

HPMI HEALTHY LIVING PROGRAMS

HEALTH PROMOTION
MANAGEMENT, INC.

As experts in the field, our lively, engaging speakers connect with their audiences, successfully entertaining, inspiring and educating individuals to make healthy lifestyle changes. The following list is a sampling of the programs we offer. All programs are one- hour in length, unless marked otherwise. See TERMS for information about our fees.



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

Creating Health and Vitality

Are you tired of waking up with aches and pain? Do you eat less and still manage to gain weight? Are you tired of hearing “well you are getting older”? This class will teach participants how to boost their vital energy and slow down the aging process. We all must age, but we don’t have to get old! Participants will learn tips on how to build strength and vitality no matter the age.

Building a Better Brain *New!*

Did you know that the brain is the seat of health and wellbeing? If your brain is doing well, you are doing well and if your brain is struggling, you are struggling. It’s that simple. The brain affects every area of life including your health, learning, focus and memory, relationships, career, money and more. Advances in brain research and the principles of experience dependent neuroplasticity are dramatically changing our understanding of the brain and our ability to self-direct changes within it. You can use your mind to change your brain to change your life for the better. This class will show you how!

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.

Live Healthy! A Lifestyle Approach to Optimal Health

Every New Year people make resolutions to exercise more, yet statistics show that just six weeks later most of these exercise resolutions have gone by the way-side. Believe it or not, the reason for failure is not due to a lack of willpower as much as the *approach* taken. The Live Healthy approach is a lifestyle program that helps one to rediscover the aspects of health and wellness that is both achievable and sustainable long-term. This class explores how we may inadvertently self-sabotage good intention and provides tried and true strategies for helping people to set themselves up for success as they strive to make exercise *A Way of Life*.

Know Your Numbers

Did you know that only 3% of the population practices the four standard health habits: regular exercise, a nutritious diet, healthy weight maintenance, and no smoking? Or that nearly 60% of the US population dies from just three causes: heart disease, cancer, and stroke? If you get frustrated by the overwhelming and sometimes contradictory health information and you want to gain knowledge about your most important health numbers, then the *Know Your Numbers* workshop is for you!

Rock Your Health

Effective goal setting is the key to success in making any type of change. However, to achieve the goals we set for ourselves, research has shown it is necessary to have a specific, measurable plan. Vague statements such as, “I want to lose weight (eat better, exercise more),” can easily become forgotten. A little direction and guidance can go a long way in transforming a vague goal into an actualized goal. This class will lay the foundation for effective goal setting and will provide tools on how to implement S.M.A.R.T goals (Specific, Measurable, Attainable, Realistic, Time-Based) in a fun and interactive environment.

Thriving in the 21st Century *New!*

Sometimes it feels as if life is throwing us a lot of curve balls and we end up being reactive, overwhelmed and imbalanced. And yet, we continue to strive to find our center and to nourish our whole selves so that we can embrace all that life offers us. Optimal well-being encompasses emotional, intellectual, occupational, physical, social and spiritual aspects of our lives. Take the time to evaluate your current state of well-being, build upon what’s working and identify simple yet strategic steps to live healthy and thrive.

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!

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.

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. 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.

Make it Burn...Not! Exploring Exercise Intensity

Exercise intensity can affect whether we are creating health or detriment in the body. Creating health lies somewhere between that first strength training repetition and "feeling the burn" and between feeling invigorated during cardiovascular exercise and feeling exhausted. This class teaches participants how to balance exercise intensity to maximize the health benefits of an exercise program without doing damage to the body in the process. So, whether one is just starting out or is already an avid exerciser, this presentation will shed light on how to fully reap the rewards of putting in the effort to exercise.

Yoga Basics *New!*

Interested in exploring yoga or wanting to deepen your practice? This class is designed with you in mind. Here's your chance to de-stress, strengthen, stretch, heal and relax. This is a beginner friendly 6-week yoga series. The focus is on an introduction to basic yoga poses, healthy alignment and the benefits of 4 basic types of yoga poses - flows, extensions, twists and inversions. This knowledge will help you get the most out of any future class or home practice. All levels are welcome. **Timeframe: 6 weeks**

NOURISH: Fuel. Boost. Thrive.

Attain and Maintain Your Nutrition Goals

Join us for a lively discussion on the best plans for overall nutrition, weight loss, diabetes, healthy heart, healthy eating, and shortcuts to make the different plans easy to follow. You'll learn what the experts say about the best approaches to a healthier you!!

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.

From Store to Stove

Eating at home doesn't just save you money – it also is good for your health. Restaurants generally have portions sizes that are much larger, meals that contain more fat and salt and don't offer some of the healthier options you can make in your own kitchen. This class will help you develop a plan to prepare nutritious and satisfying meals at home, help you to navigate the grocery store, learn to read labels and avoid some pitfalls when eating out.

Sweet Talk

Discover where the hidden sugars lurk in your diet and sabotage your best efforts. Pair common foods with the correct amount of sugar, for a reality check, and uncover ways to reduce your intake and ease your sweet cravings.

Ways to Weight Loss

Have you tried every diet out there, only to lose weight but eventually gain it all back—and more? While there are plenty of ways to lose weight, maintaining your weight loss over the long term can sometimes be a challenge. Learn about the latest research on weight loss and how to personalize a healthy nutrition plan for yourself.

The Art of Comforting *New!*

One of the most often overlooked ways to improve relationships is to become better at the three essential qualities of comforting others; being present, listening well and embodying empathy. For many people comforting is an untapped resource. Often our knee jerk responses miss the mark and the opportunity to improve important relationships. Learn about the myths of comforting and how refining your comforting skills can dramatically improve our personal and professional relationships.

Bouncing Back: Dealing with Loss Through Resilience *New!*

Life is full of all kinds of setbacks, disappointments, failures and losses. These experiences can leave us lost, stuck, derailed and have long lasting effects on physical and mental health. In spite of this, there is good news. Through the wisdom of resilience research and positive psychology we can learn resilience and apply it to life's challenging situations to govern our thoughts, emotions, behaviors and even our physiology to transform our lives for the better.

BALANCE: Relax. Restore. Recommit.

Cultivating Mindfulness

The idea of mindfulness is making its way into all kinds of settings such as healthcare, schools, sports and corporations alike. It is likely the practice is growing because of its broad reaching benefits including stress reduction, increased productivity and performance, improved relationships and improved health combined with the accessibility and ease of the practice. In this class, we'll explore mindfulness including its components, benefits and the many ways you can access and experience mindfulness and it's benefits in your own life. This class includes both learning and practicing for a stress relieving, interactive experience.

Energetic Living

One of our deepest human desires is to live with energy and vitality. Modern life often leaves us drained and lifeless. This one-hour class offers mind/body techniques that can be applied in everyday life to energize and revitalize. Learn to create energy on-the-spot and how to sustain it to work, play and live fully.

Managing Stress for Optimal Health

Did you know that stress is the number one cause of dis-ease in the body? Everyone knows that too much stress is bad for you. But how much is too much? If too much stress is bad; is a little stress good? Where and how do we draw the line? This class begins by helping participants to explore their stress patterns and provides useful strategies to help one to recognizing and effectively managing stress to help prevent stress-related health conditions.

Moderation Zone *New!*

Since the days of Aristotle, moderation has been known to be the key to health, wealth, and happiness. This class helps the participants not only define what moderation is within their daily lives but helps create an identifiable zone of moderation in which to live and act.

Money Moxey: Build a Healthy Relationship with your Money

Money is 60% mindset and 40% practical tools. While budgeting and savings is important to our financial future, our mindset about money plays a critical role in our well-being. We'll explore beliefs about money and learn ways to strengthen your relationship with your finances to build a healthy mindset.

Money Moxey: How to Create Your Successful Money Plan

Money is one of our greatest sources of stress. If you want to feel safe and confident about the money you work hard to earn, this class will give you practical tools. Learn how to manage and grow your money by creating a meaningful and successful money plan. Start by examining your money habits, then develop a system for tracking and managing expenses that includes planning for the unexpected and saving for fun experiences. A money plan is not just budgets and savings; it is about opening your eyes to the possibilities and opportunities that exist when you align your money with what is important to you. **Timeframe: 2-hour workshop**

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.

Zero to Zen *New!*

There is no question that we are stressed! The nonstop stress of modern life can lead to serious health problems. That's why stress management is so important. Managing stress will lessen the negative impact it has on our health, work, and relationships. In this class, participants will practice progressive muscle relaxation, use a tool for self-massage, perform stretching exercises, and energize with movement. Be prepared to laugh out loud and love every minute of this interactive, stress-free session.

TERMS:

- *Travel fees may apply to all locations outside of the Denver metro area.*
- *A discount of 10% will be applied for offering multiple classes in same day with minimal down time between classes (15-30 minutes) or by ordering four or more classes in a given year.*
- *Cancellation Policy: Please give two (2) week notice for any scheduling changes or cancellations. If you need to reschedule any HPMI class with less than five (5) business days' notice, we'll do our best to accommodate you and reschedule the class during the current program year. If you cancel an HPMI class with less than five (5) business days' notice without rescheduling, you will forfeit the cost of the class.*