

2011 - SEMINARS/LECTURES/KEYNOTES...

Programs Length Options: 30-minutes, 1-hour or 1.5-hours

*BWI qualifies for CEUs with IACET, BOC, NYS-PT and SHRM-HRCI.

Behavioral Health Programs:

- Positive Psychology for Optimal Health

Healthy Lifestyle Education Programs:

- Beginning Exercise Principles
- Breathe Easy: Living With Asthma
- Creating Healthy Communities
- Diabetes Prevention
- Heart Healthy for Life
- **Know Your Numbers** (very popular)
- Living With Arthritis
- Teaching Responsibility for Your Health
- **To Be a Smart Healthcare Consumer** (very popular)
- Women In Motion or Men In Motion



Holistic & Alternative Programs:

- ADD/ADHD: Complementary Medicine Solutions
- Finding Balance: Stress Management Techniques
- **Holistic & Mindful Cooking** (very popular)
- Overcoming Addictions (food/alcohol/drugs/tobacco)

Humor & Health (Stress Management):

- 7 Habits of Highly "Defective" People
- **Humor & Health** (very popular)
- Humor in Therapeutic Environments: Issues & Strategies to Reduce Stress
- Infusing Humor to Reduce Stress in Educational Settings
- Laugh Your Way to Health and Happiness
- She/He Who Laughs Last: Coping Through Humor
- The Healing Power of Humor

Nutrition Education (1-12 sessions):

- **BWI's Biggest Loser Health Challenge** (very popular)
- Common Sense Health & Nutrition (weight loss program)
- Common Sense Nutrition for Diabetes
- Common Sense Nutrition for Kids
- **Eating Sensibly – Learning the "basics"** (very popular)
- Hop Topics in Nutrition: Fact vs. Fiction
- Introduction to Diabetes Prevention
- Osteoporosis Awareness and Prevention
- Sports Nutrition for Athletes and Parents



Prevention & Safety Programs:

- Back & Neck Injury Prevention at Home, Work & Play
- Ergonomics and Work Station Design
- Household Products: Health & Safety

Team-Building and Leadership:

- Battle Blast – Interactive Staff Events
- Leadership & Relationship Building
- **Team-Building 101** (very popular)
- Team-Building 200 Level

Traditional Stress Management Programs:

- Personal Stress Management
- **Stress: The Constant Challenge** (very popular)
- Stress: The Constant Challenge for Kids



ON-SITE PROGRAMS...

"Bundled" Family Health & Fitness Program:

(session length varies: 1-week, 4 weeks, 8-weeks, 12-weeks)

- BWI's "Be Fit Kids" or "Be Fit Little Kids" or "Be Fit Tweens"
- BWI's "Common Sense Nutrition for Kids"
- Kids Fitness Assessments (pre & post tests)



On-site Fitness & Exercise Programs at Work:

- Ball & Band
- Cardio Dance
- Jump Start Your Fitness
- Latin Fusion
- Pilates
- Yoga
- Yogalates
- Safari Kids Yoga
- Stretch & Tone
- Swing Exercise
- Zumba
- Zumba Kids

Special Event Programs:

- Energizing Stretch Breaks (conferences/workshops)
- Health & Wellness Bingo Activity (conferences/workshops)
- **Health & Wellness Quiz Game Show** (school assembly)
- Healthy Cooking "tasting stations" (for health fairs/lunchtime)
- High On Health (school assembly)
- **NEW: Be Fit Kids On-Line** (K-8: school health assessment prep)
- **Wheel of Health** (conferences/workshops/health fairs)

WORKFORCE WELLNESS...

Worksite Health Promotion Management:

- Annual Contracted Corporate Wellness Services
- Comprehensive Health Assessments & BWI Fit Fairs™
- Educational Health Fairs (very popular)
- Health Coaching (telephonic/onsite/computer)
- HRA's (portable-onsite and electronic)
- Medical Screens (cholesterol/glucose/lipid panels)
- **NEW: Online Certification Programs** (CEUs available)
 - BWI Health Promotion Coordinator Certification
 - BWI Personal Health Certification (for employees)
 - BWI Be Fit Kids Instructor Certification
- Outcome-Based Computerized Reporting Systems
- Wellness Team Orientation Training
- Workforce Wellness Advisor

