Lifestyle Management Presentations
By Department Request
Brought to you by Well-U’s Lifestyle Management Team

Stress Management
Job Stress Reduction
Discover effective ways to manage work-related stress.

Pandemic Fatigue
Learn how to identify stress associated with a changing world, practice meditation, and gain an understanding of your physical and psychological needs.

Address Your Stress
Learn 5 ways to cope with stress. Discover the adverse health effects that accompany added stress and explore symptom awareness and ways to reduce your overall stress level.

Physical Activity
Crush Your Fitness Goals
Uncover the secrets of setting fitness goals and finding lifelong success. Learn more about motivation and creating sustainable habits to clear your hurdles!

Workout Workshop
Discover how to create your own high intensity interval training workout to burn calories, build muscle, and make it your own.

Nutrition
Nutrition: A Macro Perspective
What are macronutrients and why are they important? Learn how to make them work for you and your health.

Meal Planning Made Easy
Build healthy, tasty meals in a flash. Discover budget friendly grocery staples and simple recipe ideas to make meal planning a breeze.

What’s Trending Now in Nutrition?
Take a deep dive into today’s hottest topics in nutrition.

Mindfulness-Based Eating
Identify triggers, overcome barriers, and break automatic food habits. Learn to eat mindfully.

General Health and Well-being
Five to Thrive: Learn What Impacts Your Health the Most
Explore the 5 lifestyle factors that have been scientifically proven to have the greatest effect on overall health.