



## **Independence Blue Cross**

Contracted Worksite Wellness  
Vendors and Vendor Services

*Current as of September 2016 — Subject to change*

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## Cancer Prevention

### **Our Fight Against Breast Cancer (Online/Onsite; 1 hour)**

Participants learn about the risk factors that may cause the development of breast cancer and lifestyle strategies for prevention. The program includes science-based nutrition information on specific foods and nutrients that promote optimal health.

**Vendor:** Wellness Concepts

## Chair/Hand Massage

### **Chair and Hand Massage (Onsite; 4 hour minimum)**

The chair and all materials needed are provided. Each massage lasts approximately 10 minutes. Appointments every 12 minutes are recommended to allow for at least two (2) minutes between sessions for chair cleaning.

**Vendor:** Corporate Touch

### **Chair Massage (Onsite; 4 hour minimum)**

The chair and all materials needed are provided.

**Vendor:** Prasada

## Cooking Demonstrations

### **Overview:**

Participants attend a live cooking demonstration and learn to cook seasonal foods healthfully. Classes are conducted by a registered dietitian and offer relevant nutritional information on the health benefits of the planned menu ingredients. All demonstrations are on onsite, one-hour long, and include the following:

- 30-minute lecture
- 15-minute cooking demonstration
- 15-minute Question & Answer and tasting
- Includes appetizer, main course, and dessert
- Educational and marketing materials
- Recipes, food samples, and product displays

**Vendor:** Wellness Concepts

## **Available Cooking Demonstrations:**

### **BBQ Sides, Sauces and Main Courses**

Everything you need to know about barbecuing healthfully! Participants learn how to prepare healthy rubs, marinades, side salads and salsas. The program includes information on food safety and healthy meal planning tips for seasonal celebrations.

### **Everyday Eats for Healthful Family Meal Planning**

Participants learn how to prepare quick easy meals for families of two or more. The program includes information on how to apply good nutrition to family lifestyles, recipes and menu planning activities.

### **Global Cuisine Made Healthy**

Go Global healthfully! From Thailand to Italy, participants learn how to incorporate “best in health” attributes from a variety of countries while learning to make wise ingredient substitutions when needed! The program includes information about traditional cultural food favorites and their health benefits. Participants receive recipes, meal planning information, and tapas-style food samples.

### **Gluten and Grains with Gluten Free Snacks**

Participants learn how to cook fiber rich grains at every meal. From breakfast foods to desserts, this informative class will help even the novice cook increase fiber and whole grains every day.

### **Have Your Cake and Eat It Too! Slim and Trim Desserts**

Participants learn how to prepare guilt free chocolate desserts and crunchy cookies...guilt free. The program includes information on how to bake gluten free and cut calories using simple substitutions. 30 minute lecture; 15 minute cooking demonstration; 15 minute Q&A; included appetizers, main course and dessert; services include all educational and marketing materials, recipes, food samples and product displays.

### **Hybrid Cooking Classes**

Participants attend a live cooking demonstration and learn to cook seasonal foods healthfully. Classes are conducted by a registered dietitian and offer relevant nutritional information on the health benefits of the planned menu ingredients. Cooking demonstrations are limited to one topic. Select one of the following topics:

- Beverages and Appetizers
- Dips at Your Desk
- Gluten Free Snacks
- Grilled Desserts

### **Mediterranean Destination**

Participants learn how to prepare quick easy meals, healthfully the Mediterranean way! The program includes information on how to build a heart smart Mediterranean pantry to prepare quick, healthful meals in minutes.

### **Party Perfect Throughout the Holiday Season**

Participants learn how to partake intelligently throughout the holidays — how to portion and slash calories from holiday party favorites, dine out healthfully and balance holiday stress with exercise and seasonal super foods.

### **Quick, Easy Fresh: Brown Bag It...From Soup to Nuts!**

Participants learn how to prepare brown bag meals and snacks in minutes! The program includes recipes and tips on how to build brown bag breakfasts, snacks and meals from soup to nuts.

### **Quick, Easy, Fresh: Cooking with Whole Foods**

Participants learn how to use a heart healthy pantry to cook with whole grains, lean proteins and healthy oils. The program includes information on recommended foods and products for optimal health, facts about healthy oils, fiber rich foods, recipes, and sample menus.

### **Quick, Easy, Fresh: Meals in Minutes (for Holidays or Every Day!)**

Participants learn how to prepare quick easy meals, healthfully! The program includes information on how to build a heart smart pantry to prepare quick, healthful meals in minutes! Recipes and meal planning information is included.

### **Shake It Up: Blend Your Nutrients for Optimal Health**

In today's fast-paced, busy world, blending foods is an excellent way of maximizing nutrient intake when preparing an entire meal is not feasible. Participants learn about the multiple health benefits of blending foods and ways to incorporate various blends into their diets. Participants receive tastings of delicious and nutritious shakes along with recipes that even kids will love!

## **Diabetes**

### **Diabetes and Your Diet (Online/Onsite; 1 hour)**

Diabetes affects millions of Americans and can be controlled, even reversed, through exercise and good nutrition. A registered dietitian/certified diabetes educator will provide participants with easily understood nutrition information and menu planning techniques to improve glucose control and overall wellness. The program includes information on the physiology of the disease, the importance of meal timing for glucose control, meal planning tips, and information on the glycemic index.

**Vendor:** Wellness Concepts

## **Energy Management**

### **The Energy Game Workshops: How to Find New Energy and Stop Your Energy Drains (Online/Onsite; 1 hour)**

Participants learn simple breathing, meditation, and stretches for renewed energy. *For online presentations the client will need internet access to log on to a website, FuzeBox, with a code provided by Prasada.*

Format:

- Presentation (15 – 25 minutes): Breathing techniques and yoga stretch
- Mini-meditation (15 – 25 minutes)
- Questions and answers (5 minutes)

Presentation content:

- The relationship between stress, your energy level and your mood
- Top energy drains for mind and body
- Chart your daily energy patterns to identify peak times for different kinds of energy (if workshop time allows)
- Discover high energy foods for your eating preferences
- Prepare your own Energy Management Plan

**Vendor:** Prasada

## Ergonomics

### **Workplace Ergonomics (Onsite; 1 hour)**

Proper workplace ergonomics can maximize your employees' productivity. This seminar focuses on helping employees better their workplace environment and ergonomics. Participants will learn:

- How to assess their environment
- Methods they can use to improve their workspace
- Create an action plan to improve their workplace ergonomics

**Vendor:** Health Advocate

## Health Fairs

### **Fitness Made Easy for Health Fairs (Onsite; Time TBD)**

An exercise demonstration designed to provide individuals with a reasonable alternative to incorporating fitness with methods of simplicity. It is a fully interactive demonstration that provides instructions of how to use resistance tubes and your own body weight to address a full body fitness and conditioning program. Abdominal, lower back, and stretching exercises are also demonstrated and performed. The program is appropriate for all ages, does not require workout apparel, and best of all can be conducted practically anywhere.

**Vendor:** Fit Essentials

## Heart Health

### **Cholesterol Counts: Reducing Cholesterol Counts Through Good Nutrition (Online/Onsite; 1 hour)**

Prevent heart disease through diet and exercise. A registered dietitian will educate participants on healthy eating and positive lifestyle factors to reduce cholesterol. The program includes information on heart healthy cooking techniques, facts about fats and exercise tips for busy lifestyles. Cholesterol numbers and triglycerides are explained and discussed. This program provides an excellent follow-up to cholesterol screenings.

**Vendor:** Wellness Concepts, Inc.

### **DASHing to Blood Pressure Reduction (Online/Onsite; 1 hour)**

Conclusive scientific medical studies have shown that the Dash Diet (a combination of fruits, vegetables, low-fat dairy) in conjunction with low sodium intake reduces blood pressure. A qualified registered dietitian will discuss the DASH Eating plan and provide information on low sodium foods to help manage high blood pressure.

**Vendor:** Wellness Concepts, Inc.

### **Heart Health (Onsite; 1 hour)**

Coronary Heart Disease (CHD) is the leading cause of death for men and women in the United States. This Seminar focuses on preventing and treating CHD. Participants will learn: The types of CHD, their risk factors for CHD, and how to develop a plan to address their risks and prevent CHD.

**Vendor:** Health Advocate

### **Heart Smart: Solutions for Heart Health (Online/Onsite; 1 hour)**

Participants learn how to improve heart health through good nutrition. Find out the best oils to use for optimal health, clear up confusion surrounding farmed fish and learn about an array of cholesterol lowering foods and food products.

**Vendor:** Wellness Concepts

### **The Truth About Carbohydrates and Blood Sugar Basics (Online/Onsite; 1 hour)**

Confused about carbohydrates? Participants learn how to decipher the many sources of carbohydrates and how they impact blood sugar levels and energy. Topics for discussion include information on how to spot a whole grain, facts about the glycemic index and meal planning, meal planning tips, and snacks for diabetics.

**Vendor:** Wellness Concepts

## Nutrition/Education

### **Advanced Nutrition (Onsite; 1 hour)**

This seminar is ideal for employees who already know the basics of good nutrition and are looking for more help choosing and preparing nutritious foods. Participants will learn how good nutrition can prevent chronic conditions, the health benefits of fiber, and tips for healthy snacking.

**Vendor:** Health Advocate

### **All About Antioxidants (Online/Onsite; 1 hour)**

Participants learn about the important role of antioxidants found in both food and supplements. The program includes information on the best sources of antioxidants, the nutritional benefits of consuming local and seasonal fruits and vegetables, facts about organic foods, and tips to overall wellness.

**Vendor:** Wellness Concepts

### **Building a Heart Smart Pantry and Cook for Wellness (Online/Onsite; 1 hour)**

Participants learn how to prepare quick easy meals, healthfully! The program includes information on how to build a heart smart pantry to prepare quick, healthful meals in minutes. Recipes and meal planning information are included.

**Vendor:** Wellness Concepts

### **Detoxifying Your Diet: Clean Eating for Optimal Health (Online/Onsite; 1 hour)**

Participants learn about sustainability and how our eating habits and lifestyle choices directly impact the environment. Topics for discussion include information on foods and carbon footprints, what you can do to reduce environmental impact through simple lifestyle changes, and science based research on the benefits of organic produce and products.

**Vendor:** Wellness Concepts

### **Dining Solutions for a Healthy Holiday (Online/Onsite; 1 hour)**

Participants learn how to slash fat and calories from holiday mealtime favorites, dine out healthfully, and balance holiday stress with exercise and seasonal super foods.

**Vendor:** Wellness Concepts

### **Eat This Not That for Healthy Weight Management (Online/Onsite; 1 hour)**

Participants learn about the best and worst choices from burgers to salads, from fast food establishments to delis and cafeterias. The program includes information on weight loss tips and tricks and deciphering a variety of menu selections.

**Vendor:** Wellness Concepts

### **Eating for Energy (Online/Onsite; 1 hour)**

Participants learn how to eat well to increase energy throughout the work day. The program includes information about lifestyle and health factors that influence energy and overall wellness, healthful snack solutions, portion control, and information on how to use the hunger scale for healthful snacking

**Vendor:** Wellness Concepts



### **Eating for Wellness: Balance Your Plate with MyPlate (Online/Onsite; 1 hour)**

Eat Well, Be Well! Participants learn about recommended foods for optimal nutritional intake, current science-based news on nutrient requirements and the best food sources for key nutrients. The program includes information on healthful cooking techniques.

**Vendor:** Wellness Concepts

### **Finding Fiber in Foods (Onsite; 1 hour)**

Participants will consider: what is fiber, why should I eat it, how much do I need, where do I find it, what are some ways for me to increase my fiber, things to remember, and how much fiber is in food

**Vendor:** Health Advocate

### **FODMAP: Unlocking the Key to Good GI Health (Online/Onsite; 1 hour)**

Many individuals experience discomfort or pain after eating some of their favorite foods or have even been diagnosed with a variety of GI disorders. Attend this session and learn the secret formula to optimal GI health. The program is based on the FODMAP diet, an eating pattern that has helped many cope with poor GI health. Participants learn about the foods that can be consumed and those that should be avoided in the FODMAP diet, leading to optimal gut health in conjunction with a balanced diet. The program includes recipes and menu planning for everyday meals, the FODMAP way.

**Vendor:** Wellness Concepts

### **Food and Fitness Trends: From Functional Fitness to Coconut Oil: (Online/Onsite; 1 hour)**

Each year, new trends and fads come out claiming to provide incredible nutrition and fitness related results. This program discusses the newest health trends for the year and sheds light on what works and what does not, from coconut oil and chia seeds to CrossFit training.

**Vendor:** Wellness Concepts

### **Global Cuisine Made Healthy (Online/Onsite; 1 hour)**

Go Global healthfully! From Thailand to Italy, participants learn how to incorporate “best in health” attributes from a variety of countries while learning to make wise ingredient substitutions when needed! The program includes information about traditional cultural food favorites and their health benefits. Participants receive recipes, meal planning information, and tapas-style food samples!

**Vendor:** Wellness Concepts

### **Gluten and Grains with Gluten Free Snacks (Online/Onsite; 1 hour)**

Participants learn how to cook fiber rich grains at every meal. From breakfast foods to desserts, this informative class will help even the novice cook increase fiber and whole grains every day!

**Vendor:** Wellness Concepts

### **Goal Setting and Reaching Resolutions (Online/Onsite; 1 hour)**

This program includes information on the importance of making short and long term goals along with strategies on how to turn them into sustainable lifestyle changes. This seminar can be offered at the beginning of the year, when many individuals have New Year's resolutions or throughout the year to address ongoing goals.

**Vendor:** Wellness Concepts

### **Got Grains? (Online/Onsite; 1 hour)**

Participants learn about the many health benefits of high fiber complex carbohydrates. The program includes information on fiber (daily requirements), carbohydrate sources and tips to controlling blood sugar. Sample food labels and delicious grain recipes are included.

**Vendor:** Wellness Concepts

### **Healthy and Smart (Onsite; 1 hour)**

Participants will learn how to control cholesterol, protect their heart, lower their risk for heart disease, know their numbers, make over their menu, and make lifestyle changes.

**Vendor:** Health Advocate

### **Healthy Appetite: Apps and Tools to Manage Your Wellness Goals (Online/Onsite; 1 hour)**

In today's seemingly "virtual" world, there are numerous apps and tools that claim to be the answer to your weight management and health-related goals. Attend this session and learn the best from the experts! This program provides participants with information about the most helpful resources available to help them reach their wellness goals. This will surely improve your healthy APPetite!

**Vendor:** Wellness Concepts

### **Heart Smart: Solutions for Heart Health (Online/Onsite; 1 hour)**

Participants learn how to improve heart health through good nutrition. Find out the best oils to use for optimal health, clear up confusion surrounding farmed fish and learn about an array of cholesterol lowering foods and food products.

**Vendor:** Wellness Concepts

### **Immunity Boosters: Beat the Flu with Power Foods (Online/Onsite; 1 hour)**

This lecture focuses on omega-3 fats, antioxidants, flavonoids, phyto-nutrients and fiber — the super powers in foods that support your immune system. Super foods are akin to super heroes in that they possess special characteristics and powers but instead of fighting villains they fight disease and promote health.

**Vendor:** Wellness Concepts

### **Interpreting Your Biometric Numbers (Online/Onsite; 1 hour)**

Participants learn how to interpret personal screening numbers relating to Body Mass Index (BMI), cholesterol, triglycerides, blood pressure, and glucose. A registered dietitian will explain the importance of understanding biometric health numbers and provide lifestyle solutions (diet, exercise, and stress) to manage or reverse a variety of related disease conditions. This program is recommended directly following a screening program.

**Vendor:** Wellness Concepts

### **Luminate Your Brain Through Optimal Nutrition (Online/Onsite; 1 hour)**

Do you remember what you ate for breakfast this morning? Trouble concentrating at work? Fear that your family history of Alzheimer's may someday be your fate? Experiencing a decline in mental function can significantly impact your quality of life. And, although you can't change your family history, this lecture provides participants with the latest information on the mechanism behind brain health and the foods that simultaneously feed your body, fuel your brain and maximize your cognitive health.

**Vendor:** Wellness Concepts

### **Metabolism Makeovers for Wellness and Weight Loss (Online/Onsite; 1 hour)**

Participants learn how to eat well and increase their metabolism for long-term weight loss and improved wellness. The program includes information on lifestyle and health factors that influence metabolism, healthful snacks and the truth behind the latest nutrition myths.

**Vendor:** Wellness Concepts

### **Nutrition for Kids and Family Meal Planning (Online/Onsite; 1 hour)**

Participants learn about the problems associated with childhood obesity and how to plan for prevention. The program includes information on the USDA nutrient requirements for children and teens and how to apply good nutrition and healthy lifestyle strategies to improve overall wellness

**Vendor:** Wellness Concepts

### **Nutrition: Proper Nutrition is Vital for Good Health (Onsite; 1 hour)**

This seminar gives employees the basic information they need to change their diet for the better. Participants will learn why good nutrition is essential, basics of healthy eating and how to create a healthy, balanced diet plan.

**Vendor:** Health Advocate

### **Power of the Plant-Based Diet (Online/Onsite; 1 hour)**

Did you know that fiber is only found in foods of plant origin? Or that cholesterol is only found in foods of animal origin? This class is not about turning participants into vegetarians, but to educate them about the powers in plants: fiber, antioxidants and phytochemicals to name a few. Participants will learn how these substances work, the best food sources, how much they need to consume to experience benefits as well as creative ways to build them into an otherwise carnivorous lifestyle.

**Vendor:** Wellness Concepts

### **Salt and Sodium: What You Need to Know (Online/Onsite; 1 hour)**

Participants learn about the different forms of sodium and sugar, where they are hidden how they affect overall health. The program includes information on the RDA for sodium and sugar along with product/menu information on best vs. worst choices.

**Vendor:** Wellness Concepts

### **Seven Habits for Truly Effective Weight Management (Online/Onsite; 1 hour)**

Do you want to be a successful loser? This class teaches participants seven integral behaviors that correlate with long-term weight management. Whether you are challenged with losing weight or maintaining weight loss, this class isn't about promoting a magic bullet and overnight results as much as it is about identifying the real work required to lose weight safely.

**Vendor:** Wellness Concepts

### **Snack Smartly/20 Easy Snack Ideas (Onsite; 1 hour)**

Participants will consider the reasons it's important to snack, learn about popular healthy snack choices and how to keep an eye on food labels when shopping for snacks, and 20 easy snack ideas.

**Vendor:** Health Advocate

### **Sports Nutrition (Online/Onsite; 1 hour)**

From weekend warrior to daily cross fit trainer, participants learn about the latest research behind specific nutrients as they relate to exercise along with the importance of proper meal timing for optimal athletic performance. The program includes recommendations on meal and snack combinations before, during and after exercise along with recommended timing.

**Vendor:** Wellness Concepts

### **Strategies for Healthy Living (Online/Onsite; 1 hour)**

Participants learn how to optimize overall wellness. Topics for discussion include eating well, shopping mindfully, the benefits of regular exercise, techniques to manage stress and simple living strategies to lessen our impact on the environment.

**Vendor:** Wellness Concepts

### **Supermarket Savvy (Online/Onsite; 1 hour)**

Learn about the best foods and food products for energy, satiety and wellness. The program includes information on recommended foods and products, the truth about trans fats and saturated fats, label reading and information on organics. Shopping lists and food samples are included.

**Vendor:** Wellness Concepts

### **The Green Diet (Online/Onsite; 1 hour)**

Learn how to follow a balanced flexitarian or vegetarian diet. Prepare healthy, energy saving meals while decreasing carbon footprints through simple lifestyle changes. Participants receive information about how to select seasonal sustainable foods and products.

**Vendor:** Wellness Concepts

## Personal Health

### **Younger Next Year: Easy Ways to Feel Your Best at Every Age (Online/Onsite; 1 hour)**

*For online presentations the client will need internet access to log on to a website, FuzeBox, with a code provided by Prasada.*

Format:

- Presentation (15 – 25 minutes): Breathing techniques and yoga stretch
- Mini-meditation (15 – 25 minutes)
- Questions and answers (5 minutes)

Presentation content:

- Health and aging myths
- The impact of genetics, lifestyle and environment on your aging and health
- Hear about other cultures that have found clues to the “fountain of youth”
- Top ways to slow the aging process
- Devise a plan for your own healthy aging

**Vendor:** Prasada

## Physical Activity

### **Aerobic Fit (Onsite; 6 weeks, 1 hour per session)**

Back to the basics! Pull out your leg warmers and leotards with some good old fashioned choreographed aerobic and toning exercises! From grapevines to v-steps, turn-step, Charleston, and more, you will sweat and burn a bunch of calories with original aerobics class choreographed movements, and simple yet effective muscle toning exercises. All levels welcomed.

- Intensity Level: Low to Moderate
- Type of Workout: Cardio, strength and toning
- Muscles Worked: All major muscle groups
- Equipment Used: Light hand weights and/or resistance bands

**Vendor:** Fit Essentials

### **Ball Conditioning (Onsite; 6 weeks, 1 hour per session)**

This class utilizes the stability ball and medicine ball to strengthen and condition all of the major muscle groups, particularly your core by challenging your balance and stability. Participants are responsible for bringing their own stability balls.

- Intensity Level: Moderate to High
- Type of Workout: Strength and Toning
- Muscles Worked: All major muscle groups
- Equipment Used: Stability Ball, bands, tubes, and medicine balls

**Vendor:** Fit Essentials

### **Corporate Fitness Boot Camp (Onsite; 6 weeks, 1 hour per session)**

Incorporates cardiovascular exercises, strength training (upper and lower body), agility training, plyometrics, core conditioning (abdominals and lower back), and balance and stability exercises.

**Vendor:** Fit Essentials

### **Fitness & Exercise (Online/Onsite; 1 hour)**

Regularly engaging in physical activity can help reduce health risks. This seminar provides basic information for employees to get started exercising. Participants will learn why physical activity is important; the basics of a well-rounded fitness plan and how to create an exercise plan that fits their lifestyle.

**Vendor:** Health Advocate

### **Fitness Made Easy (Onsite; 1 hour)**

An exercise demonstration designed to provide individuals with a reasonable alternative to incorporating fitness with methods of simplicity. It is a fully interactive demonstration that provides instructions of how to use resistance tubes and your own body weight to address a full body fitness and conditioning program. Abdominal, lower back and stretching exercises are also demonstrated and performed. The program is appropriate for all ages, does not require workout apparel, and best of all can be conducted practically anywhere in the worksite.

Fitness Made Easy is a demonstration but may feel like an actual exercise class. The instructor will carefully instruct proper form and technique of each exercise and encourage participants to repeat the movement. Participants will also have access to watch a full length video version of *Fitness Made Easy*. There are a variety of handouts provided on:

- The exercises performed in the demonstration
- Stretches for the total body
- Desk stretches, fitness equipment resources
- Workout log sheets
- General fitness tips and myths

**Vendor:** Fit Essentials

### **Kickboxing (Onsite; 6 weeks, 1 hour per session)**

By incorporating high intensity kicking routines with upper body drills, this class helps build stamina and coordination while learning martial arts techniques. Kickboxing includes agility/stamina drills.

- Intensity Level: Moderate to high
- Type of Workout: Cardio, strength, toning and core
- Muscles Worked: All major muscle groups
- Equipment Used: In most cases no equipment is used. However, if equipment is required we will provide equipment for each session.

**Vendor:** Fit Essentials

### **Know Your Fitness (Onsite; 1 hour)**

A lecture-style awareness seminar taught using PowerPoint (if A/V equipment available). The presentation is designed to educate participants on the various aspects of incorporating fitness into one's life. Some of the topics discussed include but are not limited to:

- Scheduling fitness into a busy lifestyle
- Selecting a fitness center
- Myths concerning exercise
- Resources for fitness
- Motivational methods
- Components of an exercise session

**Vendor:** Fit Essentials

### **Men at Work (Onsite; 1 hour)**

If your pants size is getting larger, climbing the stairs is becoming harder, you don't feel as strong as you use to, and/or the doctor recommended that you to lose weight; then you must attend the "Men at Work" exercise demonstration. Fellas: We are sicker, more overweight, and less active than we have ever been, and it is time for a change! Let's Determine, Discuss, and Do. Determine your muscular strength using our grip strength device. Discuss exercise methods and training systems that will help you work towards your goals and needs. Do the exercises that will help you regain strength, endurance, power, and better health!

**Vendor:** Fit Essentials

### **Pilates (Onsite; 6 weeks, 1 hour per session)**

Pilates combines various exercises with mental concentration and breath-work. The result is a mind-body fitness program that enhances mental and emotional balance.

- Intensity Level: Moderate
- Muscles Worked: Most major muscle groups
- Equipment Used: Participants must bring their own mat

**Vendor:** Fit Essentials

### **Pro Fit (Onsite; 1 hour)**

Train like the pros with explosive movements to build power and high intensity cardio exercises including jump-roping, plyometrics, agility training and jumping drills to super charge your stamina. Minimum equipment, maximum effort!

- Intensity Level: High
- Type of Workout: Cardio, strength, toning, and power training
- Muscles Worked: All major muscle groups
- Equipment Used: Bands, tubes, medicine balls, and other portable exercise equipment. We provide equipment for each session.

**Vendor:** Fit Essentials

### **Simply Fit (Onsite; 6 weeks, 1 hour per session)**

Use your own body resistance, hand weights, resistance bands and more to achieve the optimal muscular workout. Come join an abdominal-toning, buttocks-firming, arm-strengthening, fun-filled class!

- Intensity Level: Low to Moderate
- Type of Workout: Strength, Toning, and Core
- Muscles Worked: All major muscle groups
- Equipment that may be used: Bands, tubes, medicine balls, and other portable exercise equipment. We provide equipment for each session.

**Vendor:** Fit Essentials

### **Sit & Fit (Onsite; 1 hour)**

Fitness is an essential component of good health. This seminar focuses on how employees can exercise in the workplace. Participants will learn types of exercise they can do at their desks, when and for how long to exercise and how to find time to fit in fitness.

**Vendor:** Health Advocate

### **Strong Women (Onsite; 1 hour)**

Strong Muscles, Strong Bones, Strong Body, Strong Women! Learn exciting but simple exercises to regain your health, vitality, and energy through a calorie burning workout that will help boost your metabolism. Our fitness instructor will help you target those problem areas (i.e., stomach, arms, hips, thighs, and butt) with effective exercises that will tone, tighten and define. Don't be scared. A new you is on the way!

**Vendor:** Fit Essentials

### **Walking (Onsite; 1 hour)**

Walking is healthy exercise that nearly everyone can do. In this seminar, employees will learn how to "step it up" for better health! Participants will learn the many benefits of walking for fitness, proper walking and stretching techniques and how to create a walking plan.

**Vendor:** Health Advocate

### **Workwell (Onsite; 1 hour)**

Results-based program created to bridge the gap between wellness and work. A fitness professional will teach participants about the muscles they use to perform their jobs and simple ways to improve the strength and function of each muscle as a tool to reduce musculoskeletal injuries and disorders. Participants will also learn task/skill specific stretches to reduce musculoskeletal injuries related to repetitive and excessive overuse.



Exercise and stretches will be demonstrated using simple user-friendly fitness equipment such as elastic tubes, bands, dumbbells, and stability balls. This program is designed to provide solutions for factory workers, construction workers, nurses, cashiers, postal employees, teachers, and any employee whose job requires excessive, repetitive, and frequent musculoskeletal stress from lifting, pulling, pushing, or carrying.

**Vendor:** Fit Essentials

### **Zumba (Onsite; 6 weeks, 1 hour per session)**

Inspired by traditional cumbia, salsa, samba and merengue music, Zumba is a combination of Latin rhythms and red-hot international dance steps. Zumba is Spanish slang for “to move fast and have fun.”

- Intensity Level: Moderate to High
- Type of Workout: Cardio
- Muscles Worked: Lower body and core
- Equipment Used: None

**Vendor:** Fit Essentials

### **Move It Workshops: Why Moving Changes Your Brain and Makes You Healthier and Happier (Online/Onsite; 1 hour)**

*For online presentations the client will need internet access to log onto a website, FuzeBox, with a code provided by Prasada.*

Format:

- Presentation (15 – 25 minutes): Breathing techniques and yoga stretch
- Mini-meditation (15 – 25 minutes)
- Questions and answers (5 minutes)

Presentation content:

- Why our “park-at-our-desk” is making us sick
- Research findings that show increased brainpower when the body moves more
- How movement translates to gray matter growth in the brain’s learning and memory center
- Ways to get moving that can fit into your already overstuffed day
- Discover how your organization can move more: ideas from others who’ve made it happen.

**Vendor:** Prasada

## Risk Reduction

### **From Life Balance to Hormone Balance (Online/Onsite; 1 hour)**

Whether she is super mom, super executive or both, women are busy in today's world, and trying to do it all naturally takes a toll of their health and well-being! Participants learn how to bring balance, health and happiness back into their lives through mindfulness and optimal nutrition. The program covers various key areas of women's health with a key focus on hormonal imbalances, their effects on chronic and acute disease, and what can be done to prevent and manage such imbalances.

**Vendor:** Wellness Concepts

### **Get Well Rounded (Online/Onsite; 1 hour)**

A qualified registered dietitian educates participants on how to eat for both child's and mother's optimal health. The program includes a personal assessment and recommended foods for optimizing daily nutrient in-take and requirements. Participants are provided with a food record prior to the class. Each participant receives a dietary evaluation the day of the event. Class limited to 15 participants.

**Vendor:** Wellness Concepts

### **Inflammation Busters: The Key to Disease Prevention (Online/Onsite; 1 hour)**

Think of this lecture as "nutritional ibuprofen" that extends beyond helping your swollen ankle and to overall disease prevention. In the past decade, research has shown that the process of inflammation is a central mechanism behind the progression of many different diseases including but not limited to heart disease and cancer. The typical American diet, rich in convenience and processed foods, is pro-inflammatory. Participants will learn how specific fats and foods impact inflammation and how they can better balance their food choices to favor health-itis ("itis" = suffix for inflammation).

**Vendor:** Wellness Concepts

### **Osteoporosis and Your Diet (Online/Onsite; 1 hour)**

A qualified registered dietitian educates program participants on the health benefits of calcium and the importance of incorporating calcium-rich foods into a healthy balanced diet. The program includes nutrition information on the recommended daily allowance, current science-based research on calcium and its relationship to weight loss, recommended calcium-rich foods, supplements and recipes.

**Vendor:** Wellness Concepts

## Screenings/Biometric & Assessments

### General Overview:

National vendors can facilitate onsite biometric screenings and assessments (times vary by service) that are included but not limited to:

- Cholesterol
- Glucose
- Blood pressure
- Body Mass Index (BMI)

### Vendors:

Health Advocate

Maxim

## Stress Reduction

### De-Stress at Your Desk (Online/Onsite; 1 hour)

Stressful Day? Aching necks? Sore wrists? From lower back pain to swollen feet, there are many possible physical and mental effects of sitting at a desk for prolonged periods of time. This interactive class teaches participants easy stretches and movements in conjunction with breathe work to relieve areas of contraction and reduce overall stress; leaving participants relaxed and ready for their next challenge. At their desk!

**Vendor:** Wellness Concepts

### Food and Mood: You Are What You Eat Inside and Out (Online/Onsite; 1 hour)

What we eat and when we eat it impacts our mood and stress level. This lecture explores the connection between specific foods and their impact on stress levels and wellness. The program includes information on foods that may trigger stress and strategies to enhance your mood through food.

**Vendor:** Wellness Concepts

### Good Stress/Bad Stress Workshops: Simple Ways to Harness Stress and Make it Work for You (Online/Onsite; 1 hour)

*For online presentations the client will need internet access to log on to a website, FuzeBox, with a code provided by Prasada.*

Format:

- Presentation (15 – 25 minutes): Breathing techniques and yoga stretch
- Mini-meditation (15 – 25 minutes)
- Questions and answers (5 minutes)

Presentation content:

- How stress is affecting our bodies and brains.
- What's good stress, what's bad stress
- How women and men react to stress differently.

- Why stress makes you gain weight.
- Easy breathing techniques for stress reduction and renewed energy.
- Experience simple seated and standing stretches for calm and clarity.

**Vendor:** Prasada

### **Interactive Session: A Mindful Experience (Onsite; 40 minutes)**

Brief, mindfulness interactive session will bring awareness to the body, breath and habits in an effort to gather energy, refocus, and reconnect with one's life. Begin to cultivate healthy intentional habits via mindfulness, meditation and visualization that can provide an immediate felt sense of relaxation in the body and minds and a feeling of rejuvenation. Leave feeling refreshed and with a foundation to begin to shift energy at work and at home.

**Vendor:** Waking Wellness

### **Manage Your Stress for Optimal Living (Online/Onsite; 1 hour)**

Stress can affect our lives in many ways: eating patterns, digestion, mood, sleep patterns, energy level and immunity to disease. Participants learn about the various types of stress, how to manage it, and how to restore their body's sense of balance.

**Vendor:** Wellness Concepts

### **Mindfulness Meditation (Onsite/Interactive; 30 minutes)**

This program shares a few easy mindfulness techniques to implement during the work day to reduce stress and relieve tension. The program will include:

- 5 – 7 minute background on mindfulness.
- 3 – 5 minute breathing exercise for relaxation.
- 15 – 20 minute guided body scan/mindful meditation for increased body awareness, relaxation and focus.

Maximum of 100 participants.

**Vendor:** Prasada

### **Mindfulness Meditation (Onsite/Interactive; 40 minutes)**

Guide participants through various meditation techniques, including mindfulness, yoga nidra, mantra, and breath-based. Participants will experience enhanced focus and relaxation at the end of each session and learn how to create an ongoing meditation practice for maximum benefit.

**Vendor:** Waking Wellness

### **Mindfulness Stress Reduction at Work (Onsite; 1 hour)**

Educational session introduces the concept of reducing stress through research mindfulness techniques. Educational segment on the stress response and the importance of managing stress. Participants will understand and practice mindfulness techniques to help reduce the stress response. Easy to implement techniques to use anytime to reduce stress levels throughout the day.

**Vendor:** Waking Wellness

**Mindfulness@Work Workshops:  
How Paying Attention Changes Everything (Online/Onsite; 1 hour)**

*This is an educational seminar. For online presentations the client will need internet access to log onto a website, FuzeBox, with a code provided by Prasada.*

Format:

- Presentation (15 – 25 minutes): Breathing techniques and yoga stretch
- Mini-meditation (15 – 25 minutes)
- Questions and answers (5 minutes)

Presentation content:

- The origins of mindfulness, the formal and informal practices
- Benefits of mindfulness for body and mind
- Mindfulness for pain and stress reduction
- Different kinds of meditation and tools to help start your practice
- Learn a simple body scan and seated meditation for stress management.

**Vendor:** Prasada

**Rev Up Your Rem: Improving Sleep Hygiene (Online/Onsite; 1 hour)**

Trouble with your ZZZZs? Attend this session and learn about the importance of achieving good sleep hygiene which includes a variety of different practices that are necessary to have normal, quality nighttime sleep and full daytime alertness. The program includes information about the various Do's and Don'ts that should be followed to make sure you get your ZZZZZZZZs, leading to improved overall health and a stronger immune system.

**Vendor:** Wellness Concepts

**Stress/Mindfulness (Onsite; 6 week series)**

Comprehensive stress management series is research-based, educational and interactive. Guides participants through stress awareness, stress resilience, relaxation techniques and mindfulness using experiential exercise. Can be purchased individually.

**Vendor:** Waking Wellness

**Stress/Mindfulness (Onsite; 6 week series)**

Comprehensive stress management series is research-based, educational and interactive. Guide participants through stress awareness, stress resilience, relaxation techniques, and mindfulness using experiential exercise. To appreciate the full benefits of the program, attendance at all six sessions will be recommended, but sessions may be enjoyed individually as well.

**Vendor:** Prasada

### **Stretch Away Stress (Onsite; 1 hour)**

A collection of stretches comprised of basic stretches, yoga, and tai chi movements to release contained energy and stress in the body, improve blood flow and circulation and enhance flexibility. In this 45 minute Stretch Away Stress program, participants will learn user friendly stretches they can do at home, work (at the desk), in the gym, and outdoors. These stretches are also beneficial in challenging common physical problems such as lower back pain, neck and upper back stiffness, carpal tunnel syndrome, and leg cramping and stiffness.

**Vendor:** Fit Essentials

### **The Brain@Work Workshops: New Research about Your Mind and How it Works (Online/Onsite; 1 hour)**

*For online presentations the client will need internet access to log onto a website, FuzeBox, with a code provided by Prasada.*

Format:

- Presentation (15–25 minutes): Breathing techniques and yoga stretch
- Mini-meditation (15–25 minutes)
- Questions and answers (5 minutes)

Presentation content:

- The latest neurological research about how the brain works.
- How stress affects your brain: why you learn less, forget more and feel grumpy.
- How your brain grows, and why your thoughts matter in building brain matter.
- What we know about building better brains.
- The body/mind/brain connection and why you need to get moving.
- Simple ways to enhance your brainpower: what science shows us really works.

**Vendor:** Prasada

### **Well-Being (Onsite; 1 hour)**

Stress can cause minor health issues like insomnia and headaches, and it can also contribute to serious health conditions like high blood pressure and heart disease. This seminar helps employees manage their stress. Participants will learn how to assess their stress levels, what their personal stressors are, and how to manage stress in healthy ways.

**Vendor:** Health Advocate

## Wellness Challenge

### **Strive Program with Portal (Online/Onsite; 10 weeks)**

Programs provide a combination of on-site and web-based interactive nutrition education programs. Programs include access to a fully customizable portal designed to provide support and manage and track all wellness programs and activities. Programs communicate lifestyle solutions through nutrition, exercise, stress management and behavior modification.

- 10-week weight loss challenge
- Portal access
- Customized user portal
- Weigh-in, midpoint weight tracking, weigh-out
- Three (3) 45-minute education sessions on the following topics:
  - Weight Loss Tips & Tricks;
  - Snack Attack: The Good, The Bad and the Ugly
  - Maintain Your Gains
  - Electronic Sign up for all sessions (initial sign up, weight monitoring, counseling sessions)
- Newsletter and webinar library
- Team challenge options
- Strive Menu Planner
- Administration and resource materials
- Better Eats text messages
- Ten (10) newsletters
- Six (6) hours of nutritional consultations on site, via Skype, or by phone (3 hours during week 3, and 3 hours during week 7); (15) fifteen minute sessions

Serves 24 participants.

**Vendor:** Wellness Concepts

### **Strive Program without Portal (Online/Onsite; 10 Week Weight Loss Challenges)**

Programs provide nutrition education programs. Programs communicate lifestyle solutions through nutrition, exercise, stress management and behavior modification.

- 10-week weight loss challenge
- Weigh-in, midpoint weight tracking, weigh-out
- Three (3) 45-minute education sessions on the following topics:
  - Weight Loss Tips & Tricks;
  - Snack Attack: The Good, The Bad and the Ugly
  - Maintain Your Gains
- Ten (10) newsletters
- Six (6) hours of Nutritional Consultations on site, via Skype, or by phone (3 hours during week 3 and 3 hours during week 7); (15) fifteen minute sessions

Serves 24 participants.

**Vendor:** Wellness Concepts

## Wellness Coaching

### General Overview:

Coaches onsite, telephonically, or video conference (participant to provide their own equipment for video conferencing). Onsite 8-hour minimum unless approved by WCUSA in advance. Included:

- Coach management, quality control and administration
- Promotion and integration of other approved 3rd party programs or resources (materials, emails, seminars, lunch and learns, screenings, etc.) as components of the wellness coaching process
- Group promotional meetings
- Resource utilization efforts
- Contractor-structured health promotion programming
- One-on-one education
- Group educational sessions
- Reporting

**Vendor:** Wellness Coaches USA

## Yoga

### Chair Yoga Classes: Yoga Break (Onsite; 10 to 20 minutes)

All levels Mindful Yoga. 10 – 20 minute sessions; maximum of 24 participants. Can be held in a conference room around a table or in chairs; includes seated and standing postures, participants do not have to change clothes. Will practice basic office/desk yoga techniques that target specific areas of the body. Movements will be linked to breath and will end with a brief, breath based, mindfulness technique to reset and rejuvenate.

**Vendor:** Prasada

### Desk Yoga for Everyone (Onsite; 1 hour)

Basic information on how stress is stored in the body and some common manifestations. Will practice basic, office/desk yoga techniques that target these specific areas of the body. Movements will be linked to breath and will end with a brief, breath based, mindfulness technique to reset and rejuvenate.

**Vendor:** Waking Wellness

### Ongoing Yoga Classes (Onsite; 1 hour)

All levels Vinyasa. Tailored to an organization's needs, population, and space. Ongoing classes designed to enhance individual and corporate effectiveness and productivity by providing integrative instruction that supports healthier lifestyles. Practice mindfulness, Pranayama (breath work), asana (postures) and relaxation.

**Vendor:** Waking Wellness



### **Onsite Chair Yoga Classes: Yoga@Work (Onsite; 30 to 60 minutes)**

All levels Mindful Yoga. 30 – 60 minute sessions; maximum of 24 participants. Can be held in a conference room around a table or in chairs; includes seated and standing postures. Participants do not have to change clothes. Will practice basic office/desk yoga techniques that target specific areas of the body. Movements will be linked to breath and will end with a brief, breath-based, mindfulness technique to reset and rejuvenate.

**Vendor:** Prasada

### **Mat Yoga Classes: All levels, Vinyasa, Yin, Mindful and Restorative (Onsite; 1 hour)**

Ongoing onsite classes designed to enhance individual and corporate effectiveness and productivity by providing integrative instruction that supports healthier lifestyles. Classes include mindfulness, Pranayama (breath work), asana (postures) and relaxation. Yoga on a mat, tailored to an organization's needs, population, and space. Maximum 24 participants.

**Vendor:** Prasada

### **Yoga@Work Workshops: The Science Behind Why Yoga is Good for the Body and the Brain (Online/Onsite; 1 hour)**

*For online presentations the client will need internet access to log on to a website, FuzeBox, with a code provided by Prasada.*

Format:

- Presentation (15 – 25 minutes): Breathing techniques and yoga stretch
- Mini-meditation (15 – 25 minutes)
- Questions and answers (5 minutes)

Presentation content:

- The science of yoga, what it is and what it isn't.
- Body and mind benefits of yoga, myths and reality.
- Why so many Americans are practicing and how yoga works to reduce stress.
- Learn easy breathing techniques for stress reduction and renewed energy.
- Experience simple seated and standing stretches for calm and clarity.

**Vendor:** Prasada

## Vendor Contact Information

Vendor	Contact
<p><b>Corporate Touch</b> Onsite, seated mini-massage services for group events of all kinds and sizes. Credentialed, trained practitioners bring equipment and skills to rejuvenate and reward recipients.</p>	<p><b>Tyler Watson</b> <a href="mailto:tyler@corporatetouch.com">tyler@corporatetouch.com</a> 215-765-8461 <a href="http://corporatetouch.com">corporatetouch.com</a></p>
<p><b>Fit Essentials Inc.</b> Onsite fitness demonstrations, seminars and workshops, exercise classes including “Ask the Trainer” for health fairs.</p>	<p><b>Don Baxter</b> <a href="mailto:dbaxter@fitessentialspa.com">dbaxter@fitessentialspa.com</a> 888-406-8388 <a href="http://fitessentialspa.com">fitessentialspa.com</a></p>
<p><b>Health Advocate</b> National vendor that can provide onsite/off-site biometric screenings and educational seminars.</p>	<p><b>Rich Prall</b> <a href="mailto:rprall@healthadvocate.com">rprall@healthadvocate.com</a> 610-397-7802 <a href="http://healthadvocate.com">healthadvocate.com</a></p>
<p><b>Maxim Health Systems</b> National vendor that provides onsite and off-site biometric screenings, on-site flu shots, and other immunization services.</p>	<p><b>Steven Sweeney</b> <a href="mailto:stswene@maxhealth.com">stswene@maxhealth.com</a> 330-396-5205 <a href="http://maximwellness.com">maximwellness.com</a></p>
<p><b>Prasada</b> Interactive workshops that address stress management, energy, mindfulness, yoga, exercise benefits, the brain at work, good posture, and how to age well. Also provides yoga, meditation, chair massage and support services to increase engagement.</p>	<p><b>Alice Dommert</b> <a href="mailto:alice@prasadawholebeing.com">alice@prasadawholebeing.com</a> 844-772-7232 <a href="http://prasadawholebeing.com">prasadawholebeing.com</a></p>
<p><b>Waking Wellness</b> Seminars, mindfulness-based trainings and workshops focused on energy and stress management, onsite yoga.</p>	<p><b>Rachelle Bevilacqua</b> <a href="mailto:rachelle@wakingwellness.net">rachelle@wakingwellness.net</a> 215-500-0397 <a href="http://wakingwellness.net">wakingwellness.net</a></p>
<p><b>Wellness Coaches USA</b> National vendor providing onsite coaching and related services in the workplace. Onsite coach also equipped to deliver onsite health programming, competitions, biometric testing, seminars, telephonic coaching, and referrals to employer’s designated third party vendors.</p>	<p><b>Gene McGuire</b> <a href="mailto:genem@wcusa.com">genem@wcusa.com</a> 866-894-1300 x12 <a href="http://wcusa.com">wcusa.com</a></p>
<p><b>Wellness Concepts, Inc.</b> National vendor that can facilitate seminars, webinars, and videos focused on nutrition. Other services include cooking classes, worksite challenges, and full-service health fairs and/or stations.</p>	<p><b>Amie Hoffman, RD, President</b> <a href="mailto:amie@well-concepts.com">amie@well-concepts.com</a> <b>Stacie Schultheis, Admin Manager</b> <a href="mailto:stacie@well-concepts.com">stacie@well-concepts.com</a> 413-591-6729 <a href="http://well-concepts.com">well-concepts.com</a></p>