

WELLNESS & FITNESS PRESENTATIONS



Powerful wellness and fitness workshops offered through the Blomquist Hale Employee Assistance Program (EAP). Courses are generally presented at work-site and can be designed to offer helpful suggestions on a variety of topics. (Class lasts approximately 45 minutes with 15 minutes Q&A.)

Shape Up! It's no secret that most of us could benefit from getting into better shape and that two out of every three Americans are overweight. But the process of "getting in shape" entails a whole lot more than just shedding a few pounds. This presentation will not only define what getting in shape means, but identify the many factors that influence shape improvement and expel the common misconceptions about weight loss and body fat reduction. (Power Point, Handouts) Presented by Denise Hall- National Fitness Professional.

Workplace Workout. Take your workout right to your desk! Getting in shape takes effort, dedication, and most of all time. In the working world today, time is tough to come by. Stretching and strengthening are critical factors in achieving peak physical potential, as well as for preventing the likelihood of injuries. The following demonstration includes effective flexibility and body-weight resistance exercises you can do at your desk, in a matter of minutes, right in the comfort and privacy of your own office. (Demonstration, Handouts) Presented by Denise Hall- National Fitness professional.

Yoga in the Work Place. The office can be filled with many pressures: deadlines to meet, stress from superiors or co-workers, budgets, etc. There are times when you need to step back and regroup! The practice of yoga is an effective, fun solution that includes breathing techniques, postural alignment, flexibility exercise, and relaxation disciplines. *Yoga in the Work Place* allows you to take a few minutes and turn it into the energy and mind-set you need to perform at your highest professional level. (Demonstration, Handouts) Presented by Denise Hall- National Fitness Professional.

On the Ball. Have you ever-experienced lower back pain? Is it hard tying your shoes or playing with your children? Do you experience uncomfortable side effects from exercising? These symptoms often result from limited "core" strength and flexibility. Fortunately there is a fun, portable and affordable solution and it's called the *Stability Ball!* This course will discuss muscular balance, joint stabilization and cover the benefits, techniques, and precautions of using this device as well as offer visual demonstrations of many of the most popular stability ball exercises. (Demonstration, Handouts) Presented by Denise Hall- National Fitness Professional.

AB Solution. When you have a good, stable center, every movement you do with your arms and legs is more efficient. Take your AB routine to the next level with the Ab Solution wellness course. Learn the best crunches for achieving a gorgeous and flat stomach. Learn amazing techniques that built strong abdominal muscles and learn the best way to diet for awesome abs. (Power Point, Demonstration and Handouts) Presented by Denise Hall- National Fitness Professional.



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CONSULTING
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Push Back and Stretch. Stretching reduces your risk of injury by improving muscle tone, balance, posture, and by reducing stress and tension. After a hard workout, your muscles tend to tighten and become shorter. Stretching will help still muscles elongate back to their original length and will help you recover faster. Stretching a few minutes a day makes a difference. This program will show you how to incorporate stretching into your daily routine and experience its positive benefits. (Power Point, Demonstration and Handouts) Presented by Denise Hall- National Fitness Professional.

Building a Fitness Plan You Love. Exercise is not just about how many repetitions a person can withstand or how much weight a person can lift. Exercise is about moving. Did you know that there are numerous ways a person can enjoy exercising that do not involve weight training? Learn to build a fitness plan that works for you and your individual needs. (Power Point, Handouts) Presented by Denise Hall- National Fitness Professional.

Optimum Performance Training. Because you only have a certain amount of energy for each workout, you need to get the most out of every minute. Learn to combine cardio, strength training and stability to design the best possible workout and achieve the best results. (Power Point, Handouts) Presented by Denise Hall- National Fitness Professional

Feng Shui Your Office Space. Use Feng Shui as a tool to enhance business success. Learn how to design your office into a productive, profitable and stress-free environment using the easy-to-use Feng Shui tools. (Power Point, Handouts) Presented by Denise Hall- National Fitness Professional

Circuit Training. If you would like to add variety to your exercise program or feel that you've hit a plateau with your current strength training routines, it may be helpful to try a different technique. Learn how circuit training can change up the traditional daily routine. (Demonstration, Handouts) Presented by Denise Hall – National Fitness Professional

Bosu Balance. The Bosu Balance creates exercise you can do by facilitating your whole body strength. This interactive presentation creates a movement range from easy to difficult and from static to dynamic. (Demonstration, Handouts) Presented by Denise Hall – National Fitness Professional

NUTRITION COURSES

Intuitive Eating: Let Your Body be the Guide. Does it seem that your food choices and eating behaviors are beyond control? Have you tried every diet and still aren't satisfied? Does your inner 'food police' punish you for eating, even when you're hungry? This course will help you take control of your nutrition by teaching you how to listen to body signals rather than misleading external cues. You'll identify eating styles, learn how to honor hunger, identify good/bad foods, stop food guilt and bring pleasure and satisfaction back to eating. Intuitive Eating helps you to become an intuitive eater and rediscover your body's natural ability to nourish itself. (Power Point, Handouts) Presented by Denise Hall- National Fitness Professional

Good Nutrition on-the-Go. If you're like most Americans, you eat at least one-third of your meals away from home. Fast food, restaurants, on the job, you are always on the go! You work hard, and healthy eating seems like the last thing on your mind. Luckily, your busy lifestyle doesn't have to be an obstacle to good nutrition. In this course you will discover the secrets of smart dining and making healthy food choices wherever you are—from a convenience store to the boardroom. You'll learn how to easily prepare tasty, good-for-you meals that can travel with you wherever you go. Create your own menu for "power lunches" and meetings, learn strategies to keep your energy and mental focus high throughout the day, and find out how to put the "eating well" back into your busy schedule. (Power Point, Handouts) presented by Denise Hall- National Fitness Professional

WELLNESS AND DISEASE PREVENTION

Prove it! Changing Behavior is NOT Easy. Yet, making healthy, lasting lifestyle adjustments is possible! This course will examine the dynamics and challenges involved with personal change. Using the Stages of Readiness for Change model as a foundation, you will learn how to take logical steps for progression and gain the understanding you need to make real changes in your life. Audience participation is encouraged. (Power Point, Handouts) Presented by Denise Hall – National Fitness Professional



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Confident Body. 24% of women and 17% of men say they would give up more than three years of their life to be thinner. Poor body image comes from a variety of factors. These include media and cultural influences, parental and peer messages and more. The advertising industry ties the complex issue of body image with materialism. As a result, a slender body is associated with wealth, health, and attractiveness. This presentation will explore the factors that influence body image and offer the help in learning how to love the body we have. *(Power Point, Handouts) Presented by Denise Hall – National Fitness Professional*

Hypertension: The Silent Killer. Hypertension, commonly referred to as high blood pressure, affects over 60 million lives across our country—that's one out of every four Americans! It's the leading cause of stroke, heart disease, heart failure, kidney failure, and blindness and contributes to the deaths of 250,000 Americans annually. Hypertension is known as the "silent killer" because there are no symptoms and 30% of us don't even know that we have it. This seminar will increase awareness of this deadly disease and offer effective strategies to safely detect and manage hypertension. *(Power Point, Handouts) Presented by Denise Hall – National Fitness Professional*

Building a Strong Foundation. Making the commitment to be healthier can be difficult. Learn in the course new goal-setting techniques to motivate and inspire you to work towards a healthier lifestyle. *(Power Point, Handouts) Presented by Denise Hall – National Fitness Professional*

Keeping a Healthy Lifestyle of a Busy Schedule. You don't have time for fitness. The kids need your attention. Work at the office seems to be consuming all of your time. There is no more energy left at the end of the day to even think about exercising. Perhaps it's not a matter of postponement, but priorities. Even the busiest of schedules has time for fitness activities. Learn creative ways to stay fit with exercise. *(Power Point, Handouts) Presented by Denise Hall – National Fitness Professional*

Simple Ways to Eat Healthy. This course covers easy ways to work through the "new" food pyramid. Learn to read labels, stay healthy while eating out and opportunities to share healthy habits. *Presented by Tara Tribe – Health Promotion Specialist.*

Dental Health. Cover the recommendations for oral health (*brushing, flossing, X-rays, and check-ups*). Common oral health disorders can significantly effect our general health and wellness. *Presented by Tara Tribe – Health Promotion Specialist.*

Walking for Fitness. Heart rate monitoring, steps to starting a walking program, benefits of a walking program. *Presented by Tara Tribe – Health Promotion Specialist*

Holiday Eating. The science of the appetite, intuitive eating, causes for holiday weight gain, and techniques to avoid holiday weight gain. *Presented by Tara Tribe – Health Promotion Specialist*

Sleep. Why do we sleep, common sleep myths, brainwaves and sleep-wake cycles. Learn techniques to improve your sleep. *Presented by Tara Tribe – Health Promotion Specialist*

Stress Management. What is stress, the causes of stress, the symptoms of stress, stress management techniques and strategies to effectively manage the stress levels in your life. *Presented by Tara Tribe – Health Promotion Specialist*

Exercise and Fitness. Learn aerobic and anaerobic fitness components, benefits from an aerobic and anaerobic fitness and learn ways to incorporate exercise and fitness into your life. *Presented by Tara Tribe – Health Promotion Specialist*

Men's Health. Health problems, prevention methods, medical tests and check-ups. General wellness and men's health. *Presented by Tara Tribe – Health Promotion Specialist*

Traveling Fit. Learn how to maintain healthy behaviors before a trip, during travels (*driving and flying*), and while you are on vacation, targeting relaxation. *Presented by Tara Tribe – Health Promotion Specialist*

Know Your Biometric Numbers. Cover the standards for biometric numbers, including cholesterol, glucose, triglycerides, BMI, and body fat. Techniques to lower any high risk factors. *Presented by Tara Tribe – Health Promotion Specialist.*



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