care of our bones? You'll learn everything you need to know in this helpful seminar.

Sun Safety

Do you tend to spend a lot of time in the sun? If so, remember that skin cancer is the most common cancer in the U.S. Learn the facts surrounding skin cancer and discover ways to protect your body from the sun.

Wellness Jeopardy

Want to learn how to maximize your wellness? This interactive group presentation will have you answering questions related to various conditions, physical activity, nutrition, and stress management in a fun and exciting game show format.

Boost Your Brainpower as You Age

As the years pass, your health becomes more important than ever. We'll discuss how to improve your memory, boost your brain power and develop tools for staying healthy as you age.

Immunizations

Learn about immunity, how vaccines work, who should get vaccinated and what options are available for people of all ages.

Preventive Health for Men and Women

Along with healthy lifestyle behaviors, preventive doctor visits are important to control and manage your long-term health. Learn the health screenings recommended for both men and women, what age you need to take action and important questions to ask your doctor.

Road to Wellness: Know Your Numbers

Why are your biometric numbers important and how do you reach ideal ranges? We will discuss how to control and manage your weight, blood pressure, cholesterol, triglycerides and blood sugar.

Men's Health

How do men differ from women when it comes to health? Learn the top male health threats, age-specific preventive screenings, questions to ask your doctor and much more.

Women's Health

How do women differ from men when it comes to health? Learn the top female health threats, age-specific preventive screenings, questions to ask your doctor and much more.

Preventive Posture

Daily repetitive activities can cause aches and pains in our bodies if we don't focus on the mechanics of everyday movements. We will explore effective techniques to improve your posture while standing, sitting and sleeping.

Miscellaneous



Sounder Sleep

We all would like better quality and quantity of sleep, right? Learn the many lifestyle, environmental, and medical “best practices” to help you get the restful slumber you deserve.

New Year, New You

Ring in the New Year with some healthy new habits. Are you ready to lose some weight? Eat a little healthier? Manage your stress? We'll focus on setting goals, overcoming challenges and getting fired up.

Goal Setting 101

How ready are you to make a healthy lifestyle change? To answer that question, you must first think about your values, motivations, strengths, support systems, and even roadblocks that stand in your way. We'll discuss all of these and help you develop a S.M.A.R.T. goal that makes sense.

Complementary Health Approaches

The introduction of complementary therapies has opened the door to a world of alternative health care options. Leave with a better understanding and learn the potential benefits of therapies such as acupuncture, massage, chiropractic, meditation and much more.

Ready, Set, Go!

Do you find yourself setting the same goals every year? In this seminar, you will learn about the 5 *Stages of Change*, the importance of each stage and how to use this understanding to successfully achieve your health goals.

Stay Healthy on a Budget

You don't need anything fancy, expensive or complicated to live a healthy life. Learn how to stretch your dollar while staying on top of your health!



Onsite Presentation Guidelines

Minimum Attendance: A minimum attendance of 20 unique members per day is required. Hosting multiple sessions in one day is allowed to help meet this minimum.

Frequency Limitations: Sites that do not reach the minimum attendance 2 times in a row must wait 3 months before requesting another onsite session. Sessions will be booked on a first come, first serve basis.

Minimum Lead Time: Coaches require a minimum of 30 days notice to schedule onsite coaching sessions.

Presentation Length: Coaching sessions can last between 30 and 60 minutes per session, but at least 40 minutes per presentation is preferred. Session length is at the discretion of the site.

To schedule an onsite presentation at your worksite, contact nhealthsmart@nctreasurer.com