

Workplace Wellness: Nutrition classes



Nutrition classes are a cost-effective way to reach a large number of people and address multiple topics. Classes bring employees together and help them support each other in making healthier choices. Changes can lead to better health and well-being.

Workplace Wellness On-Site Nutrition Classes

Whether you're looking to offer a single class or take advantage of our series discount, we will work together to customize a program that fits your organization's budget and culture. Choose from over 20 topics to help your employees understand why food matters and how simple changes can lead to better health and well-being.

45-60 Minute Classes

Your Energy Solution: Real Food

Do you wake up tired and have energy slumps mid-morning or mid-afternoon? Nutrition can take you from fatigue to vitality. Learn which foods deplete energy and which foods and beverages will keep you going strong all day long. Real food creates powerful energy!

Good Food, Good Moods

Food is the key to good moods. Food is a natural antidepressant and your best source of healthy brain chemicals and important minerals. Learn how to start your day off right and keep your moods balanced all day long with real food!

Stress, Food and You

Running on empty? Feeling frazzled, exhausted and burned out? Learn which foods support brain health and which minerals and nutrients are depleted during times of stress. Develop your personal stress-reduction plan to gain the upper hand on stress using real food.

Changing the Fast Food Habit

Your busy lifestyle doesn't have to mean sacrificing your health to a diet of fast food. You can enjoy delicious, healthy foods with a little planning and with better choices at home or eating out. Learn quick and easy breakfast, lunch and dinner options that are sure to satisfy.

Not sure where to start?

We have great classes on a wide variety of health topics. Maybe you already know what you're looking for, but if not, we have a great plan for you. Kick-off your wellness program with one of our most popular classes that your employees are sure to relate to:

- Your Energy Solution: Real Food
- Good Food, Good Moods
- Stress, Food and You

(All are described on this page)

Learn more

Let us know how we can help you with your wellness program. Contact Nancy Palm at 651-484-8952 or nancy@weightandwellness.com.

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Eating to Reduce Pain & Inflammation

Waking up achy all over? Are muscle spasms, leg cramps or back pain causing you to rely on over-the-counter pain medications? Learn which foods cause aches and pains and which foods reduce inflammation. Simple nutrition changes can help you manage your pain.

Getting a Good Night's Sleep

Let's face it: most of us are sleep deprived. Learn which foods and nutrients are critical for sleep and discover delicious bedtime snacks and tips that can help you sleep through the night.

Habits, Habits, Habits

We all have habits that are holding us back from being as healthy as we would like to be, habits like drinking soda, eating fast food and skipping meals. Learn how to replace those habits that hold us back with habits that move us forward: drinking water, planning meals and cooking.

Building a Better Working Memory

Want to maintain your working memory or worried that those senior moments are creeping in more frequently? Your brain depends on you to feed it well. Learn which foods support your memory and concentration.

The Gluten Story

What is gluten, and where do you find it? Learn the body signs that indicate you might have a gluten sensitivity and understand the gluten connection to intestinal health, ADHD, autoimmune diseases, and skin conditions. You can make gluten free eating simple and easy with the meal planning, shopping tips and recipes provided in this class.

Nutritional Solutions to Everyday Health Problems (Sleep, Inflammation and Metabolism)

How did you sleep last night? Wake up tired and achy? Frustrated with the number on the scale? Maybe it's time you made the nutrition connection to your everyday health problems. Learn how nutrition affects your ability to fall and stay asleep, which foods increase inflammation and which reduce it, and understand the role fats play in weight loss and a healthy metabolism. Nutrition can be your solution for feeling your best every day!

60-Minute Classes

Five Steps to Boost Metabolism

Want to lose weight without starving and being consumed by cravings? You can rev up your metabolism by making simple changes to the foods you eat every day. Discover which foods and beverages cause you to store weight and which help you lose it. Get back on track with real food to shed those pounds and regain your energy.

The Real Science of Diabetes Prevention

Thirty-nine percent of the population is now diabetic or pre-diabetic. That means that four out of ten people have blood sugar problems. The New Science of Diabetes Prevention teaches you how to choose carbohydrates wisely. Learn a simple formula to detect the hidden sugar you consume every day that puts you at risk for diabetes. Watch your sugar cravings disappear once you learn to manage your blood sugar!

Bring fun, informative classes to your company!

- Presentations convey the latest nutrition information in a way that motivates employees to make changes.
- Employees receive educational handouts with the information presented in the class.
- Speakers engage employees with practical tips on how to make better nutrition choices.

Learn more

Contact Nancy Palm for more information at 651-484-8952 or nancy@weightandwellness.com.

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**Nutritional
Weight & Wellness®**

Nutritional Solutions for Better Digestion

Before you reach for the antacid or the little purple pill in your desk drawer, learn a better solution for uncomfortable digestive problems. Alleviate indigestion, gas, diarrhea, constipation and bloating by addressing the causes of your digestive problems and by restoring a healthy intestinal track. Simple nutritional solutions can give you relief and comfortable digestion!

Nutrition for Peak Performance in Everyday Life

It is a well-known fact that good nutrition is critical to achieve peak performance. Food makes a difference whether you are an athlete, a coach, a singer, an artist, a manager or a busy mom. To have peak performance, you must fuel your body with high octane food from quality protein, vegetable and fruit carbohydrates and beneficial fats. Feed your body and feed your brain to have an unbeatable body and unbeatable brain.

Nutrition to Get You Through Cold & Flu Season

Whether you want to avoid getting a cold or the flu this season, or have a chronic condition that puts you at greater risk for developing bronchitis or pneumonia, you can boost your immune system naturally. This class explains which foods and beverages support immunity and which lower your resistance to illness. Lifestyle tips and key supplement recommendations round out this simple, effective plan to strengthen your immune system.

The Magic of Minerals

Seventy-five percent of Americans are deficient in magnesium; 73 percent are deficient in zinc. Yes, your body needs vitamins, but minerals are just as important. Learn the benefits of five important minerals—zinc, calcium, potassium, magnesium and iron—along with the body signs that you may be deficient and the best food and supplement sources. You'll also discover the mineral connections to sleep, cravings, crying easily, brittle nails, acne, muscle cramps, chewing ice, and more.

Preventing Heart Disease

Confused about cholesterol? Wondering if your breakfast should be eggs and bacon or cereal and juice? Learn how to eat to protect your heart. Nutritional Weight & Wellness developed this class using the new science of heart disease— inflammation.

Nutrition for Reducing Cancer Risk

Did you know that nutrition plays an important role in reducing the risk of most cancers? Eating real food is one of the best defenses against developing cancer and is critical in cancer treatment and recovery. This class makes the nutrition connection to three common cancers: breast cancer, prostate cancer and colon cancer. Learn which foods protect your cells and which foods can lead to inflammation and put you at greater risk. The simple nutrition strategies in this class will help you make better choices to protect yourself against cancer and other serious illnesses.

Staying Healthy When You Travel

When you travel, do you experience any of these common health problems: heartburn, constipation or diarrhea, insomnia, fatigue, catching a virus or gaining weight? Our nutrition, lifestyle and supplement tips can help make your next trip a better one. You will also discover which foods you can bring through security and pack for longer trips, along with how to make the best dining choices in airports, hotels, and restaurants. Make your next trip one to remember for all the right reasons.

Prevent Osteoporosis with Bone-Building Foods

At your age you may not be concerned about bone health, but the nutrition and lifestyle choices you make today will determine how strong your bones are as you get older. Learn which foods build bones and understand the factors that put your bones at risk. Discover the best sources and types of calcium and the importance of vitamin D for strong, healthy bones. Like plants, bones are alive and need water and key nutrients to thrive.



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