

## Wellness Lecture Topics

*Instructors can provide evidence based courses combining topics to suit the needs of your organization from 30 mins- 8 hours.*

### Nutrition

**Increasing Metabolism: Strategies to Fuel the Fire-** *learn strategies to increase metabolism to promote a healthy weight.*

**Intermittent Fasting and Fad Diets-** *Learn what you need to know about intermittent fasting and fad diets. Let's debunk myths and figure out what works.*

**Performance Nutrition: Eating Before, During, and After Exercise-** *let us break down the myths and teach you what you really need to eat to perform better*

**Understanding Importance of The Body's Micro-organisms-** *Do you know research is constantly discovering the connection between the microbe that lives in and on our body and how it impacts our health and potential risk of diseases? Come learn about the various roles our living micro-organisms do to keep us healthy.*

**Food Detox 101-** *There are many diets out there that use the term "Detox". Come learn the various types of detox cleanses often marketed for ridding toxins from the body.*

**Protein, Carbohydrates and Fats-** *each micronutrient examined in depth*

**Healthy Snacking-** *guidelines for healthy snacks and healthier eating to include tips and tricks to help day to day*

**Sugar-** *what is it really doing to our body? Find out where sugar is hidden and better understand why it is damaging to our bodies*

**Hormone Regulation for Weight Management-** *find out what hormones have an impact on our weight and how to balance these hormones specifically*

**Organic vs Conventional-** *dive into the regulations and processes of organic and conventional meat and farming methods*

**Vitamins and Minerals-** *all you need to know about vitamins and minerals*

**Food Logging-** *what food logging is all about, the good and the bad*

**Intro to Nutrition-** *understand the principles of nutrition and how to apply it to your life*

**COMING SOON: Emerging Research Regarding Tart Cherry Juice & Protein-** *New findings regarding Tart Cherry Juice has been shown to decrease inflammation within the body. How this supplement might help in muscle recovery and therefore help with training. Gain a better understanding on what the research is saying regarding protein intake and athletic performance.*

## Behavior

**The Habit Loop: Changing Behavior to Promote Health-** *learn evidence based ways to change bad habits and promote good habits!*

**Resilience 101-** *Understand how you can build resilience and charge your battery through changing the way you sit and how you breathe.*

**The Science of Gratitude-** *Learn how this simple practice can rewire your brain to be more positive. Gratitude is a practice that can transform the way you look at life and can shift organizational culture to be more positive.*

**Weight Loss Strategies and Behavior-** *Discover some weight loss strategies that will help with changing the mindset to lose weight*

## Exercise

**Practical Strategies to Improve Posture and Health-** *with the majority of our work being performed in front of a screen, many times our posture is compromised. This class will teach you simple strategies to maintain balance at the office, car, on the phone, and in life. Includes active demonstration.*

**Strength Training 101-** *Understand the benefits of strength training. Learn how much, what type, and why. This class includes active demonstration.*

**Yoga-** *Office yoga, floor yoga, restorative yoga, and power yoga. Tailored classes for your population including the science of this ancient practice that improves health and vitality*

**Are You Sabotaging Your Training?** *Are you not seeing the results you are wanting through your exercise routine? Could you possibly be spinning your wheels and sabotaging your results? Let us teach you possible pitfalls that could be hurting your progress.*

**Home Workout Ideas-** *Are you often in a time crunch because of other life responsibilities? Or do you would you like to exercise with the convenience and privacy of your home? Come learn about equipment and various exercise routines to get the job done.*

**Heart Rate Training-** *The two biggest mistakes individuals often make with their training is they train too hard or not hard enough. Learn to train "smarter", not harder through monitoring your heart rate.*

**Latest Weight Loss Research-** *Have you ever lost weight and wondered why it comes back? In this lecture, we take a look at why it's so easy to regain weight and simple methods to help keep it off.*

**Cardiovascular Conditioning vs. Strength Training-** *It often times can be confusing on which is more important when training. Come learn about the benefits of each method.*

**Suspension Training-** *Come learn various exercises that work your entire body. This is an activity clinic and done at DPS HQ.*

**Running Technique-** *This discussion will cover proper vs. improper running mechanics. This lecture is great if running is something you typically do or want to learn how to run.*

**COMING SOON: Which Recovery Methods Help Training Success-** *If you invest in time to train, you'll also want to understand various methods to help the body recover before the next training session*

## **Sleep**

**Sleep: Why, How, and How Much Do We Really Need?** – *learn how to improve quality of sleep, signs of common sleep disorders, and the correlation between sleep and performance*