

HPMI HEALTHY LIVING PROGRAMS: Michelle Zellner

HEALTH PROMOTION
MANAGEMENT, INC.



Michelle specializes in corporate wellness training, combining lecture with physical fitness and coaching to educate employees in a way that sticks. Her engaging classes inform, influence, and inspire all who wish to become better beings.

What we like best about Michelle's courses is that they address and overcome universal challenges in work environments, like prolonged sitting and lack of time.

DRIVE: Choose your direction. Take the wheel. Drive!

It's About Time

There are not enough hours in the day to accomplish what needs to be done, much less what you WANT to do. We will talk about time takers and outline ways to manage your time more effectively.

Change One Habit - Simple Changes to Overhaul Life

From diet and exercise, to stress management and personal relationships, what is one simple change, or maybe even two or three that will change your life? Participants will learn and discuss easy and practical ideas to create a new normal in hectic everyday life.

"She was an excellent speaker. I liked her positivity and the achievable ways to make changes."

MOVE: Today's your day. Make your move.

Help...My Desk is Killing Me!

If you have a sedentary job, you may feel like your desk is killing you. There are numerous stretches and exercises that can be done to alleviate the pain, strengthen the body, and refresh the mind. Learn to integrate these into your work day and experience a whole new world!

Deskercise

No more excuses! You will learn how easy it can be to fit exercise into your life. This is a participation-based seminar in which you will learn a variety of exercises and stretches that can be done with little or no equipment. Modifications will be demonstrated to ensure all fitness levels can participate. By the end of the class, you will have created a workout specifically geared toward your needs. Each participant should bring a notebook, and if you have any "portable fitness equipment" feel free to bring that as well!

"I was impressed with her content knowledge, skills and energy. She has a wonderful way of relating with her audience."

The Balanced Core

The body may be likened to the construction of a house; if one builds a house without a frame, the house falls down. So, if one's body lacks the proper foundation it is more prone to injury. The key to creating this foundation is to develop functional core strength and balance. This interactive class will explore the basics of anatomy, as well as simple, yet effective core strengthening exercises that can be done at home for optimal functioning and fitness.

Exercise for Weight Loss

Regular exercise is necessary for every individual, but if weight loss is your goal, it is a MUST. This class will provide you with the information necessary for you to determine how much, and what types of exercise are necessary to reach your goals. We will talk program design and discuss realistic options to fit it into your life.

Get Your Move On!

The benefits of exercise are widely known, but for a variety of reasons it is not part of many people's lives. We will help you identify your barriers to exercise and provide options for overcoming those barriers. The various aspects of fitness will be highlighted including cardio, strength, core, and flexibility.

NOURISH: Fuel. Boost. Thrive.

Pack It Up—Staying Healthy on the Road

Whether you travel for work or pleasure, keeping up with healthy habits can be a tall order. Early mornings, late dinners, and different time zones do present challenges, but with a little planning and a little discipline, you really can stay healthy on the road!

Feeding Your Feelings...Are You?

Most people have engaged in emotional eating at some time or another. When we do this, we are using food as a reward, a distraction, or to soothe a feeling we'd rather not be experiencing. Identifying triggers and defining your relationship with food are the first steps in changing your attitude about food. You will learn mindful eating skills, and healthy strategies to overcome emotional eating.

BALANCE: Relax. Restore. Recommit.

Sleep, it Does a Body Good!

Sleep is essential to restoring health and vitality to the mind and body. Studies show that people who get adequate sleep live longer, healthier lives. This program is designed to help employees understand the critical processes that occur during sleep, overcome sleep problems and learn techniques to promote a peaceful night's sleep.

Burnout Ahead! Steps to Avoid the Danger

Whether it is due to a dull, monotonous existence or an over loaded, over worked lifestyle, the effects of burnout are hazardous to your health! This training will teach you the symptoms of burnout and help you identify how close you may be to it. Practical tools and strategies will be discussed to enable you to take the necessary steps to avoid the danger.

Mental Health and Wellness

Mental health and physical health are intricately linked, but too often we neglect to acknowledge how our choices affect our mental health and wellness. This class will address stress, nutrition, exercise, sleep and social interactions, and how each facet impacts our mental health.

Instructor Bio

Michelle has been a trainer, coach, and facilitator for over 20 years. Her engaging classes cover a variety of topics that include exercise, nutrition, weight loss, stress management, sleep, preventing and managing chronic disease, work-life balance—and many more. Her 'You Revolution' program, a 10-week lifestyle transformation training, has been delivered to more than 300 faculty and staff from Denver Public Schools.

Michelle holds a Master of Science degree in Kinesiology from the University of Colorado-Boulder and a Bachelor's degree in Psychology from The University of Hawaii. She volunteers for the American Heart Association as well as within her community to promote wellness with enthusiasm.