The Need
It seems that every week a new study is published on the best way to control weight and increase fitness through changes in diet and exercise. It can be tough staying on top of the latest recommendations, especially when the studies sometimes seem to contradict one another! This workshop provides an overview of safe and effective strategies to improve overall fitness through manageable changes in diet and exercise. Of course, before beginning any changes in diet and exercise, it is best to first consult with your doctor.

The Best Audiences for this Workshop
This workshop is “entry-level”, rather than geared to the elite athlete. It would be recommended for employees who are interested in improving their overall fitness.

The Objectives of this Workshop
1. Educate participants on the importance of lifestyle changes in a fitness plan.
2. Provide examples of what is most effective in terms of exercise and diet- as well as some trends that can actually be unhealthy or dangerous.
3. Leave participants with information on the value of positive attitude, the importance of goal setting and prioritizing behaviors.

The Workshop Agenda
I. Exercise
   A. Health Clubs and Exercise Equipment: Do you need the expense?
   B. Putting endurance, strength and flexibility in your exercise plan.

II. Diet
   A. Lifestyle Changes VS. Fad Diets
   B. Portion Control
   C. Shopping and Eating Bright Colors

III. Other Lifestyle Changes to Help You Live Longer and Healthier