



# 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 are passionate about real food and helping people develop healthier habits with information that's relevant and practical.**

Our classes are taught virtually (via Zoom or your preferred platform) and at organizations across the Twin Cities are based on biochemistry, research, and clinical experience.

Explore from over 20 topics for your next "lunch and learn" or seminar to see which classes fit your organization best.

## **Breaking the Sugar Habit (NEW)**

Most Americans consume 160 pounds of sugar a year! Clearly, sugar has a powerful hold on us, but truly, what makes it so addictive? It all comes back to our biochemistry. Essentially, eating sugar leads to more sugar cravings and, for some people, to sugar binges (first one brownie, next the row, then finishing off the whole pan). Worryingly, the long-term risks of a high-sugar diet are serious: diabetes, heart disease, hypertension, pain and inflammation, depression, memory loss, and fatty liver to name a few. In this class you'll (finally!) learn how to curb your cravings or tame a full-fledged sugar addiction with balanced eating and real foods, and by incorporating nutrients and supplements that support your intestinal tract and brain. Breaking the sugar habit is more than a good idea; it can help prevent serious health problems down the road.



Our employees are sending us great feedback on our wellness series. The presenters are very well informed and up-to-date on the newest information pertaining to nutrition.

—Chris Dacus  
VP Operations, Central Region  
Interstate PowerSystems

## **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.

## **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.

### **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.

### **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.

### **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.

### **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.

### **Good Food, Good Moods**

Food is one key to good moods. Food is considered 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!

### **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.

### **Immune-Building Foods & Nutrients**

Is your immune system working up to par? Do you have a chronic health condition that puts you at greater risk of developing bronchitis or pneumonia? Discover which foods and beverages support your immune system and which can lower your resistance to illness. With a real food diet and key nutrients, you can strengthen your immune system today and every day.

### **Mindful Eating On The Go (NEW)**

Does eating out have to mean abandoning your health goals? No! This class looks at five common settings (fast food, steak house, deli, coffee shop and convenience store) and provides strategies on how to make the best choices at each one. With a little planning and the right mindset, you won't be as susceptible when the server delivers onion rings to the next table or brings the dessert tray with the double fudge chocolate brownie. Nor will you be as likely to choose a muffin, chips or mocha on the run. Practicing habits that are mindful can take the stress out of eating out.



Shelby was a great presenter; she engaged our employees in the workshop and provided suggestions, facts and material for our employees to help boost their metabolism and get a better night sleep. Our experience with Nutritional Weight & Wellness has been great because they are easy to work with, attentive to schedule details and prepared for each seminar.

—Brenda Osler  
Onto Innovation

### **Mother Knew Best: Eat Your Vegetables! (NEW)**

We have all heard time and again how important it is to eat our vegetables, ideally five or seven servings a day (which may sound overwhelming). Turns out, your mother was right! Why are vegetables so important? They are packed with vitamins, minerals and antioxidants to support our immune systems and keep our bodies strong and healthy. Vegetables are also high in fiber to keep our intestinal tracts healthy and keep everything moving. For most of us, eating the recommended five or more servings a day is easier said than done. In this class you'll discover new ways to get your family to eat more veggies with tasty recipes and tips to prepare them, along with ideas to incorporate vegetables at breakfast, snacks and meals. Before you know it, you will find that eating five a day isn't so hard after all.



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

### **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!

### **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!

### **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.

### **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.

### **Processed Food is Out: Real Food Is In**

Did you know that over half of the foods in the American diet are ultra-processed? Research from the National Institute of Health found that ultra-processed foods (such as canned soup, bagels, and low fat cream cheese) are taking a toll on our health and lead to weight gain. Yet, our busy lives can make it tempting to use the drive-through, order a pizza, or microwave a frozen entrée. Learn why processed foods leave you wanting more and how to spot additives and preservatives on labels. The class will help you make the switch to real food with tasty recipes you can prepare at home.

### **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.

### **The Food Connection to Headaches & Migraines (NEW)**

Over 45 million people suffer from chronic, recurring headaches. If you experience chronic headaches or migraines, you know how disruptive they can be. This class looks at food and lifestyle factors that cause headaches and provides solutions to reduce the frequency of headaches and migraines. You might be surprised to learn that low blood sugar, chocolate, MSG, and not drinking enough water can all trigger headaches. Once you learn these common causes, you might be able to head off the next headache before it starts.

### **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.

### **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.

### **Why Drink More Water? (NEW)**

Of course we've all been told to drink 8-10 glasses of water per day, and yet 75% of Americans are chronically dehydrated. As a result, our bodies are calling out for more water, in ways many might not recognize. Could a lack of water be the cause of your daytime fatigue? Sign up for class to learn more and discover even more benefits of drinking water for energy, blood pressure, memory, weight loss, and cancer prevention, as well as supporting your kidneys and other organs. Learn factors to consider about tap water, well water, bottled water and water filters. This class will give you a new appreciation for water; help you identify your personal reason for developing a water habit, and practical tips to drink more of it.

### **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!

## [Learn More](#)

Want to bring the real-food message to your organization?

Whether you have 30, 45 or 60 minutes, we have a class that's right for your group. Start with one class or ask about our series discount. Contact Nancy at 651-484-8952 or [nancy@weightandwellness.com](mailto:nancy@weightandwellness.com).



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