

RECORDED WEBINAR TOPICS

The webinars below are available options for your wellness program.

NEW!

Men's Health

The Wellworks For You Men's Health presentation is designed to help men take control of their health. This informative presentation provides an overview of men's health issues, medical screening guidelines and risk factors for health concerns. Learn ways to reduce your risk and prevent health issues through a healthy lifestyle.

25 MINUTES

Bone and Joint Health

In this Wellworks For You presentation, we will explore why bone health is important and gain an understanding of Osteopenia and Osteoporosis. Learn what factors impact bones and joints, a wide variety of tips for keeping bones and joints healthy and ways to reduce the risk of Osteoporosis.

31 MINUTES

Women's Health

Join Wellworks For You as we discuss the importance of preventative health for women. We will review screening recommendations, risk factors for health concerns and tips for a healthy lifestyle. We will end with a brief overview on menopause to include symptoms, managing hot flashes, and tips for good sleep.

29 MINUTES

Mini Webinars

Wellworks understands that there is a constant flood of conflicting information about nutrition in the world today. We created twelve "mini" webinars on popular diets and trends in the world of nutrition to help you gain a better understanding and make more educated decisions when it comes to your diet. Mini Webinars run between 4 and 10 minutes and topics include: **Calcium, Fiber, Gluten Free, GMO's, Iron, Ketogenic Diet, Nuts and Seeds, Organic Food, Potassium, Sodium, Sugar, and Vitamin D.**

4 - 10 MINUTES EACH VIDEO

Healthy Eating For The Holidays

Did you know the holiday season has the potential to take up 25% of your entire year? It's easy for the holiday season to turn into a season of indulgences and weight gain. In this webinar, you'll learn why weight gain happens and 15 of our best tips, tricks, and strategies to keep you on track and healthy all season long.

19 MINUTES

Available in
SPANISH

Walk It Off! The Benefits of Walking

Walking is good medicine. It can help you reduce your risk of some chronic diseases, as well as help you to improve your blood pressure and blood sugar. In this webinar, we will show you all the benefits of walking and help you get started with your own walking routine. Learn what you need to get started, how to check your form, and how to set your own goals to keep you motivated and moving forward.

14 MINUTES

Goal Setting

Goals are what move you forward in life. They help you see your long-term vision and provide you with the motivation you need to get started. Did you know there is a process to goal setting? In this webinar, we will take you through a step-by-step process to help you set realistic and effective goals. You will learn about setting your wellness vision, SMART goals, and how to create a plan that will set you up for long-term success.

21 MINUTES

Tobacco Cessation

In this presentation, we will explore the road to quitting by understanding the addiction as well as your own tobacco use. This presentation provides you with an overview in creating an individualized quit plan and discusses coping strategies for some common triggers and barriers. We briefly review Nicotine Replacement Therapy and prescribed quit aids. This presentation also focuses on quitting tobacco products of any kind (cigarettes, chew, snuff, cigars, etc.) and discusses Electronic Nicotine Delivery Systems, such as e-cigarettes and vape pens. Lastly, we provide tips on how to support someone who is quitting.

36 MINUTES

Eight Steps to Healthy Eating

There is so much conflicting information about nutrition in the world today. It often becomes confusing and overwhelming to know what to eat and what to limit or avoid. The goal of this presentation is to bring nutrition back to basics and provide the eight steps to eating healthy. Learn how to keep healthy eating simple for an everyday, busy lifestyle.

34 MINUTES

The Facts About Fat

Did you know that it is important to eat fat every day? Dietary fat is an essential nutrient that contributes to good health and a body that runs efficiently. Of course, it's important that we learn to eat the right types of fat that are best for our long-term health. In this webinar, learn all about fats that you'll want to love, limit, and lose and how to include them in your meals throughout the day. You'll also be armed with knowledge on how to best avoid eating trans fat and how to choose the best cooking oil for baking, sautéing, browning, and making sauces.

18 MINUTES

Sleep – Getting Your ZZZs

Did you know that you'll spend 1/3 of your life sleeping or attempting to sleep? That's why it is important to optimize both the quantity and quality of your sleep. A good night's sleep is vital for our survival and contributes to good physical, mental, and emotional well-being. In this webinar, you will understand the basics of sleep, how to optimize your sleep routine, how sleep disorders might impact you, and how to cope with shift work.

20 MINUTES

Put Your Best Fork Forward

Everything that you choose to eat matters and can have a positive or negative impact on your health. In this webinar, we will review the USDA's "Choose MyPlate" guidelines. Each food group should have a place in your diet in the correct portion size. Learn strategies and tips for making half your plate fruits and vegetables and healthy ways to incorporate protein, fat, and dairy into your meals and snacks.

24 MINUTES

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Digital Detox

Did you know that the average adult checks their phone 50 to 300 times per day? Often we look around and see people on cellphones, laptops, and tablets everywhere. It is no surprise we live in a digital, plugged-in society and technology is expanding every day. This presentation promotes healthy digital use while helping you feel more fulfilled, calm, and connected to people and the physical world, as well as enhance work-life balance. Gain a better understanding of the meaning of digital detox, why setting some healthy boundaries is important, and a few steps to stay balanced in this time of rapid technological growth. The goal is to learn how to create healthy relationships with our digital devices.

22 MINUTES

Healthy Eating on the Go

In this busy world, we face tons of responsibilities to fit into what seems to never be enough time. This often leads to us feeling like we have to grab and go when it comes to eating. We will explore the common challenges many of us face, whether it be traveling for work, a schedule full of activities, or feeling you do not have access to healthy foods. Join us as we tackle these challenges by providing healthy, convenient meal and snack ideas, tips for dining out, and review portion sizes. We discuss how to make healthy choices when on the go, including times of travel. In addition, we will talk about meal planning and prepping on a budget.

53 MINUTES

Skin Cancer Prevention and Sun Safety

This presentation provides an in-depth understanding of the types of skin cancer, including the importance of protection and early detection. The presentation will also cover detailed information on the best protection against the sun on a daily basis. You will learn the meaning of SPF, what makes a sunscreen effective, truth versus myth, and the importance of hydration.

39 MINUTES

Ending the Stigma: Mental Health

According to the National Alliance on Mental Illness, 1 in 5 adults experience a mental health condition every year and 1 in 17 people live with a serious mental illness, such as schizophrenia or bipolar disorder. This impacts individuals, as well as families, friends, and communities. In this webinar you will learn all about mental illness in men, women, children, and older adults. Additionally, we will talk about ways to help and how we can all work together to end the stigma associated with mental illness.

20 MINUTES

Preventative Healthcare

Did you know that there is more to preventative healthcare than just your annual physical? In this webinar, you will learn all about our nation's National Prevention Strategy and what you can do to make sure that you are healthy at every stage of life.

11 MINUTES

Seasonal Allergies

Certain times of the year, especially when pollen is high, many people begin to experience all-too-familiar allergy symptoms, such as itchy and watery eyes, runny nose, and congestion. In this presentation, you will learn several tips for minimizing our exposure to allergy triggers and pollens, as well as ways to lessen the symptoms of seasonal allergies. While gaining a better understanding of what allergies are, we will explore the difference between allergies and colds, treatments, and causes of allergies.

18 MINUTES

Top 10 Superfoods

While there is no standard definition of superfoods, in general these are foods that are packed with an abundance of disease fighting, health promoting nutrients. In this webinar, we will explore the top 10 superfoods that you can find in your own grocery store. Including more of these foods in your diet may help you reduce your risk for chronic diseases, such as diabetes, heart disease, and cancer, as well as increase your overall health and well-being.

17 MINUTES

Stress Management and Work-Life Balance

Stress management and work-life balance often go hand in hand. As the world of technology improves every day, many people find themselves connected to work for longer hours which can be stressful for many individuals. In this webinar, we will review the different types of stress you can experience and the best strategies for coping with or managing them. You will learn the true definition of work-life balance, as well as real life tips, strategies, and tools for creating more balance between your work life and your personal life.

27 MINUTES

Healthy Back and Stretching

Years of poor posture, being overweight, and bad lifting techniques can have a negative impact on back health. Having a healthy back is important for good long-term health, as well as mental and emotional well-being. In this webinar, we will review every day tips to help you maintain a healthy spine. We will also review all the important aspects of good posture while sitting and standing and how to incorporate stretching into your life.

17 MINUTES

Diabetes Awareness Plus Sugar Intake

With diabetes as a growing epidemic, awareness is becoming increasingly important. This presentation provides an overview of diabetes including the types, risk factors, symptoms, and complications. The audience will gain an understanding of fasting blood glucose numbers and Hemoglobin A1c, as well as learn the importance of knowing these numbers. Prevention and management of this condition are key. Learn healthy lifestyle strategies through weight management, nutrition, and physical activity to help maintain health and vitality. This presentation also takes a closer look at dietary approaches to better manage blood glucose levels and how sugar and carbohydrates play a role in our diet.

28 MINUTES

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Understanding Blood Pressure and the Dash Diet

This presentation provides an understanding of blood pressure, including risk factors, prevention, and management of high blood pressure or hypertension. We will explore lifestyle behaviors to help to control our blood pressure. Next, we will dive into the DASH diet which stands for Dietary Approaches to Stop Hypertension. It is a recognized treatment for hypertension, heart disease, and kidney disease, as well as an overall healthy way of eating, according to the National Kidney Foundation and American Heart Association. Discover how to incorporate it into your daily life to reduce sodium, while keeping meals nutritious and delicious!

37 MINUTES

Healthy Carbohydrate Choices

In this presentation, we will review the 3 main types of carbohydrates: complex, simple, and starches, and how they affect blood sugar levels. We will uncover the myths surrounding low carb diets and learn the nutritional benefits of eating whole grains, milk products, and plant foods, such as vegetables, fruits, nuts, and legumes. We will review the portion recommendations for each food group using the USDA's "Choose MyPlate" as they are a great place to start as a general guide to guarantee we are eating a healthy, balanced diet.

16 MINUTES

Obesity and Congestive Heart Failure

Did you know that 1 in 5 people in the U.S. will develop Congestive Heart Failure in their lifetime? Obesity is a direct risk factor for a variety of cardiac conditions. Those with a BMI greater than 30 are twice as likely to develop Congestive Heart Failure. In this presentation, we will provide a comprehensive review of what heart failure means, including the risk factors, symptoms, and treatment. We will explore ways to create healthy lifestyle changes to attain and/or maintain a healthy weight. A healthy heart is in your hands!

28 MINUTES

A Recipe for Healthy Living

This presentation kicks off with the healthy "nuts and bolts" of nutrition. We will review some of the current "diet" trends such as gluten-free, vegan, organic, non-GMO, and dispel some pervasive myths which can be confusing. The presentation also touches on the importance of physical activity – how to get started, exercise adherence, and fun ideas to keep you moving for optimal health and well-being.

31 MINUTES

Waist Size Matters

This presentation focuses on waist circumference and why this measurement is so important. We will review a wealth of information on how to achieve a healthy waist size.

23 MINUTES

Living in a Smoke-Free Environment

One of the safest things we can do to protect our loved ones, children, even pets and animals is to create a smoke-free environment, whether we smoke or not. Exposure to secondhand and thirdhand smoke may occur in homes, cars, public places, or even child care centers. In this presentation, we will gain a better understanding of secondhand and thirdhand smoke and the risks associated with involuntary exposure to tobacco smoke. In addition, the presentation uncovers how electronic cigarettes and the secondhand aerosol emissions affect us. We will explore several steps in creating a smoke-free environment and learn supportive resources to help tobacco users quit.

17 MINUTES

Creating Healthy Lunches

In this presentation, we will discuss how to create nutritionally balanced lunches with a busy lifestyle. We will explore our daily caloric intake and include the recommended macronutrients which are protein, carbohydrates, and fats. Discover a wide variety of healthy lunch ideas that save us time, money, and calories!

24 MINUTES

Increase Your Exercise IQ

Increase Your Exercise IQ is a presentation designed to explore the benefits of daily exercise to build strength, flexibility, and balance to achieve optimal health and wellness. Informative suggestions are provided to learn the fundamentals needed to complete a thorough warm-up and why this is important to progress toward higher intensity exercise. After this presentation, the audience will be able to recognize the difference between aerobic and anaerobic states to achieve maximal performance, learn warm-up and cool down techniques, and common causes of injury to prevent them from interfering with achieving their personal best.

17 MINUTES

Decoding the Nutrition Facts Label

Reading the Nutrition Facts label can help you meet your health goals. It doesn't matter if you're trying to lose weight, maintain your weight, or manage diabetes, heart disease, or high blood pressure. Once you learn how to read the label, you can use that information to help you make more informed food choices. In this webinar, we will decode all of the information on the nutrition facts label and show you how to use that information during your next trip to the grocery store.

13 MINUTES

Eating the Rainbow

Did you know that eating a rainbow of foods is a great way to contribute to your health in a positive way? Eating a diet rich in different colored fruits and vegetables helps to ensure you are getting enough essential nutrients, vitamins, minerals, antioxidants, and fiber. Eating this way can help protect your body from illness and chronic conditions, such as cancer, heart disease, and diabetes. In this webinar, we will review the benefits of each different color, as well as share real life tips, tricks, and strategies for including more fruits and vegetables into your diet.

16 MINUTES