



Health Solutions'

Catalog of Topics



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Health Solutions'

Catalog of Topics

Ergonomics

Lifting Techniques
Expecting the Unexpected
New Baby – New Back Pain
Keep It Close/Keep It Curved
Home/Work Biomechanics
Travel Relief
Back Basics
Repetitive Strain Injuries
Relieving Desk Stress: Sitting
for long periods of time
Healthy Posture
Desk Exercises
Body Mechanics I & II
Back Injury Prevention

Avoiding Eye Strain
Warm-ups for Work/Play
Reduce Backaches/Headaches
Trucker's Ergonomics
Driving Relief
Developing a Biomechanical Eye
Carpal Tunnel – Easy to Avoid
Ergonomic 1st Aid ©
Moving Strategies for Back Safety
Work (& Play) Hardening
Field Ergonomics
Slips, Trips, & Falls: A.W.A.R.E
Maintenance Stretches



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Exercise

FAT ATTACK! – Exercise for Fat Loss

Muscular Strength and Endurance

Worksite Warm-ups

Easy Relaxation Exercises

Personal Training

Arthritis

Driving Exercised

Fitting Exercise into a Workaholics Life

Tons of Sit-ups But Yet No Flat Stomach!

PEC Program© - *Personal Exercise Circuit*

Energy Exercises/Take 5!

Spring Cleanup

Aerobic vs. Anaerobic Exercise

General Flexibility

Improve my Golf!

Get & Stay Motivated

Pregnancy-Pre & Post Exercises

“No Sweat” – Easy Exercises for Fat Loss

Airport Survival “Fitness Flight Bag”

Getting Started with Exercise

Exercise to Target Body Fat

Stretches to Prevent Injury

Resistive Training

Get a “Sports Car” Body

Exercise Equipment Demonstrations



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Stress

Time Management

Don't Surrender to Stress

Addictive Habits

Effective Listening

Tools to Dispel Distress

Exercises to Relieve Stress

Co-Worker Conflict

Problem Resolution

Developing Company
Synergy

Family Relations

Assertive Communication

Inner Critic

Change Management

Balancing Work & Family

Handling Difficult Personalities

Win/Win Communication

"Self" Time/Investing in Yourself

Parenting Teens

Managing Your Workload

Criticism/Not Taking It Personally

Sleep: The Other Stress Reducer

The Ten Commandments of Happy
Health

Surviving the Holidays

Male/Female Communication

Working with Difficult People

General Management Skills



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Nutrition

Learn to be Lean© - Eating & Exercise for Fat Loss

Reading Food Labels

Eating for Optimum Performance

How to Trim Fat Painlessly

"Fad" Diets

The Calcium Connection

Hydrating: The Wonders of Water

General Nutrition

Eating for Your Ailments

Eating for High Blood Pressure

Surviving the Holidays

Sodium

Lean Fast Food

Dining Out Lean

Healthy Busy Lifestyle Eating

Lowering Cholesterol

Eating on the Road

"I Hate to Cook" Club

High Stress Nutrition Strategies

Energy Eating

Eating to Prevent Cancer

Fast Not F-A-T Snacking

Food Pyramid/Food Labels



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Safety

Ergonomic 1st Aid©

24/7 Safety

Biomechanics I

Biomechanics II

Lifestyle Safety:

Takes the

"Pain" out

of Your Work & Play

Reduce Office Injuries:
Think Outside the "Box" or
"Cube"

Beat the Heat

Perfect Posture

Travel

Work Hardening

Slips, Trips, and Falls –
A.W.A.R.E

Take Safety Home



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Medical

Arthritis

Blood Pressure

Cancer (Breast,
Prostrate, Colorectal,
Skin, etc.)

Diabetes

Cholesterol

Osteoporosis

Hearing