

## **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.

#### **Beating Burnout**

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

### **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!

#### **Practical Ways to Get Moving**

Learn the benefits of breaking your activity down into manageable time frames. Discover how frequent and sustainable movement can increase your well-being.

### **Nutrition**

#### **Dietary Supplements Unmasked**

What are they, why and when to use them, and what are the health benefits and risks? Receive a complete overview of powders, vitamins, minerals, and more.

#### **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.

#### **Healthy Snacking on the Go!**

Snacking is a part of our everyday lives and should be enjoyed! Discover the keys to healthful snacking. Learn how to incorporate snacks that are both nutritious and delicious to help you reach your health goals.

### **General Health and Well-being**

#### **A Fresh Start to Your Health**

Be your own wellness advocate with Well-U. Learn how to filter out the misinformation around nutrition and diet, build a healthy plate, and get more physical activity!