



Healthy You presentation menu

Activity

Aging healthfully and gracefully

Being active is important at any age. But it's an even more important part as you get older. Even if you're living with a condition. Join us to talk about how you can exercise safely and effectively as you age.

Blow away your exercise routine

Do you want to be more active but don't know where to start? This session will teach you the difference between aerobics and muscle strengthening exercises. And how to use them to both to set up a routine that works for you.

Cold weather exercise (mini presentation)

You can still be active outside when the weather turns cold. Learn how your body reacts to cold temperatures. And how to prepare to exercise safely in them.

Take five: Stop and stretch (mini presentation)

As a country, we sit a lot – whether it's at work or getting around. And that can have an effect on our bodies over time. Join us in this short session to learn some stretches you can do sitting or standing.

Transform your exercise routine

Are you bored with your normal exercise routine? Come learn about the different kinds of exercise. And how to mix and match them to add variety to your routine.

Condition

Cholesterol 101

Did you know that high cholesterol levels raise your risk for heart disease? It's true. If your levels are high, your risk could be twice as high as people with ideal levels. In this session you'll learn ways to lower your risk.

Get the details on diabetes

Diabetes is a serious condition. But you can do a lot to help keep it in control. Join us to learn what you can do to take control of your diabetes, manage blood sugar and stay healthy.

Living with asthma

Asthma affects about 8% of our population. It can be a scary and dangerous condition. In this session, we'll go over common triggers, signs and symptoms. We'll discuss medicines that can help. And we'll talk about why it's important to have an action plan for your asthma care.

Makeover my heart

Heart disease is the leading cause of death among both men and women. Join us to learn the lifestyle changes you can make to lower your risk.

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Pumped for heart health

Your heart is the hardest working muscle in the body. And it needs your help to keep pumping. Learn how to keep your heart healthy through your diet, being physically active and managing your stress.

Take the pressure off

Stress, alcohol, a poor diet, lack of exercise. What really affects blood pressure levels? Learn which lifestyle factors you can control and how to manage or prevent high blood pressure.

Nutrition

Balance your diet and your life

You know your body needs energy. But where do you get it? In this session you'll learn that, and more. We'll talk about six ways to eat healthy. And how to set goals that can help you change your eating habits for good.

Fall in love with veggies

Most of us don't eat enough veggies. But they can add some sizzle to your diet. We'll talk about fun ways to add more veggies to your meals. You'll get some tips on how to pump up the flavor too.

Hooray for fruits and veggies

Did you know that most Americans don't eat enough fruits and veggies? We'll show you how they pack a health punch. And we'll talk about how to add more to your meals and pump up the flavor.

Overcoming emotional eating

We all have struggles in our lives. And they often come with feelings like stress, anger and loneliness. Many of us eat to cope with these feelings. But this can lead to weight gain. In this session we'll talk about healthy ways to overcome emotional eating.

Portion control 101

Once upon a time, a bottle of soda was just over six ounces. Now a bottle of soda has 20 ounces. Most portions have grown over time. We're taking in more calories without thinking about it. And we're gaining weight. In this session, you can learn some easy ways to control your portions – any time, anywhere.

Shop smart and meal plan

What does your shopping cart look like? Learn strategies to use while grocery shopping and ways to plan healthier meals.

Preventive

A safe and savvy summer

School's out for summer! But you can still learn about staying safe and healthy. Get tips on how to keep cool and hydrated in the blazing temps. Find ways to save your skin from biting bugs and scorching sun.

High five: Healthy habits at home

Do you want to help your family make healthier choices? If so, this session is for you. We'll go over five simple things that can help your family on the path to better health.

Men's health

Gentlemen, how well do you know your health? Do you know when to get a physical or a preventive exam? Learn how to understand specific risk factors and health needs for men. Learn how you can help the men in your life stay on top of their health.

Oral health for life

Good oral health is an important part of good overall health. We'll go over the basics of dental care and routine checkups. We'll talk about gum disease. And we'll explore how oral health may affect your overall health.

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Preventive health for men and women

Taking care of your health is more than getting treatment when you're sick. We'll talk about how you can actively participate in your health. You'll learn about health risk factors – ones you can change and ones you can't. And we'll review preventive screenings.

Solving the puzzle: What your numbers might mean for you

What are biometrics? We'll talk about numbers like height, weight and blood pressure. And how they relate to your overall health.

Women's health

It's all about women's health. Learn about common conditions and risk factors. Talk about how to spot them, prevent them and control them. Get the facts for you and the women in your life.

Stress

Healthy mind, healthy body

Explore how your thoughts can affect your health. Imagine changing your thoughts and improving your overall wellbeing. Learn ways to cultivate a healthy mind and body.

Reduce holiday stress with mindfulness

The holiday season can be a time for celebration. But they can also be one of the most stressful times of the year. Learn how to practice mindfulness and self-care during this busy time.

Resilience: Bouncing back

How well do you bounce back after a stressful situation? We'll talk about how to build your inner strength. And you'll learn about ways to adapt to change without feeling overwhelmed.

Slowing stress

Do you ever become so busy you forget to take care of your health? Learn ways to slow down and take time for your health. Discover how to bounce back from stress. Get helpful insights on how to ride out the daily ups-and-downs, mindfully.

The gift of better health

Do you associate the holidays with feelings of guilt and stress? We'll talk about how to enjoy the holidays this year. You'll learn ways to get more out of the food, family and celebrations.

Tips for a healthy, stress-free holiday

The holidays can be exciting. But they can also add stress – both good and bad. We'll review common holiday stressors, like budgets and family time. We'll go over ways to manage your stress. And we'll talk about some coping skills that can help with holiday anxiety.

Work, life and you

Feeling overwhelmed by everything life throws your way? Unsure how to balance it all? We get it. Let's take a closer look at how you can organize your time, prioritize what's important, and take control of your life.

Tobacco

Tobacco free living

This session isn't just for smokers. We'll go over how tobacco affects the body. And various ways the people use nicotine – like vaping. We'll talk about how you can get ready to quit. Or help someone you love to start on the path to tobacco-free living.

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Miscellaneous

A look at your well-being

Start on your path to well-being in the new year. Well-being looks at how the different parts of your health connect. Learn how moving the body, mood, social circles and other areas impact lifestyle. And how to get the best start to your year.

A new year of health

It's a new year, and that means a new chance to make a healthy lifestyle change. If you're having trouble getting motivated, we're here to help. You can learn to set goals, overcome challenges and stay the course for the upcoming year. Healthy habits, here you come!

Behavioral health and wellness

Mental health. Emotional health. Behavioral health. The names have changed over time. But whatever you call it, it's an important part of your overall well-being. In this session, we'll talk about what it is and how you can improve it.

Defining your health: Health literacy

What is health literacy? It's how you get and understand important info about your health. And how you use it to make better health decisions. Learn to improve what you know about your health. It can have a big impact.

Get connected

When life gets tough, having someone to lean on is important. Being around a loved one or trusted friend is a big part of good health. Whether hanging out or talking on the phone, learn how being social is valuable.

Good night, sleep well

Did you know over 3 out of 10 U.S. adults don't get enough sleep? Getting too little sleep or even poor sleep can have a harmful effect on your health. Getting enough good sleep isn't a luxury. It's a necessity. You can think of it as a "vital sign" of good health.

Staying healthy on a budget

Do you think staying healthy costs a lot of money? Think again! Keeping a healthy lifestyle doesn't need to be pricey. Learn how you can stay healthy on a budget. Get helpful tips for meal planning. Try no-to-low cost exercise ideas.

Taking time for self-care

Your health begins with you. Take the time to figure out what you need to stay healthy. Maybe it's getting an annual check-up at your doctor. Or having a day to do a self-inventory. With all that you need to do, don't forget to make yourself a priority.

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