



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.

“Kara spoke to our group about changing the fast food habit. She offered **simple changes** to make snacks or lunches more satisfying and less expensive. The idea that **eating better can clear our minds of brain fog** is exciting to me.

—Denise Muccio-Grout
City of Eagan

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.

Healthier Choices for the Holidays

Do you want to prevent the stress of the holidays from wearing you down? The holidays are busy times, and even with the best of intentions, it's easy to skip meals or eat food you wouldn't normally choose. From breakfast to bedtime and on the go, we've got ideas for simple meals and snacks to increase your energy and reduce your stress. Feel your best this holiday season and make dishes you can feel good about serving at your next get-together with balanced, real-food recipes that are easy and delicious.

“Only glowing reports from Lea's presentation today! She **knows her stuff** and is able to get back on track when asked questions in the middle of her presentation. She **arrived early, was prepared**, and commented to the group on how nice it was to see some familiar, as well as new, faces. Our staff genuinely likes and enjoys her.

—Doris Swanson
City of Richfield

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.

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 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.

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 Real 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!

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 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 singer, a manager or a busy mom. To feel your best, you must fuel your body with quality protein, vegetable and fruit carbohydrates, and beneficial fats. Feed your body and your brain to make them unbeatable.

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.

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.

Learn More

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



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 Hrnecir
Dakota Electric



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