

Bring A Health Care Professional Into Your Workplace!

Hire a trained health care professional to come into your workplace to educate and motivate your I Can! Challenge workplace team! The Susan Byrnes Health Education Center is offering one hour classes! Review the classes below, and contact the Education Center at 717-848-3064 for more information!

Building Lifelong Wellness – *Ready ... Set ... Goals!*

- Identify what motivates you to care for your body.
- Create a solid foundation for successful change.
- Discover how to set and achieve your personal wellness goals.
- Connect the building blocks to recognize great health.

Cardiovascular Risk Reduction – *BraveHeart*

- Identify your personal risks for heart disease and stroke
- Learn tips for a heart-healthy diet
- Understand ways to control high cholesterol/blood pressure
- Know questions to ask your doctor about heart health and screenings

Diabetes Risk Reduction – *Diabetes vs. You*

- How does a contender with diabetes feel? Symptoms
- Are you up for the challenge? Personal Risk Factors
- How well do you know your opponent? Awareness and Prevention
- What is the winning training regiment? Diet and Activity
- What does it take for a big knockout? Medical Care

Medical Consumerism and Self-Care – *Navigating the Medical Maze*

- Become your own health advocate and make better health care decisions.
- Learn what questions to ask to effectively navigate the health care system.
- Don't be deceived – using the internet to research reliable health information
- Effectively treating minor illnesses and injuries at home

Men's Health Issues – *Under the Hood*

- Winning the race – starts with winning habits
- Tips for reducing your risk of chronic diseases and depression
- Identify traditional and new risk factors for heart disease
- Tips for Getting a good tune up – health screening recommendations

Women's Health Issues – *It's a Women's World*

- Tips for preventing and managing osteoporosis, heart disease and cancer
- Pros/cons of hormone replacement therapy and natural remedies
- Smart women get their screenings – what, when, and why?
- Recharging your batteries – tips for good mental and social health

Fitness Fundamentals – *The Fitness Factor*

- Practical steps for building activity into your life
- Tips for staying motivated and creating fitness goals that leads to results
- Fitness fun tips for the whole family
- Easy and inexpensive ways to exercise at home
- Hands on practice of light strength training and stretching in class

Cardio Fitness Fundamentals – *Jump-Start Your Heart*

- Motivation to exercise
- Benefits of cardio exercise
- Overcoming a plateau in your cardio workout
- Making cardio part of your day/life
- Target heart rate

Strength Training Fundamentals – *Good Things Come to Those Who Weight Train*

- Benefits of strength training
- Overcoming strength training plateau
- Flexibility
- Proper techniques
- How to develop a strength training plan
- Putting your whole exercise plan together

Nutrition as Consumer – *Super Smart Shopper*

- Get simple tips for convenience shopping
- Learn to beware of the 3 F's of food
- Understand the food label lingo
- Make sure you're getting the biggest bang for your buck

Nutrition Fundamentals – *The Good, The Bad, & The Ugly*

- Learn the latest recommendations for portion sizes and food groups
- Understand how sugar, alt and fat affect you
- Explore the new diet frontier – low fat vs. low carb
- Learn healthy and sensible tips for eating out and cooking substitutes

Practical Nutrition – *Eating on the Run for People on the Go*

- Stocking your staples – learn helpful time-saving meal preparation tips

- Meal in a minute: Quick and healthy recipes for the whole family
- Tips for getting kids to eat healthy foods
- How to survive the De4ive-Thru window – healthy fast food choices
- Your restaurant rights – healthy tips for dining out

Dieting and Body Image – *Dow with Dieting!*

- Understand the different types of fat
- Eating for permanent weight control
- Evaluating the latest diet trends
- Positive body image and Eating Disorders

Getting Started With Your Walking Program – *Walk This Way*

- Understand proper techniques for walking as exercise
- Learn how to begin your own walking program
- Evaluate the difference between indoor and outdoor exercising

Stress Management – *Hold ‘em or Fold ‘em*

- Don't gamble with your health – learn how stress affects your body and your health
- Stress is a choice: Learn how to hold ‘em or fold ‘em
- Deal yourself a winning hand: positive steps to changing your attitudes and perceptions
- Practice 2 minute stress busters that really work and role play real life stress scenarios