

PROGRAMS

HEALTHY BODIES, HEALTHY MINDS

This 10-week health-promotion program focuses on healthy eating, nutrition education, weight control and management. Individuals will increase their awareness of the importance of incorporating more fruits, vegetables and whole foods into their diet to help improve their overall health. A registered dietitian will guide employees to success with behavior modifications and nutritional education along with examples of well-balanced, portion-controlled meal ideas. After the participant has attended all five sessions, he or she will be able to have a personalized half hour consultation with our registered dietitian. Employees will gain self-esteem and self-confidence while developing a healthier mind and body. ***This program consists of five, 1-hour sessions every other week for 10-weeks.***

WEIGHT LOSS CHALLENGE

This 10-week competition is designed to encourage participants to achieve a healthy weight by establishing a healthier lifestyle. Led by a registered dietitian this competition will teach participants how to effectively and safely lose weight so that they can lower their risk of chronic diseases such as heart disease, high blood pressure, type II diabetes and quite possibly certain cancers. A fitness trainer will also be involved in the program to help show participants exercise demonstrations. Find out how much fun losing weight can be! ***This program consists of 10, 1-hour sessions every week for 10-weeks.***

HEALTHY BONES: PRACTICING GOOD NUTRITION AND REDUCING INJURY

Diet does affect performance. This program focuses on the importance of nutrition and healthy bones for athletics. Our registered dietitian and one of Signature Medical Group's sports medicine physicians team up to promote healthy eating and injury prevention tactics. Nutrition education will focus on athletic food plans, pre- and post-game meals, off season nutrition and eating for performance. Sports medicine physicians will also discuss the importance of proper stretching and how to help make bones strong to prevent injuries. ***This program includes one session that is 1-hour and a half.***

BROWN BAG: BUILDING A POWER MEAL

Does what you eat at lunch affect your performance at school or on the job? This presentation focuses on packing a healthy lunch and snacks while learning which foods can boost our brain power and those that can deplete our performance levels. In this interactive class, participants learn how to build a healthy meal to include foods that enhance brain power, build strong bones and teach us about nutrition. This program focuses on nutrition education provided by our registered dietitian. Attendees will build a take home flip-chart listing of healthy snacks, brain booster foods and bone building foods with quantities listed. ***This program may be customized for the employee's availability during the lunch hour, a 30 minute or a 1-hour session is available.***

TEACHER APPRECIATION DAY

This program is designed for educational professionals to invest valuable time in themselves. By attending this program, you will learn key stress relief tips, nutrition tips, healthy recipes and healthy snacks for your busy schedule. Attendees will have the opportunity to experience a stress-relieving chair massage during this program. Attendees will increase their awareness of the importance of reducing stress and the value of eating nutritious foods.

BACK TO BASICS HEALTH FAIR

This program is a sponsored health and wellness fair that includes a comprehensive series of various health and wellness related interactive booths, exhibits, demonstrations and activities promoting health awareness. The fair will help to educate attendees about healthy lifestyles, nutrition and fitness, while connecting with community resources and encouraging healthy living.

If you or your organization is interested in any of our health and wellness outreach programs or have any questions, please contact Gerrie Herrmann or Liz Erker.

Gerrie Herrmann
314.973.4585
gherrmann@signaturehealth.net

Liz Erker
314.983.4700 ext. 1906
lerker@signaturehealth.net