



# Workplace Wellness Programs: **NUTRITION CLASSES**

**Food matters. No matter how you cut it, nutrition and lifestyle affect almost every health condition. Are your employees making that connection? That's where we come in. Our licensed nutritionists and dietitians love talking about nutrition.**

Every week, we visit companies around the Twin Cities and help people make the connection between what they eat and how they feel. We make the information relevant, accessible, and motivational with practical takeaways. Presentations convey the latest nutrition information based on biochemistry, research, and clinical experience.

Whether you have 30, 45 or 60 minutes, we have a class that's right for your organization. Start with one class, or ask about our series discount to bring our popular, real-food approach to your wellness program.

## 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**

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.

“Lea is very thorough, knows the subject matter very well and is good at engaging with questions. It was helpful to hear her personal journey in that it makes it more real with choices we face daily.

—Marnie Fogarty  
Wellbeing Team

### **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, such as drinking soda, eating fast food and skipping meals. Learn how to replace those habits that hold us back with ones that move us forward: drinking water, planning meals and cooking.

### **Healthy Holiday Tips & Traditions**

Uh-oh. It's holiday season, the time when healthy habits give way to Halloween candy stashes, Thanksgiving feasts, and holiday celebrations lasting all the way through New Year's Day. How can you get through the holidays without indigestion, fatigue, irritability, insomnia and gaining weight? Learn tips to avoid the seasonal setbacks and start healthy new traditions with dishes and recipes that are sure to please.

### **Building a Better Working Memory**

Want to maintain your 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.

### **Gluten Free the Real Food Way**

What is gluten, and where do you find it? Learn the body signs that indicate you might have a gluten sensitivity and understand the connection to intestinal health, ADHD, autoimmune diseases, and skin conditions. You can make gluten-free eating 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? 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 and reduce inflammation, 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 what you eat every day. Discover which foods and beverages make you store weight and which help you lose it. Get back on track, shed those pounds and regain your energy.

### **What's for Dinner & What's in Your Food?**

According to surveys, 70-80% of us don't know what we are going to have for dinner at 4:00 p.m. With busy schedules, we all need a plan to get dinner on the table. At this workshop, our nutritionists share ideas, tips, and recipes to make meal planning faster, easier, and delicious. Is going to the grocery store overwhelming? Find out what to look for on a label and how to know if something is healthy, along with ingredients to avoid (from damaged fats to additives and preservatives). Other tips include which foods to buy organic and a shopping list to get you started.



I really liked how Mel encouraged getting minerals through food first with supplements if needed. She also gave us recipes that combined foods high in the minerals that a majority of people are lacking, which made these changes easy and delicious! We have been so happy with Nutritional Weight & Wellness as part of our agency's wellness program.

—Andrea Ulstrom  
Scott County CDA

### Nutritional Solutions for Better Digestion

Before you reach for the antacid in your desk drawer, learn a better solution for uncomfortable digestive problems. Alleviate heartburn, indigestion, diarrhea 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 to Get You Through Cold & Flu Season

Whether you want to avoid getting a cold or the flu, 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. Your body needs vitamins, but minerals are just as important. Learn the benefits of five minerals—zinc, calcium, potassium, magnesium and iron—along with the body signs that you may be deficient plus the best food and supplement sources. You'll also learn mineral connections to sleep, cravings, brittle nails, acne, muscle cramps, 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 by preventing inflammation, the number one cause of blood vessel problems, and by choosing foods and beverages that are anti-inflammatory.

### 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, prostate and colon. 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.



We've had Nutritional Weight & Wellness conduct our onsite wellness seminars and attend our annual wellness fair for several years. We've always been **impressed** with their content, **knowledgeable** speakers and responsiveness/**flexibility** when scheduling our onsite wellness events. We give them 5 stars!

—Denise Hrcir  
Dakota Electric

## Learn More

Want to bring the real-food message to your organization? Contact Nancy Palm at 651-484-8952 or [nancy@weightandwellness.com](mailto:nancy@weightandwellness.com).



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Weight & Wellness®**

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