

## FITWELL WORKSHOP MENU

- **Portable Gym Kit**

Includes a portable gym kit for each employee who attends! The portable gym includes a resistance tube, door strap, pedometer, stretch strap, and draw-string gym bag! We will show you how to use each tool in your portable gym and highlight exercises that you can even do at your desk or in your office! This workshop is a great way to get your staff to start thinking “outside the gym,” and get creative about incorporating fitness into their work day.

- **Stress Relief: Stretch and Meditate**

Learn how to activate the relaxation response in the body by participating in a "breath focused" meditation and tension-relieving stretches. Become more centered, clear-headed and able to respond to work-life stressors.

- **Mindful Eating**

Explore how practicing mindfulness can help you eat healthier, make food more satisfying, and help you intuitively manage your weight. A look at the psychology behind eating, how to be free of food preoccupation, and how to reach satisfaction and a healthy weight without feeling deprived. (Lecture and Discussion)

- **Back Health/Optimal Posture**

Learn the keys to sitting and standing well at work and keeping your back healthy and injury free! We cover common reasons for back pain, and how you can avoid these pitfalls! Our Alexander Technique instructors will help you move with grace, ease and optimal posture.

- **Mindful Movement**

Learn form and technique for all of your classic fundamental fitness exercises including squats, lunges, push-ups, back rows, and more. When performed properly, these fundamental movements help to build overall strength and improve range of motion. Being mindful when you move makes all the difference for your workout.

- **Top Tips for Fitting Fitness Into Your Work Week (\*Includes 5 Minute Fit Break)**

Learn several helpful ways to help you create a healthy lifestyle. Staying consistent over a long period of time is easier than you think! With a few simple tips you will get in shape and start feeling great! This is a lecture, but will include a 5 minute movement break.

- **Dance Fitness**

Learn fun dance moves from all around the world to upbeat tunes that will inspire you to groove. Have fun while getting fit and move to the music. Beginner friendly choreography great for a cardiovascular endurance workout.

- **Yoga**

Yoga is an ancient body of physical, mental and spiritual practices designed to cultivate inner peace, an open heart, a calm mind and a strong, flexible, relaxed body. Learn how to flow from pose to pose to strengthen you in mind, body and spirit. End in shavasana (relaxation and breathing meditation).

- **Total Body Workout**

Learn strength exercises and stretching to give you a total body workout. Use resistance tubes brought by the instructor for individual and partner work that will build strength.

- **Fit Break**

Take a break from work to move! A Fit Break can be scheduled for 5 minutes, 10 minutes or 15 minutes! Get up and get moving to help you reset during a long meeting or a long period of sitting at your office desk. Great way to rejuvenate your body, mind and spirit. Little breaks go a long way to keep you healthy during your work week!

- **Laughter Yoga**

Laughter proves to lower your blood pressure and release endorphins (hormone that makes you feel happy)! Enjoy this laughter break with co-workers to help revitalize your spirits during your work day. The facilitator will lead you through some voluntary laughter followed by breathing exercises to help you rest between all the giggling. Laughter yoga is a great way to work your abdominals in a fun, uplifting way!