

BWI HEALTH PROMOTIONS™



Worksite & School Wellness

HEALTH EDUCATION ■ TEAM-BUILDING ■ FITNESS



“Common Sense Health & Nutrition”

It's time to stand up and take charge of your health, nutrition and lifestyle! This weight loss program is specifically designed to introduce basic information about personal nutrition, eating habits, behavior change, prevention of disease, stress management, family health and exercise. ***Embrace the knowledge! Enjoy learning about health & wellness and have FUN in the process!***

This program is ideal for worksite “lunch & learn” programs targeting one-hour lunch sessions. Common Sense Health & Nutrition is tailored to meet the needs of individuals seeking answers to help them to get on the track for a healthier life. These programs are excellent vehicles to kick-start good food choices, physical activity programs and reduce stress through health education seminars for adults focusing on prevention and personal responsibility for one's health.

The 10-session program includes the following one-hour lectures:

- Teaching Responsibility for YOUR Health
- Heart Healthy for Life!
- Positive Psychology for Optimal Health
- Eating Sensibly
- Intro Diabetes Prevention
- Hot Topics In Nutrition – part 1
- Hot Topics In Nutrition – part 2
- Holistic & Mindful Cooking
- Beginning Exercise Principles
- Personal Stress Management



Programs may be delivered weekly, bi-weekly or monthly, as part of a series or individually. The Common Sense Health & Nutrition encompasses a full spectrum of health and wellness education topics, ideal for individuals looking to embrace lifestyle change. This program works ideally when combined with exercise programs/initiatives.