

# BWI HEALTH PROMOTIONS™



Worksite & School Wellness

HEALTH EDUCATION ■ TEAM-BUILDING ■ FITNESS

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## SEMINARS/LECTURES/KEYNOTES...

### Behavioral Health Programs:

- Positive Psychology for Optimal Health

### Healthy Lifestyle Education Programs:

- Beginning Exercise Principles
- Breathe Easy: Living With Asthma
- Creating Healthy Communities
- Health & Wellness Quiz Game Show
- Heart Healthy for Life
- Living With Arthritis
- Teaching Responsibility for Your Health
- Women in Balance

### Holistic & Alternative Programs:

- ADD/ADHD: Complementary Medicine Solutions
- Finding Balance
- Overcoming Addiction

### Humor & Health (Stress Management):

- 7 Habits of Highly "Defective" People
- High On Health (Stress Mngt. for Kids)
- Humor & Health
- Humor in Therapeutic Environments: Issues & Strategies to Reduce Stress
- Infusing Humor & Learning to Reduce Stress in Educational Settings
- Laugh Your Way to Health and Happiness
- She/He Who Laughs Last: Coping With Stress Through Humor
- The Healing Power of Humor

### Nutrition Education:

- BWI's Biggest Loser Health Challenge
- Common Sense Health & Nutrition
- Common Sense Nutrition for Diabetes
- Common Sense Nutrition for Kids
- Eating Sensibly
- Holistic & Mindful Cooking
- Hot Topics in Nutrition
- Introduction to Diabetes Prevention
- Osteoporosis Awareness and Prevention
- Sports Nutrition

### Prevention & Safety Programs:

- Household Health & Safety
- Introduction to Injury Prevention at Home, Work & Play

### Team-Building and Leadership:

- Battle Blast Events
- Leadership & Relationship Building
- Team-Building 101
- Team-Building 200 Level

### Traditional Stress Management Programs:

- Personal Stress Management
- Stress: The Constant Challenge
- Stress: The Constant Challenge for Kids

## ONSITE PROGRAMS...

### "Bundled" Family Health & Fitness Programs:

- BWI's "Be Fit Kids"
- BWI's "Common Sense Nutrition for Kids"
- Kids Fitness Assessments (pre & post tests)
- Women In Motion; Men In Motion

### Fitness & Exercise Programs:

- Ball & Band
- Cardio Dance
- Jump Start Your Fitness
- Latin Fusion
- Pilates
- Yoga
- Yogalates
- Zumba

### Special Event Programs:

- Health & Wellness Bingo Activity
- Health & Wellness Quiz Game Show
- Energizing Stretch Break
- Wheel of Health Activity

## WORKFORCE WELLNESS...

### Worksite Health Promotion Management:

- Comprehensive Health Assessments
- Educational Health Fairs
- Health Coaching (telephonic/onsite)
- Medical Screens (cholesterol/glucose)
- HRA's (portable-onsite and electronic)
- Outcome-Based Reporting Systems
- Professional Fit Fairs
- Wellness Team Orientation Trainings
- Workforce Wellness Advisor