



A service of Managed Care Systems and GEMCare

NEW: Most classes now include “digital handouts” for company intranets and employees in remote locations!

Worksite/Health Plan Member Wellness Classes- 2017

| Health Education Topics | Description |
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| Sit n Get Fit | This class teaches moves that offer a full body workout from a seated position. Based on the Arthritis Foundations’ PACE® program, it is ideal for seniors, people with limited mobility, those unable to bear weight or anyone looking to try something different. |
| Cholesterol Management | What do your cholesterol numbers mean? We address common concerns, risk factors, and what you can do to control your cholesterol with lifestyle changes such as nutrition and activity. |
| Diabetes Basics: <i>Taking Control</i> | Diabetes is striking more Americans every year. Learn the symptoms, risk factors and how to effectively manage or prevent this ever-growing epidemic. Both a single session and more comprehensive multi-sessions are available. |
| Fall Prevention | Falls are responsible for 40% of all non-fatal injuries at home and the number one reason for hospital admissions in people age 65 and over. Learn the common causes, tips on prevention, balance exercises and home set-up. |
| Know Your Nutrition <i>Basic Healthy Nutrition</i> | Learn the basics of healthy, balanced eating, the 6 main nutrients, calculate your caloric needs and more. Please bring a calculator if possible. |
| High Blood Pressure Management | Due to a lack of symptoms, high blood pressure is known as the “Silent Killer”. This class will help you understand your numbers and how nutrition and exercise affect them. |
| Osteoporosis <i>Building Better Bones</i> | Osteoporosis affects over 10 million Americans. Learn about the risk factors, get nutrition tips and discover key exercises to combat this debilitating disease. |
| Walking Working Out | Bring your walking shoes for this one. Walking is a great form of physical activity! Find out why and how to get the most out of your walks. Demo of 3 tests one can do to select the proper shoe and numerous handouts are also given. GPS mapping of your worksite with routes is also available! |

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| <p>Stress Management <i>Arrest the Stress</i></p> | <p>In an increasingly fast paced world, stress is a leading contributor to mental and physical illness. This class addresses the physical and psychological effects of stress and gives several tools and tips for dealing with stress.</p> |
| <p>Fitness For Busy Bodies</p> | <p>No time, NO PROBLEM! Learn how to get maximum results in minimum time. Class will discuss heart rate monitoring, circuit training, super-setting and more time saving tips and techniques.</p> |
| <p>Stability Ball <i>Workout N' Have a Ball</i></p> | <p>You have or want a stability/exercise ball, but do you know how to use it? This class will discuss the benefits of using this inexpensive tool and then will lead participants through a full-body workout. Participation is encouraged, please dress comfortably if possible.</p> |
| <p>Back Safety <i>Back Talk</i></p> | <p>Back pain is the 2nd most common medical complaint. Learn the risk factors, biomechanics, posture, safe lifting techniques and exercises to help reduce your chance of injury.</p> |
| <p>Stretching <i>Stretching the Truth</i></p> | <p>This fun class provides an overview of stretching and then offers participants a full-body stretching/flexibility routine that can be done from a seated position while in the office and dressed in everyday business attire!</p> |
| <p>The Basics of Exercise</p> | <p>Providing a general overview of basic exercise, this class explores the role of cardiovascular and resistance training exercise. Heart rate, safety, intensity and other guidelines are also given. Please bring a calculator if possible.</p> |
| <p>Skin Cancer Awareness</p> | <p>Skin cancer is the most common, yet most preventable form of cancer. Learn about common risk factors, warning signs and how to prevent this growing problem.</p> |
| <p>Deskercise</p> | <p>Being stuck at your desk doesn't mean you can't exercise. Learn a safe and effective full-body, stress-busting, energizing, muscle toning and stretching routine you can do while at your desk or workstation.</p> |
| <p>Healthy Holidays</p> | <p>Holiday parties, high calorie food, missed workouts, stress, family issues, late night shopping and crowded stores-all holiday stressors. Learn tips on nutrition, stress and exercises specific to this time of year to keep you healthy this holiday!</p> |

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| Posture Perfect | Prevent “text neck”! Sitting at a desk all day, using cellphones, tablets, etc. can lead to significant posture problems. This class will look at risk factors then ways to correct posture with stretching and strengthening exercises. Also learn how to assess your posture with a 10 second self-test! |
| Exercise and Cancer | The positive effects of exercise on cancer have been well documented. Exercise cannot only help prevent certain cancers, but can help reduce the side-effects of cancer treatment, improve quality of life and survivorship. Learn more about the benefits and exercise programing specifics. |
| Motivation to Move | Over 80% of those who start exercising stop within the first few weeks. Learn several tips to keep you on track and motivated! Contracting, accountability, cross-training and the S.M.A.R.T goal setting approach will be discussed. |
| Smoking Cessation | We offer the nationally recognized, evidence-based smoking cessation program, <i>Freedom from Smoking</i> ® by the American Lung Association. This is the gold standard in programs and delivers a higher than average quit rate for graduates. It also exceeds the requirements of most health plans! |
| The ABC’s of Better ZZZ’s | Lack of sleep is becoming an epidemic. The CDC states, “Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors”. This class will offer numerous tips on how to improve your sleep habits to enhance your rest and energy. |
| Fitness “Fore” Golf <i>Exercises for Better Golf</i> | Learn valuable sport-specific exercises to increase your drive distance, rotational speed, balance and overall enjoyment. Lower your score by attending this class and be fit “fore” your best game yet. |
| Women’s Health Issues | Participants will learn the various issues prevalent in woman’s health such as breast cancer, bone health and more. Class is taught by a Registered Nurse and supplemented with numerous handouts. |
| Avoiding Risky Drinking | This class explores the use of alcohol and offers tips to drink responsibly as well as resources for those who may have challenges. |

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| <p>Basic First Aid</p> | <p>For Personal Information Only-Not a Certification (An AHA certification class can be offered if desired)</p> <p>This class is ideal for those seeking information on how to handle basic first aid issues such as burns, bleeding, bites/stings, etc. Taught by a licensed emergency medical technician, this class is for personal knowledge only and not intended to be a substitute for certification.</p> |
| <p>Prostate Health</p> | <p>More than 30 million men suffer from prostate conditions that negatively affect their quality of life. Participants will learn the role of the prostate, symptoms of prostate problems and the various lifestyle and treatment options.</p> |
| <p>Noise Induced Hearing Loss</p> | <p>According to the CDC, an estimated 17% of adults aged 20–69 years (approximately 26 million) have suffered permanent damage to their hearing from excessive exposure to noise. Participants will learn how hearing loss can make communication difficult, identify sources of loud noise and adapt behaviors to protect their hearing. This is a great occupational safety topic.</p> |
| <p>Workshop: Grocery Store Tour</p> | <p>Join us while we “peruse the produce” at a local grocery store. This unique, informative and guided class allows participants to tour the grocery store and learn about label reading, tips for saving money, selecting healthy foods and much more.</p> |
| <p>Healthplan/Senior Workshop: Outsmarting Your Smartphone</p> | <p>Having difficulty using your smartphone? Do you have questions such as what is an app? Why does my battery die so quickly? How do I text? If you struggle to use your smartphone, join us for to get the most from your device. We will also discuss phone settings, taking pictures, increasing font size and ring tone volume for easier use. Make your smartphone work for you, not against you!</p> |
| <p>Healthplan/Senior Workshop: Health Bingo</p> | <p>This class brings together seniors for a game everyone enjoys while learning about nutrition, activity, how to prevent falls, safety and more. Classes frequently see 40+ participants and are a great hit in community events such as health fairs. The game itself can be customized to a variety of topics/groups.</p> |

For more information or to schedule a class, please contact Sean Kenny at: (661) 716-7118 or sean@advancedcarewellness.net