Mind Your Health educational seminars provide engaging, practical, science-based information in a group setting to help raise awareness of healthy choices and reduce health risks among employees. The one-hour seminars are provided by on-site professionals.
“Very motivating presentation with current information. Slides were all educational, if not refreshing. I think these lunch-time seminars are great!”

—Mind Your Health participant

Program benefits

- Content is scientifically validated and uses up-to-date health industry guidelines.
- On-site seminars raise program visibility and provide timely information to participants.
- Marketing materials are included.

Participants receive:

- Information designed to raise awareness, educate and provide useful strategies for making positive lifestyle changes
- Actionable health tips in a fun, social environment
- An information-packed handout that reinforces new knowledge acquired during the seminar

Available seminars

- **Back Health – Preventing Pain and Strain**: Why back health matters, back pain triggers, and preventive back care tips.
- **Blood Pressure – A Vital Force For Life**: What your blood pressure should be, risk factors for high blood pressure, and how to take control of your risk.
- **Building Strength – A Cornerstone for Good Health**: Benefits and guidelines of strength training, tips for designing a workout, and breaking down barriers to exercise.
- **Delicious Vegetables – Adding Nutrients the Tasty Way**: Benefits from eating plenty of vegetables and fruits, simple tips for fitting more vegetables into the day, and affordable ways to eat healthy.
- **Depression in America – Understanding its Impact**: Facts about depression and its impact on society, common depression symptoms, and helping a friend or loved one get the support they need.
- **Family Health – Solving the Family Health Puzzle**: Increase awareness of prevention, tips for healthy food choices, staying active, being safe, and supporting healthy teens.
- **Fiber – It’s Good for Your Health**: Benefits of eating a fiber-rich diet, the best food sources for fiber and tips for fitting it in.
- **Fitting in Fitness – Exercise Options for Busy People**: Guidelines for a balanced fitness program, tips to fit in fitness, and five keys to success for healthy behaviors.
- **Food Safety 101 – Know the Facts**: What causes foodborne illness, recognizing those symptoms and steps to keep food safe.
- **Flu Prevention – Steps to Stay Well**: Flu season is an annual occurrence, but getting the flu doesn’t have to be with these simple steps.
- **Gluten Awareness – Insight into the Gluten-Free Trend**: What gluten is and its role in foods, things to consider before choosing a gluten-free lifestyle, and the difference between celiac disease, wheat allergies and gluten sensitivity.
- **Healthy Eating – Step Up to the Plate**: Tools to personalize your eating plan, healthy eating tips, and how to eat healthy without breaking your budget.
- **Healthy Lunches – At Home and On the Go**: Simple tips for packing a healthy lunch, ideas for eating out healthfully, and how to make lunch breaks healthy and enjoyable.
- **Healthy Weight – Set Yourself Up for Success**: How to develop a lifetime eating plan, improve eating behaviors, and lose weight safely.

- **Heart Healthy Living – The Beat Goes On**: What causes heart disease, controllable and uncontrollable risks for coronary artery disease, and lifestyle choices for a healthy heart.

- **Lifestyle and Cancer – Reduce Your Risks**: Key lifestyle factors that affect cancer risk and screening guidelines to help detect cancer early.

- **Manage Stress – Before it Manages You**: Identify stress-related symptoms, categorize stressors, learn when to take action or use coping skills, and quick relaxation techniques.

- **Meditation and Yoga – Connecting Body and Mind**: Learn the origins and experience meditation and yoga activities to see if they are right for you.

- **Men’s Health – Operating at Peak Performance**: Being at your best means paying attention to everyday choices for good health. Tips for heart health, cancer prevention and healthy lifestyle.

- **Metabolic Syndrome – Are You at Risk?**: What metabolic syndrome is, how to recognize the warning signs, and steps that can reduce risk.

- **Oral Health – Beyond a Beautiful Smile**: How oral health connects to overall health and well-being, along with common oral health problems and treatments.

- **Quitting Tobacco – Set Yourself up for Success**: Ready to quit? Increase your chance of success through proper preparation, planning, support tools and commitment.

- **Sleep – Wake Up to Good Health**: What really happens during sleep, impact of sleep loss, and tips for getting a good night’s sleep.

- **Sugar Savvy – Get the Scoop**: Sugar myths versus facts, tips for choosing foods and beverages with less sugar, and pros and cons of sugar substitutes.

- **Train for a Healthy Brain – The Lifestyle Connection**: Lifestyle steps you can take to promote brain health, common threats including memory loss and stroke and recognizing signs of stroke.

- **Understanding Cholesterol – Your Key to Heart Health**: The components of the lipid profile and what they mean, lifestyle factors that can impact and improve cholesterol levels, and simple tips to keep cholesterol in a healthy range.

- **Vitamins and Supplements – What You Need to Know**: Learn whether supplementing your diet with vitamins, minerals and herbal supplements make sense for you.

- **Walking – Step Up to Good Health**: Benefits of an active lifestyle, ways to “spice up” walking so it’s fun and interesting, strategies for walking safely, overcoming barriers and including family and friends.

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**Target Audience**: The diverse topics are designed to appeal across an entire population, including a range of employee demographics and anyone who is interested in learning something new to improve his/her health and lifestyle.
Well-Being – *The Many Ways to Look at Health*: Components of well-being and how they are connected, the impact of well-being on family, work and the community, and strategies to improve overall well-being.

Women’s Health – *Taking Care of You*: Basics of a healthy lifestyle, tips for heart, breast and bone health, and how to manage menopause symptoms.

Your Health – *It’s a Numbers Game*: Healthy ranges for body mass index (BMI), waist circumference, blood pressure, blood lipids (cholesterol) and blood glucose, along with lifestyle behaviors that can help keep numbers in check.

Your Health Action Plan – *Small Steps to Big Changes*: Explore the possibilities for change, learn how people change, understand why small steps are so important, and create an action plan to get started.

Seminars require on-site staff