Wellness Education

Let the wellness coordinators of Walsh Duffield educate your employees on some of the most popular topics in health and wellness.

To learn more about our wellness education topics,
Including pricing, please contact:

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Nutrition

Fad Diets Debunked – Participants will understand the principles of weight management, including the dangers of fad dieting, healthy weight gain and healthy weight loss. Helpful resources will also be discussed.

Healthy Eating on the Run – Do you rarely get the chance to sit down for a meal or snack? If so, you're not alone. More than half of Americans report that they eat in a hurry because of a busy schedule. This seminar will discuss what healthy eating entails and how we can incorporate those principles into the busiest of schedules.

Healthy Eating on a Budget – Trying to purchase healthy foods at a reasonable price can be overwhelming. This seminar focuses on when it's important to choose organic foods and how to save a bit more money. Let us help you navigate the grocery store as well as incorporate other ways to eat healthy in a way that fits your budget.

Eating for Longevity: Adding Healthy Years to our Longer Lives – According to the Census and Statistics Department, the life expectancy is going to continue to increase over the years. If we retire at 65 years old, we will have about 20 years to enjoy our lives without the burden of work pressure. As diet can powerfully affect longevity, let's live those years to the fullest by making a few behavioral modifications now to allow us to live those extra years in the most healthy and enjoyable ways possible.

Physical Activity

Strength Training 101 – You do not need to be a bodybuilder to benefit from strength training. Learn how a well-designed strength-training program can provide numerous benefits. Research continues to demonstrate that strength training increases both muscle and bone strength and reduces the risk of osteoporosis.

Self Care

Sleep Health – A recent survey found that more people are sleeping less than six hours a night, and sleep difficulties visit 75% of us at least a few nights per week. A short-lived bout of insomnia is generally nothing to worry about. The bigger concern is chronic sleep loss, which can contribute to health problems such as weight gain, high blood pressure, and a decrease in the immune system's power, reports the Harvard Women's Health Watch. While more research is needed to explore the links between chronic sleep loss and health, it's safe to say that sleep is too important to shortchange.

Stress, Relaxation and Meditation – If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace. Anyone can practice meditation. It's simple and inexpensive, and it doesn't require any special equipment. And you can practice meditation wherever you are — whether you're out for a walk, riding the bus, waiting at the doctor's office or even in the middle of a difficult business meeting.

Back Care – Back pain is one of the most common reasons people go to the doctor or miss work and a leading cause of disability worldwide. Most people have back pain at least once. Fortunately, you can take measures to prevent or relieve most back pain episodes. If prevention fails, simple home treatment and proper body mechanics often will heal your back within a few weeks and keep it functional for the long haul. In this seminar you will learn some helpful tips to protect the health of your back.

This information is advisory in nature. No liability is assumed by reason of the information in this document.

B09-WAL 4-2016