

Mind Your Health

Help your employees reduce health risks

MIND YOUR HEALTH educational seminars provide engaging, practical, science-based information in a group setting to help raise awareness of healthy choices and reduce health risks.

Client Benefits



- **Science-based and professionally developed.** HealthFitness' seminars apply current behavior change theories and insights, and are developed by health educators, registered dietitians, licensed psychologists and exercise physiologists.
- **Broad appeal.** The diverse topics available through *Mind Your Health* seminars are designed to appeal across an entire population, including a range of employee demographics and those interested in improving their health and lifestyle.
- **Flexible.** Seminars can be delivered on-site or via live webinar.

Participant Benefits



- **Awareness and education.** *Mind Your Health* educational seminars are designed to raise awareness, educate and provide useful strategies for making positive lifestyle changes.
- **Group setting.** Participants connect with peers interested in learning actionable health tips in a fun, social environment.
- **Resources.** *Mind Your Health* participants receive an information-packed handout that reinforces new knowledge acquired during the seminar.

What you need to know

Mind Your Health educational seminars are one-hour seminars provided by a HealthFitness professional, designed to help participants improve their health and lifestyle. This corporate wellness program includes customizable marketing materials for promotion.

Help build healthy behaviors

With *Mind Your Health* seminars, you offer participants the tools they need to improve their health and lifestyle. Contact your HealthFitness representative to learn more about including educational seminars in your corporate wellness programming.

Available seminars

- **Back Health**—*Preventing Pain and Strain*
Learn the importance of back health, back pain triggers and preventive tips.
- **Blood Pressure**—*A Vital Force for Life*
Discover what your blood pressure should be, risk factors for high blood pressure and how to take control of risks.
- **Building Strength**—*A Cornerstone for Good Health*
Learn the benefits of strength training, safety guidelines and basic steps for getting started at any age.
- **Delicious Vegetables**—*Adding Nutrients the Tasty Way*
Gain an understanding of the health benefits of vegetables (and fruits) and simple tips for eating more, even on a budget.
- **Diabetes**—*Awareness and Prevention*
Learn about the symptoms of diabetes, risk factors for pre-diabetes and diabetes, and tips for reducing risks.
- **Family Health**—*Solving the Family Health Puzzle*
Explore tips for building a safe, healthy and strong family. Learn the power of prevention and options for healthy food choices, staying active, supporting healthy teens and more.

Available seminars

(continued)

- **Fiber**—*Making it Fit*
Learn the benefits of eating a fiber-rich diet, food sources and tips for choosing more fiber.
- **Financial Well-being**—*Small Steps to Fiscal Fitness*
Learn how financial wellness connects to overall well-being and what simple steps you can take to lay the foundation for a healthy financial future.
- **Fitting in Fitness**—*Exercise Options for Busy People*
Review the guidelines for a balanced fitness program, tips to fit in fitness and five keys to success for healthy behaviors.
- **Gluten Awareness**—*Insight into the Gluten-Free Trend*
Get the facts about gluten to help make the right decisions for you and your family.
- **Healthy Eating**—*Step Up to the Plate*
Let us show you tools to personalize your eating plan, healthy eating tips and how to eat healthy without breaking your budget.
- **Healthy Lunches**—*At Home or on the Go*
Find out what makes a healthy lunch, creative lunch ideas and how to make your lunch break healthy and enjoyable.
- **Healthy Weight**—*Set Yourself Up for Success*
Learn how to develop a lifetime eating plan to improve your eating behaviors, increase your activity level and lose weight safely.
- **Heart Healthy Living**—*The Beat Goes On*
Learn about the controllable and uncontrollable risks for coronary artery disease, including how you can reduce your risk.
- **Manage Stress**—*Before it Manages You*
Learn to identify stress-related symptoms, how to categorize stressors, when to take action or use coping skills and quick relaxation techniques.
- **Men's Health**—*Operating at Peak Performance*
Explore tips for heart health, cancer prevention and a healthy lifestyle.

Available seminars

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- **Metabolic Syndrome**—*Are You at Risk?*
When certain risk factors come together, metabolic syndrome can mean higher risk. Find out what it is, who is at risk and how to reduce risks.
- **Quitting Tobacco**—*Set Yourself Up for Success*
Ready to quit? Increase your chance of success through proper preparation, planning, support tools and commitment.
- **Sleep**—*Wake Up to Good Health*
Learn the impact of sleep loss and tips for getting a good night's sleep.
- **Sugar Savvy**—*Get the Scoop*
Gain an understanding of the impact of sugar, as well as tips for choosing foods and beverages with less sugar.
- **The Art of Meditation and Yoga**—*Connecting Body and Mind*
Meditation and yoga are popular techniques that connect the body and mind to help move toward overall wellness. Learn about their potential health benefits and resources to help you get started.
- **The Balancing Act**—*Work, Life and Technology*
Learn simple time management strategies and mindfulness techniques to help make the most of your time.
- **Train for a Healthy Brain**—*The Lifestyle Connection*
Learn about common threats to brain health such as memory loss and stroke, and the lifestyle steps you can take to keep your brain in shape.
- **Understanding Cholesterol**—*Your Key to Heart Health*
Get a breakdown of cholesterol and blood lipids, lifestyle factors that impact cholesterol levels and simple tips to keep cholesterol in a healthy range.
- **Vitamins and Supplements**—*What You Need to Know*
Learn the facts about vitamins, minerals and dietary supplements, including safety tips and questions to ask before taking a dietary supplement.
- **Well-being**—*The Many Ways to Look at Health*
Learn about the many components of well-being, how they are connected and strategies to improve your overall well-being.

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- **Women's Health**—*Taking Care of You*
Gain tips for a healthy lifestyle with a focus on heart, breast and bone health, as well as tips for how to manage menopause symptoms.
- **Your Environment**—*A Powerful Influence on Choice*
Your surroundings at home, work and in the community can have a big impact on the choices you make. Learn how small changes in your environment can help support overall well-being.
- **Your Health Action Plan**—*Small Steps to Big Changes*
Want to make a change but not sure where to start? Begin here with simple and small steps that will set you down the path to long-lasting changes.
- **Your Health**—*It's a Numbers Game*
Which numbers do you need to know for good health? Find out during this seminar plus learn about lifestyle behaviors to keep them in check.

About HealthFitness

HealthFitness, a Trustmark company, is an award-winning, URAC- and NCQA-accredited provider of health management, corporate fitness and condition management solutions. With nearly 40 years of experience, HealthFitness is a proven leader and partner for infusing a culture of health. We maximize client results through personalized interaction and a science-based approach to on-site program management, engagement and prevention. Parent company Trustmark provides a full spectrum of employee benefits to improve well-being through better health and greater financial security. For more information on HealthFitness, visit www.healthfitness.com.

