



WELLNESS LECTURES

At Home Fitness

- Tips for exercising at home to save time and money
- Discuss use of household items for a full body workout

Cancer Risk Reduction

- Discuss age to start screenings & when to do self exams
- Hand out a week of “Cancer Prevention Bingo” which participants can play at home

Cold and Flu

- Information on seasonal cold and flu
- Prevention of cold and flu through lifestyle choices
- Participants try Glo-Germ demonstration to see how well they wash their hands

Eye Health

- General eye protection, visual acuity, Snellen chart demo
- The importance of eye exams and how often individuals should have them
- Eye diseases - causes and prevention

Healthful Eating on a Budget

- Tips on how to eat healthy without spending too much
- Examples of comparison shopping & how much can be saved
- “Price is Right” activity using cost differences of food items

Healthy Aging/Memory

- Preventing memory loss with age
- Tips and tricks to improve memory
- Participants play a memory game

Holiday Health

- Maintaining health through the holiday season - including exercise, nutrition, and stress management
- Activity on modifying a recipe with healthier ingredients
- Participants may bring in their own recipes that day for ideas for modification

Importance of Exercise

- Statistics on the rising obesity rate in the U.S.
- Importance of cardiovascular exercise, weight training, flexibility, and balance
- Overview of the many benefits of exercise

Know Your Fats

- Discussion of the different types of fats
- Examples of good fats vs. bad fats & health effects
- American Heart Association recommendations

Living Will/DPOA

- Importance and benefits of having advanced directives
- Review of the form - filling out, assigning durable power of attorney

Lung Health

- Lifestyle & genetic factors affecting lung health
- Visual aids from Breathe NH if available
- Lung capacity discussion and testing

Making the Most of your MD Visit

- Preparation for your annual exam - medication list, blood work, and question list for your doctor
- Being clear, persistent, and honest during your visit

Mouth/Body Connection

- Connection between oral health and overall health
- Importance of oral hygiene
- Toothbrush/toothpaste/floss giveaways if available

Nutrition 101

- Overview of “My Pyramid”
- Calorie intake vs. expenditure in weight maintenance
- Discussion of various important nutrients

Nutrition Labels

- How to read and understand nutrition labels
- “Label Language” - light, low fat, reduced, organic, etc.

Personality Types

- Participants take an abbreviated Myers Briggs personality test to discover their personality types
- How personality types affect communication at work, relationships, and even exercise preference

Portion Distortion

- Discuss increases in portion sizes over the last 20 years
- How to eat healthier, smaller portions while out and at home

Stress Management

- Sources of stress - life events, long term worries, daily hassles
- Effects of stress - physical, emotional, work, sleep
- Stress management techniques

Summer Health (Lyme Disease, EEE, Skin Care)

- Info on diseases – symptoms, treatment, and prevention
- Discuss summer skin care
- Sunscreen samples if available

Walking for Wellness

- Benefits of walking, preparation, attire, and staying motivated
- Walking trivia, show of helpful websites
- Stretch break to demonstrate important stretches

What do Those Numbers Mean?

- Disease management - blood pressure, cholesterol, diabetes
- How to improve numbers
- Blood pressure checks for those interested

Updated: 11/10/2009