



*Buy Local: A WNY-based business offering national trends to our region since 1994!*

Phone: 716-992-2732 ~ Fax: 716-992-3747 ~ www.bwihp.com ~ bwihealth@verizon.net

### SEMINARS/LECTURES/KEYNOTES...

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

*\*BWI qualifies for Continuing Education Units/Credits.*

#### 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             | • Pilates          | • Stretch & Tone |
| • Cardio Dance            | • Yoga             | • Swing Exercise |
| • Jump Start Your Fitness | • Yogalates        | • Zumba          |
| • Latin Fusion            | • Safari Kids Yoga | • 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

