

# Workplace Wellness: Nutrition classes



Nutrition classes are a cost-effective way to reach a large number of people and address multiple topics. Classes bring employees together and help them support each other in making healthier choices.

## Workplace Wellness On-Site Nutrition Classes

Popular classes range from one-hour “lunch and learns” to three-hour seminars on a variety of topics. We will work with you to customize a wellness program that fits the budget and culture of your organization.

### 60-Minute Classes

#### **Foods for Great Energy**

Struggling with energy? Do you wake up tired and have energy slumps mid-morning or mid-afternoon? Nutrition can take you from fatigue to vitality. Learn which common foods deplete energy and which foods and beverages will keep you going strong all day long. Powerful nutrition creates powerful energy!

#### **Five Steps to Boost Metabolism**

Want to lose weight without starving and being consumed by cravings? You can rev up your metabolism by making simple changes to the foods you eat every day. Discover which foods and beverages cause you to store weight and which help you lose it. Get back on track with real food to shed those pounds and regain your energy.

#### **Stress-Busting Foods**

Running on empty? Feeling frazzled, exhausted and burned out? You can reduce your stress levels using nutrition. Discover how to achieve consistent energy and moods throughout the day. Learn which foods support brain health and which minerals and nutrients are depleted during times of stress. Develop your personal stress-reduction plan to gain the upper hand on stress!

### Not sure where to start?

We have great classes on a wide variety of health topics. Maybe you already know what you're looking for, but if not, we have a great plan for you. Kick-off your wellness program with one of our most popular classes that your employees are sure to relate to:

- Foods for Great Energy
- Five Steps to Boost Metabolism
- Stress-Busting Foods

*(All are described on this page)*

### Learn more

Let us know how we can help you with your wellness program. Contact Nancy Palm at 651-484-8952 or [nancy@weightandwellness.com](mailto:nancy@weightandwellness.com).

MORE >>



**Nutritional Weight & Wellness**  
educating and counseling people to better health

## 60-Minute Classes *(continued)*

### **The New Science of Diabetes Prevention**

Thirty-nine percent of the population is now diabetic or pre-diabetic. That means that four out of ten people have blood sugar problems. The New Science of Diabetes Prevention teaches you how to choose carbohydrates wisely. Learn a simple formula to detect the hidden sugar you consume every day that puts you at risk for diabetes. Watch your sugar cravings disappear once you learn to manage your blood sugar!

### **Lights Out for Better Health (Five Strategies to Improve Your Sleep)**

Let's face it: most of us are sleep deprived. With the help of nutrition and good sleep habits, you can overcome insomnia and wake alert and rested. Learn which foods and nutrients are critical for sleep. Discover delicious bedtime snacks that keep you satisfied and help you sleep through the night. Feeling well rested will give you the energy and enthusiasm you need to enjoy your busy life.

### **The Food-Mood Connection**

Food is the key to positive moods. It's a natural antidepressant and your best source of healthy brain chemicals. This presentation explains the biochemistry of low moods and anxiety and explores the connection between blood sugar levels, cravings and moods. A common mineral deficiency also contributes to anxiety levels and panic attacks. Recognize the symptoms of a deficiency of this key nutrient and understand how to increase your levels and absorption. Learn a mood-boosting eating plan that will start your day on the right track and keep your moods balanced all day long!

### **Nutritional Solutions for Better Digestion**

Before you reach for the antacid or the little purple pill in your desk drawer, learn a better solution for uncomfortable digestive problems. Alleviate indigestion, gas, diarrhea, constipation and bloating by addressing the causes of your digestive problems and by restoring a healthy intestinal track. Simple nutritional solutions can give you relief and comfortable digestion!

### **Brain-Building Nutrition (Anti-Aging: The Live Better Longer Series)**

Want to maintain your working memory or are you worried that those senior moments are creeping in more frequently? Your brain, the most important organ in your body, depends on you to feed it well. Learn how nutrition supports good moods, memory and concentration.

### **Nutrition for Healthy Kids**

Asthma, diabetes, ADD, depression and obesity affect more kids today than ever. Discover how real foods can help prevent common health problems for your children. Keep your kids energized, focused, happy and healthy by learning the types and amounts of foods kids need for growth, metabolism, and well-being. Make the nutrition connection that gives your kids the foundation for lifelong health!

### **Staying Well: Strategies to Strengthen Your Immune System**

Whether you want to avoid getting a cold or the flu this season, or have a chronic condition that puts you at greater risk for developing bronchitis or pneumonia, you can boost your immune system naturally. This class explains which foods and beverages support immunity and which lower your resistance to illness. Lifestyle tips and key supplement recommendations round out this simple, effective plan to strengthen your immune system.

### **Prevent Osteoporosis with Bone-Building Foods**

At your age you may not be concerned about bone health, but the nutrition and lifestyle choices you make today will determine how strong your bones are as you get older. Learn which foods build bones and understand the factors that put your bones at risk. Discover the best sources and types of calcium and the importance of vitamin D for strong, healthy bones. Like plants, bones are alive and need water and key nutrients to thrive.

MORE >>



## 60-Minute Classes *(continued)*

### **Nutrition for Peak Performance**

Have you made a commitment to yourself to achieve the next level of performance? You know that nutrition is critical while you are preparing for peak performance, but you have lots of questions. This class will give you the daily nutritional foundation to reach your goals whether you are a runner, a baseball player, a weightlifter, a tennis player, a dancer or a golfer.

### **Change Your Nutrition to Reduce Aches & Pains**

Waking up achy all over? Are muscle spasms, leg cramps or back pain causing you to rely on your favorite over-the-counter pain killer? There's a better answer, and it's called nutrition. Learn which foods cause aches and pains and which foods reduce inflammation. Make simple nutrition changes to manage your pain.

### **Eating Fast Without Fast Food**

Your busy lifestyle doesn't have to mean sacrificing your health to a diet of fast food. You can enjoy delicious, healthy foods with a little planning and with better choices at restaurants. Your energy, focus, moods, metabolism and health depend on the nutrition choices you make every day. Learn quick and easy breakfast options to get you going. Pack a healthy lunch or pick the best options when eating out. Then end your day with simple dinners that are sure to satisfy.

### **The Gluten Story and Eating Gluten Free**

Because thirty percent of people have a gluten sensitivity, gluten free books, products and menus have become popular. What is gluten, and where do you find it? How do you know if you have a gluten sensitivity? Learn the body signs that indicate you might have a gluten sensitivity and understand the gluten connection to intestinal health, ADHD, autoimmune diseases, and skin conditions. Discover hidden sources of gluten in common foods and ingredients. You can make gluten free eating simple and easy with the meal planning, shopping tips and recipes provided in this class.

## 90-Minute Classes

### **Nutrition for Memory & Focus**

Ever find yourself asking where you left your keys or how you could have forgotten an appointment? A diet high in processed foods and refined carbohydrates can leave you feeling scattered, forgetful and mentally fatigued. However, balanced eating with sufficient good fats and protein supports memory, creativity, focus and moods. Learn which breakfast foods give you a power-packed start to your day, along with how to eat for long-term brain health.

### **Good Foods for Healthy Kids**

As parents, we want to give our children the best start we can, and good nutrition is the foundation for health and well-being. However, fast-paced lifestyles have led to fast food diets and health problems including asthma, ADD/ADHD, diabetes and obesity. Learn practical meal and snack ideas that are fast and healthy. Incorporating kid-friendly nutrition creates happier, healthier children. (Teachers and school personnel have found this seminar to be valuable in their work, too.)

### **Nutrition for Attention Deficit Disorder (ADD)**

Inattentiveness, difficulty concentrating and managing time, inability to start or finish projects, and other symptoms of ADD affect increasing numbers of children and adults. Fortunately, nutrition can help rebalance brain chemistry. Even small dietary changes can improve focus and follow-through.

## Customize a day of health for your staff

Offer multiple classes or in-depth seminars as part of a health fair or wellness event for your employees. Happy, healthy employees are more productive, take fewer sick days, and contribute to lower health care costs.

Let us know how we can help you! Contact Nancy Palm at 651-484-8952 or [nancy@weightandwellness.com](mailto:nancy@weightandwellness.com) to discuss your specific request.

MORE >>



## 90-Minute Classes *(continued)*

### **Nutrition for Sobriety**

You may wonder what nutrition has to do with sobriety. Did you know that skipping meals and consuming too much caffeine creates blood sugar imbalances, which can lead to intense cravings for sugar, alcohol or stimulants? These cravings are simply a biochemical response to low blood sugar. Discover the brain/gut connection to neurotransmitters and B vitamins. Learn simple nutritional strategies to support sobriety.

### **Key Vitamins and Minerals for Good Health**

Which is the right multivitamin? How do I pick quality supplements? We hear these questions repeatedly from people concerned about their health, but unsure what to take. This class addresses these common supplement questions:

- How to pick quality supplements
- Three critical supplements for good health
- Bone health
- Pain and inflammation
- Digestive health

### **Nutrition for Young Adults**

Fast-paced lifestyles lead to fast food diets that result in increased health problems and higher rates of obesity, diabetes, asthma and depression. Nutrition is the key to better moods, clearer skin, more energy and a healthy weight. Making better choices can make the difference in your grades, sports performance and stamina, focus and sense of well-being. Learn the nutrition connection to feel and look your best.

## 120-Minute Classes

### **Balanced Foods for Balanced Moods**

You can reduce negative moods, increase energy, enhance positive thoughts, improve memory and manage stress through balanced eating and real foods. This informative class explains the food-mood connection and empowers class participants to make permanent lifestyle changes. Choose foods to optimize production of positive brain chemicals such as serotonin. Learn the biochemical connection to cravings and how poor intestinal health creates low moods.

### **Foods to Reduce Pain and Inflammation**

Do you have stiff joints, achy muscles and inflammation? Your food choices affect pain and inflammation levels more than you realize. Learn the importance of balancing blood sugar to manage inflammation. Understand why processed carbohydrates increase pain and inflammation and discuss how to replace processed foods with real foods. Discover the role of therapeutic Omega 3 fats and key minerals, such as magnesium.

## What our clients are saying

**“Fantastic – Informative – Eye Opener –** These were just a few words heard from employees after the Stress-Busting Food class held at our company. **Employees are still talking about the class and how they enjoyed the class** and how much they brought home to share with their families. With this economy and the stress everyone and their families are facing, it’s good to help employees and their families out any way possible. Employees at Egan Company loved the class.”

– Bonnie Ouradnik  
Egan Companies, Inc.

“After hearing Cassie speak on good fats and balanced nutrition, I decided to give the Nutritional Weight & Wellness way a try. **I lost 25 pounds in 6 months, have more energy, and am sleeping better.** Getting rid of excess sugar and eating the right amount of good fats makes me feel satisfied, and I no longer have any cravings. This is definitely the way I will eat from now on!”

– Employee comment on  
nutrition classes at  
Lindquist & Vennum P.L.L.P

MORE >>



## 120-Minute Classes *(continued)*

### **Avoiding the Diabetes Epidemic with Real Food**

Are you diabetic, pre-diabetic, or concerned about your blood sugar? If so, you know high glucose levels can damage your health. If you haven't been successful in managing your blood sugar, are you ready for a new approach? Learn nutritional strategies that are based on cutting-edge research and clinically proven. You will be surprised how well you can eat. Leave this class knowing how to take control of your blood sugar.

### **Jumpstart Your Metabolism**

Is it harder for you to maintain a healthy weight or lose weight than it once was? Have you tried several diets, but had trouble keeping the weight off? Do cravings sabotage your good intentions? Nutritional Weight & Wellness has a healthier, saner approach for lifelong weight control. Learn how eating real foods in balance can help you lose weight, eliminate cravings and increase energy. This interactive class explains how your food choices, blood sugar levels and essential fatty acids affect your energy and your ability to lose or maintain weight.

### **Gut Reaction: Restore Digestive Health Through Nutrition**

Do you suffer from heartburn, gas, bloating, indigestion, constipation or diarrhea? Do you have an autoimmune disorder, sugar or bread cravings or depression? These are all indications of digestive problems. You may be surprised that the cereal or bagel that you eat for breakfast causes heartburn all day and that big glass of milk gives you gas and diarrhea. Nutritional Weight & Wellness will teach you how food choices and selected supplements can restore intestinal health. Better digestion will increase energy, reduce cravings and even increase your serotonin levels. After this class you may not need those digestive products advertised on TV.

### **Nutrition for Bone Health**

Fifty-five percent of adults age 50 and over have osteoporosis or low bone mass. Real food provides the foundation for healthy bones. However, most of us need more calcium and vitamin D than our diets supply. Learn which type of calcium is best absorbed and how much you need to support bone health.

## Bring fun, informative classes to your company!

- Presentations convey the latest nutrition information in a way that motivates employees to make changes.
- Employees receive educational handouts with the information presented in the class.
- Speakers engage employees with practical tips on how to make better nutrition choices.

### Learn more

Contact Nancy Palm for more information at 651-484-8952 or [nancy@weightandwellness.com](mailto:nancy@weightandwellness.com).

MORE >>



## Half-Day Seminar (4 hours)

### **Hormonal Wellness for Menopause**

Looking for a natural way to manage hot flashes, mood swings, insomnia and weight gain without the possible dangerous side effects of traditional hormone replacement therapy? Learn how nutrition and lifestyle can minimize your symptoms and help you avoid long-term health problems such as osteoporosis, heart disease, Alzheimer's, and cancer.

- Learn why balanced eating with real foods and good fats supports hormone balance.
- Understand how eating refined carbohydrates and trans-fats increase menopause symptoms.
- Learn how key nutritional supplements can eliminate hot flashes, sleepless nights and low moods.
- Discover ways to recharge your changing metabolism.

Nutrition and self care become more important at this time of life. This class provides information and strategies for making your transition comfortable and allows time for answers to your menopause questions.

### A great option for women's organizations

Make a day of it and schedule this seminar for a retreat or special event! We recommend offering our half-day seminar, *Hormonal Wellness for Menopause*, with a healthy lunch break midway through. Participants get a wealth of information and enjoy a relaxing, memorable event.

Let us know how we can help you! Contact Nancy Palm at 651-484-8952 or [nancy@weightandwellness.com](mailto:nancy@weightandwellness.com)



**Nutritional Weight & Wellness**  
educating and counseling people to better health

Offices in St. Paul, Wayzata, North Oaks, Lakeville and Maple Grove | 651-699-3438 | [weightandwellness.com](http://weightandwellness.com)