

LUNCH & LEARN TOPICS

VIRTUAL OR IN PERSON

FOOD IS FUEL

Food is made up of necessary nutrients to fuel our bodies throughout the day. Proper nutrition can help fuel our performance when it comes to exercise and sports. What you eat before, during, and after exercise determines your endurance, energy level, and recovery.



BUILDING COMMUNITY

Focusing on the human need for connection and belonging, we explore strategies to build and foster relationships in our personal and professional lives, including curiosity, appreciation, gratitude, and team-building practices.



PLANT-BASED NUTRITION

Over the past couple of years, plant-based eating has become more common. What are the benefits of a plant-based diet? What are the potential setbacks of eating plant-based? We take a deep dive into best practices for plant-based eating.



FOOD ALLERGIES & SENSITIVITIES

Am I allergic to a certain food? Do I have a sensitivity or intolerance? We identify ways to distinguish the culprit of your food-related symptoms and how to discuss these with your healthcare provider when necessary.



VIRTUAL BURNOUT PREVENTION

In the year 2020, we spent a majority of our time adjusting our life and work in ways we never imagined. Our screen time quadrupled from years past, whether from Zoom, FaceTime, Skype, or other virtual platforms. We provide some tips and tricks on preventing virtual burnout.



FACTS ON FAD DIETS

Ketogenic diet, intermittent fasting, Whole30, paleo, gluten-free, and many more diets have gained popularity in the last few years. We will discuss the research behind these diets and the healthiest approach to weight loss and maintenance.



FINDING YOUR "WHY"

Identifying your "why" is centered around helping people recognize their values in order to refine their list of priorities in life and work. Enabling others to focus their energy on what is truly valuable to them empowers innovation, motivation, and a sense of purpose.



BUDGET-FRIENDLY COOKING

Think it's too expensive to eat healthy? Getting frustrated with the monthly grocery bill? Stick to your budget at the grocery store with these provided tips for cooking and shopping.



* NEW * VIRTUAL OFFERINGS

STRESS COPING STRATEGIES

We all experience stress but it is how we cope and manage stress that has a lasting impact on our physical and mental well-being.



MEDITATION SESSIONS

Everyone needs some time to unwind. Guided meditation is a great way to practice mindfulness and lessen the impact of stressful times and situations.



LIFESTYLE MEDICINE 101

Learn about this evidence-based approach to preventing and treating chronic diseases and some autoimmune conditions by adopting positive behaviors.



COOKING CLASS DEMO

- Healthy ingredient swaps for desserts
- Plant-based recipes for a full day
- Meal planning 101: prep, package and store
- Eating for a healthy heart



VIRTUAL EXERCISE CLASS

- Full-body conditioning
- Yoga (mat or chair)
- Barre
- Balance and stretch
- Office exercise



PRIORITIZING SELF-CARE

What is self-care and why is it important? We analyze the research and benefits on self-care practices and offer tips and strategies to prioritize it in your daily life.



THE ART OF GRATITUDE

If our brain is hard-wired to focus on fears, how can we shift it to focus on gratitude? We take a deep dive into Dr. Amit Sood's grateful practices and ways to implement them at work and at home. Class comes with a gratitude journal (when available).



THE SKINNY ON SALT AND SUGAR

Sneaky sugars are hidden under alias names on food labels and often found in foods marketed as "natural," "low fat," or "gluten-free." Salt is a preservative in foods, and many don't realize the impact it has on their body. The skinny on salt is exposing where it hides and how to lessen our salt intake.



HEALTH IMPROVEMENT PROGRAMS

VIRTUAL OR IN PERSON

FREEDOM WITH FOOD

Eat without calorie counting, restricting, or letting go of your favorite foods. This mindful approach to eating will allow you to enjoy food thoughtfully and make great choices.



DIABETES PREVENTION

An ounce of prevention is worth a pound of cure. Nutrition, exercise, and stress management all play a vital role in diabetes prevention.



MENTAL RESILIENCY

Work, finances, health, and life in general can be stressful. Some of these things may be out of your control, but you can control your reaction to them. Building resilience can help you adapt to life's challenges.



THE HEALTHY WAY

Eating habits, sleep, exercise, and stress management are all important, but where should you start? Gaining more knowledge in each area will help you make the best choices for you.



EXERCISE CLASS PACKAGES

30 to 45-minute classes with our certified trainers either during the workday or right before or after work.

- Yoga (mat or chair)
- Office exercise
- Balance and stretch
- Barre
- Full body conditioning
- Cardio



TOBACCO CESSATION

Quitting is not easy; however, it can be done with the proper planning. Managing triggers, making healthy substitutions, and putting together a realistic quit plan are the keys to quitting long term.



FIT FOR DUTY

Even heroes need self-care time. This course encompasses nutrition, exercise, performance, preventive care and mental resiliency to stay fit for duty. Wellness for first responders.



4-WEEK PROGRAM SETUP

- Each program consists of four, one-hour sessions that can be set up virtually or in person.
- At-home assignments or challenges will be given after each session to enhance the program's impact.

MPOWER SESSION & PROGRAM INFORMATION

ABOUT OUR LUNCH & LEARN SESSION OFFERINGS

- * 30-minute to one-hour presentations or activities that are offered either in person or via Zoom.
- * You may select from the offered topics or can request a **customized topic of your choice**. All topics can be modified to fit the needs of your population.
- * Lunch and learn topics are given in an educational format with a presentation and materials provided. Activities such as exercise classes or meditation sessions will require some form of physical participation (whether in person or virtually) on the participants' part.
- * All presentations and activities will be provided by Mpower's highly credentialed wellness team that consists of certified trainers, registered dietitians, certified health coaches, yoga instructors and tobacco-cessation specialists.
- * For questions or for more information please contact MpowerEmployers@mhd.com or 214-947-7541

ABOUT OUR HEALTH IMPROVEMENT PROGRAMS

- 4-week programs broken up into four, one-hour sessions of virtual or in-person learning.
- For the best health improvement outcomes, we suggest that participants sign up for the entire program and engage in each session. We can provide virtual session recordings for participants who signed up for the program.
- At-home assignments or challenges will be provided after each session for participants to enhance the program's impact.
- Exercise packages are offered in four, 30-minute sessions with the exercise class of choice (can be one class or a variation of classes over the four sessions).
- Customized program topics can be requested.

To set up a free first session or inquire about pricing, contact
MpowerEmployers@mhd.com

WELLNESS COACHING



MPOWER WELLNESS COACHES



Abby Read

- Registered Dietitian



Carey Shore

- Registered Dietitian
- Mayo certified wellness coach
- Yoga instructor
- Group fitness instructor



Samantha Bohrt

- Master Certified Health Education Specialist



Tricia Neus

- Mayo certified wellness coach
- Tobacco education specialist
- Certified Health Education Specialist

WHAT CAN A COACH HELP ME WITH?

- Motivation
- Eating habits
- Stress management
- Tobacco cessation
- Fitness
- Lifestyle changes