



## Lunch and Learn Meetings

Lunch and learn meetings can be a fun team-building and morale building activity for employees. Through California Schools VEBA, Healthy Adventures Foundation offers a number of lunch and learn topics that surround themes of health, such as nutrition, physical activity, stress reduction, time management, conflict resolution, healthy communication, know your numbers, disease management, healthy cooking classes, and more! They can be set up where the employees bring their own healthy lunch, the event is catered by our in-house chef, or the chef comes out and cooks the healthy food right in front of your employees as the lunch and learn event. The list below provides examples of some lunch and learn topics we have presented in the past. It is not exhaustive and topics can be tailored to your specific employees.

### Achieving Goals

Learn behavioral strategies to create achievable goals and reinforcement techniques to move goals into successful changes.

### Adult Recess

Do you remember all those games you used to play that were so fun? Why are you playing them still today? This activity will be a wide-variety of playtime games that will get you moving and remind you to pause one in a while and just have some fun!

### Anxiety and Lifestyle Strategies

We all experience anxiety and some point in our life. When does it become too much? Anxiety is a normal response that can sometimes go into overdrive. When is anxiety taking over and what can you do to keep it under control?

### Back and Spine Care

It is amazing that about 80% of all people hurt their back at one point or another in their life. These injuries can be devastating and have long-term consequences. Learn ways to reduce your risk and maintain a healthier spine!

### Choose My Plate

Learn about the [choosemyplate.gov](http://choosemyplate.gov) campaign and how to integrate the resources into your life to make healthier lifestyle choices.

### Conflict Resolution

There will always be conflict because we are human beings. Employees experience conflict in their home life and on the job. Discuss the best strategies to deal with conflict head on!

### Cooking Out of the Box

Healthy Cooking Class by Chef Greg, in order to support healthy, affordable and sustainable food choices. Food box options can be Golden Share, commodities or CSA boxes.

### Creating a Healthy Working Environment

This workshop is great for anyone wanting to create a healthier work environment, however, it is particularly helpful as a wellness committee workshop. This workshop focuses on changes to the environment and culture of the workplace to support employee wellness efforts.

### **Depression and Lifestyle Strategies**

Learn about depression risk factors, signs and symptoms. Also, learn about lifestyle strategies that can be used in conjunction with treatment that may help reduce depression symptoms.

### **Diabetes Prevention and Management through Healthy Lifestyle Choices**

Learn the best ways to prevent and manage the risks with diabetes through testing, medication adherence, weight loss, healthy nutrition choices, exercise, stress reduction, and proper sleep. This workshop works best with on-site health screenings prior to the workshop.

### **Disease and Weight Management**

Discuss some of the biggest health concerns today: weight, blood pressure, high cholesterol and diabetes. Learn best ways to prevent and manage the risks through screenings, medication adherence, weight loss, healthy nutrition choices, exercise, stress reduction, and proper sleep.

### **Eating on the Go!**

Our lives are busier than they ever have been. It is important to acknowledge the limited time but still seek out ways to eat as healthy as we can, even if we do not always have the time.

### **Eating SMART!**

Learn quick ways to eat healthy and affordably. Set up environmental supports to reinforce those strategies.

### **Exercise 101**

This workshop covers the latest and greatest evidence on the best ways to exercise for good health, how often, ways to reduce overuse injuries, and how to overcome the dreaded plateau!

### **Exercise and Stress**

Learn techniques to manage stress through exercise and ways to tap into the intrinsic motivation to learn the secrets of wanting exercise in order to feel better.

### **Exercise as Medicine**

Exercise can be our best defense and putting off disease. Learn the best ways to exercise to increase our likelihood of living a long and high quality life.

### **Fiber Facts**

You know you are supposed to eat fiber, but do you really understand the importance of fiber in weight management, disease prevention and management, the healing properties, and how it all works?

### **Foods and Moods**

Phytochemicals and functional foods impact moods, health and encourage the body to heal itself. Strategically incorporate foods for optimal health and well-being.

### **Gardening Nutrition**

Are you an avid gardener or even a wanna-be gardener? Learn how to optimize your garden yield, compost, vermicomposting, phytochemicals from your herbs and vegetables and more!

### **Gentle Stretches and Exercises**

Want to start exercising but afraid to because of existing injuries, aches and pains? Learn how to gently start moving again!

### **Goal Setting, Motivational Interviewing, Behavior Modification, Changing Perspective**

This workshop is geared for helping professionals as a staff development workshop intended to facilitate behavior changes toward more positive choices and decision making.

### **Group Exercise Sessions**

Schedule a group exercise session during the lunch hour in which employees may participate. We offer a wide variety of exercise options: yoga, Pilates, body sculpting, step aerobics, strength training, salsa dance, kickboxing, boot camp, stretch and tone, circuit training, interval training, walking groups, running groups, cross training, and more!

### **Healthy Cooking Class or Demonstration**

Our very own Chef Greg comes out to teach people how to integrate more fruits, vegetables and whole grains in their diet, in a way that is tasty and doesn't leave people feeling deprived of the foods they want! This can be a hands-on or demonstration-based class. These are primarily vegetarian based recipes designed to promote more whole food and healthier options for everyday life.

### **Healthy Communities (or Healthy Schools, Healthy Communities)**

Learn strategies on how to make change at a very high level through policy, environment, cultural and at an individual level.

### **Healthy Eating on a Budget**

This workshop focuses on shopping and cooking within your budget, but focusing on the three P's: plan, purchase, prepare.

### **Healthy Living on a Budget**

One of the most common reasons for not eating better is money, but you can eat, live, exercise and be healthy on a budget! Find out how in this exciting workshop.

### **Heart Health**

Learn about risks to your heart health and ways to identify risks early. Discuss lifestyle strategies appropriate for heart health from a prevention and intervention perspective.

### **High Cholesterol Prevention and Management through Healthy Lifestyle Choices**

Learn the best ways to prevent and manage the risks of hyperlipidemia through medication adherence, weight loss, healthy nutrition choices, and exercise. This workshop works best with on-site health screenings prior to the workshop.

### **High Blood Pressure Prevention and Management through Healthy Lifestyle Choices**

Learn the best ways to prevent and manage the risks of hypertension through medication adherence, weight loss, healthy nutrition choices under the DASH diet, exercise, and stress management. This workshop works best with on-site health screenings prior to the workshop.

### **Injury Prevention and Maintenance through Muscular Balance**

Many work related injuries that are not trauma related can be prevented through proper muscular balance. Learn the basics on how to keep your risk low for work and life related injuries.

### **Irritable Bowel Syndrome**

This workshop is geared for helping professionals as a staff development workshop intended to educate and inform the deep connection between the physical body and behavioral health with regards to irritable bowel syndrome.

### **Know Your Numbers**

It is so important for people to connect with their health numbers and then to teach them ways to improve those numbers through healthy lifestyle choices, such as weight management, better food choices, increasing physical activity and stress management. This workshop works best with on-site health screenings prior to the workshop.

### **Link Between Behavioral and Physical Health**

This workshop is geared for helping professionals as a staff development workshop intended to educate and inform the deep connection between the physical body and mental well-being. Learn ways to facilitate behavior changes that can act as a co-treatment plan in behavioral health.

### **Managing Chronic Pain**

Strengthening for Injury Prevention, Intervention and Managing Chronic Pain. Discuss gentle stretches and strengthening designed to relieve chronic pain for many of the most common musculoskeletal disorders, such as fibromyalgia, osteoarthritis, and injuries to shoulder, back, knees, feet, elbows, wrists and neck.

### **Meditation 101**

Learn the basics on how to incorporate meditation into your daily life and daily activities. This class will cover mindful meditation, concentration meditation and guided imagery techniques.

### **Movement-Based Team-Building**

Is your group in serious need of some fun while trying to develop better skills of cooperation? Get through creative juices flowing with this movement based team-building workshop.

### **Name that Taste**

Are you sure the foods you say you don't like are really foods that you don't like? How can you be sure? Find out about the emotional connection to our foods and how that impacts our tastes.

### **Nutrition 101**

Start back at the basics of how to eat. We have all heard it but do we actually do it? Educate participants about healthy nutrition, how to take better accountability for healthy eating, how to create healthy nutritional habits, how to link nutrition to health goals, and nutritional strategies for disease prevention and management.

### **Nutrition and Weight Loss**

We all have to eat, yet the first thing we try to cut out when trying to lose weight is food! Get off the yo-yo diet track and learn to eat healthier and more nutritionally dense foods, yet still lose weight.

### **Nutrition in Recovery**

This workshop is geared for helping professionals as a staff development workshop intended to educate and inform about nutritional needs and considerations during recovery.

### **Nutrition Rx**

Learn about whole foods and the healing properties they have on the body. You might have always known why garlic was good for you, but do you understand the science behind it?

### **Office Exercise**

This is an activity based class to teach ways to get exercise in throughout the day, chair-based exercises, and accountability reminders.

### **Respiratory Disease and Lifestyle Strategies**

Discuss COPD, COLD, asthma and chronic bronchitis and lifestyle strategies and considerations to reduce symptoms and/or maintenance.

### **Stress Management Techniques**

Everyone has stress, but not everyone manages it well. This class discusses the effects of stress on the body and introduces stress management techniques to practice in the workshop!

### **Surviving Fast Food Choices – Fat and Sugar Measurements**

Of course we all know that we should not eat out all the time, but you can make healthier choices when you eat out. Sometimes healthier choices are elusive and not obvious. How will you eat healthier? This is a blend of presentation style and hands-on activity learning about the different choices when eating at restaurants to figure out how to make the healthiest selections possible.

### **Team-Building**

Does your group need to build in some team work, better communications, cooperation, and better relations? Team building activities can be developed depending on the needs of your particular group.

### **Weight Loss Fads and Why They Don't Work**

Yes, everyone can tell you about someone who lost XXX weight on XXX diet. But where are they 6-months from now? Often heavier than when they started. Yo-yo dieting can actually be more dangerous than being overweight. Learn about the effects of diets on the body over time.

### **Weight Management**

This workshop teaches employees how to lose weight and maintain a healthy body weight over a lifetime safely and successfully.

### **Wellness and Aging**

Aging is inevitable, but what strategies enhance your likelihood of aging with maximum independence and quality of life.

### **Got another idea?**

Let us know what it is and we will design a lunch and learn around it!

### **Contact information to schedule or for more information.**

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