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.

**Physical Activity**
Desk-side Guide to Physical Activity
Learn how to stay active at the office and strategies you can implement right at your desk!

**Nutrition**
Plant-based Eating: Exploring the Research and Practicality of Plant-forward Eating
Discover whether plant-based eating is right for you.

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

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.

Blue Zones: Secrets to Longer Life
The term “Blue Zone” refers to geographic areas in which people live longer and healthier than anywhere else in the world. Discover their secrets and how you can incorporate them into your life.