

# Do it Better Wellness

Welcome to Do It Better Wellness™, your true one-stop shop with an incomparable breadth of services designed to embrace real happiness, foster wholesome environments, and achieve sustainable healthy lifestyles.

As your well-being partner, we help your employees learn effective work plus life integration practices and create an engaging culture to keep health up, care costs down, and retain valuable talent.

Serving clients in Delaware, New Jersey, and Pennsylvania on-site and nationally through virtual capabilities.

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**Business certifications:** National LGBT Chamber of Commerce Certified LGBT Business Enterprise, Certified PA Small Business, Certified PA Small Diverse Business

Program/Service Name	Description	Onsite only, Virtual only, or Both?
<b>Be Active</b>		
Agile Mindful Movement™	Agility and adaptability routines to improve Balance and joint health and other conditions	Both
Chair Yoga	Yoga stretches, breathing, and postures to improve wellness.	Both
Specialty Chair Yoga for Healthy Lifestyles (Brain Health, Alzheimers, Blood Pressure and others)	Yoga stretches, breathing, and postures to improve specific wellness aspects	Both
Chair Dance and Mobility™	Techniques to develop flexibility and coordination with safe, mindful movements and contemplative relationship to space.	Both
Do It Better Wellness Games™	Incentivized health-theme challenge using fitness games and trivia.	Both
Fitness Anywhere And Strengthening™	Staying fit right anywhere with easy exercises; avoiding stillness and enhancing body movement.	Both

Fit at the Boardroom™	Staying fit right at the office with easy exercises; avoiding stillness and enhancing body movement.	Both
Funky Yoga Dance	Active, but for everyone, movement based routine that incorporates music and sound as background to understand body and mind connection	Both
Integrative Yoga Therapy	Yoga stretches, breathing, and postures to improve specific wellness aspects, including chronic pain	Both
Interval Training	Obtain effective fitness results without gym equipment.	Both
Martial Arts Fitness	Body conditioning using techniques practiced in classic Martial Arts.	Both
Movement-based Expression	Understanding relationships between state of mind, space, and stress management	Both
Restorative Yoga	Yoga stretches, breathing, and postures to improve specific wellness aspects using props	Both
Senior Fit - Muscle Strength and Aerobics	Seated and standing (if possible) gentle body conditioning to strengthen muscles and mindfully move	Both
Tai Chi, Qi Gong	Self-Awareness, mental and body balance. Gentle flow and body-mind connection.	Both
Yin Yoga	Longer and passive Yoga stretches, breathing, and postures to improve specific wellness aspects	Both
Yoga on Mat	Yoga stretches, breathing, and postures to improve wellness.	Both
Zumba®	The most fun way to add cardio through dance fitness	Both
Be Nourished		

Aging Healthy™	Understanding ways to fuel our body, which affect our aging in the healthiest ways.	Both
Culinary Oils in Food Preparation	Learn about the different types and sources of culinary oils and their properties in relationship to cooking and overall uses	Both
Eating Healthy Done Right™	Demystifying packaged foods and conversation guidelines, so that everyone eats right.	Both
Effective Meal Planning™	Learn strategies for easy meal planning and how to fit it in your busy schedule. Seminar and Demo available	Both
Exercise and Nutrition™	Guidelines for the very active; and/or preparing for a challenge (race, competition)	Both
Food Allergies vs. Food Intolerances	Fueling our body, learning about food intolerances/allergies.	Both
Food Addictions	Becoming aware of what makes us attracted to foods and their effect on our wellbeing.	Both
Food and Mood	Awareness of how the food we consume affects our state of mind, eating mindfully	Both
Food Safety	Handle food in the safest possible way to prevent food contamination.	Both
Functional Nutrition	Holistic approach to food and nutrition to explore potential healing power of food through scientific evidence inflammatory/anti-inflammatory foods, pre-probiotics; and the potential for some foods to help prevent chronic disease and cancers	Both
Healthy Cooking Class	Easy, healthy meals prepared and cooked fast for the family, and the highly active.	Both
Healthy Twists	Easy and healthy adaptations on classic food combinations.	Both

Herbs and Spices and Wellbeing	Learn about plenty of herbs and spices and their use for healing, whether in food or other alternative uses	Both
Know Your Numbers	Identifying, remembering, and keeping optimal biometrics.	Both
Managing Diabetes (Type I or II)	Prevent and manage diabetes with easy and applicable techniques	Both
Macronutrients and Nutrition	Learn how to obtain a balanced macronutrients intake	Both
Metabolism and Nutrition	How Metabolism really works, and its effects on weight.	Both
Nutrition and Chronic Illnesses	Properly obtain nutrients, managing a specific chronic illness. Gluten-Free Diet, Diabetes, High Blood Pressure, and more.	Both
Nutrition and Digestive Health™	Pre and probiotics, gut-healing nutrients, and ways to incorporate these items into your everyday diet	Both
Nutrition and Immune System	Recreate your plate, boosting your immune system to better prevent and fight disease	Both
Nutrition and Supplements™	Learning about the right supplements for our body condition, age and other factors	Both
Nutrition and Sustainability	Alternative shopping methods: online mindful food shopping, the truth and myths about meal kits services, CSA (Community Supported Agriculture)	Both
Nutrition at Every Life Cycle™ (Men/Women)	Based on our changes with age, learn guidelines to fuel our body properly.	Both
Plants for Protein and Fabulous Fiber™	Some of the most important nutrients in any diet and where to obtain them efficiently	Both
Q&A with a Registered Dietitian	Be not afraid to ask anything you would like to know in an active and fun Q&A session with an RD (specialty topics available)	Both

Real Mindful Eating	Understand how to enjoy food as an experience that nourishes our body and minds	Both
Reshaping your Pantry	What to keep, what to toss, for a healthy lifestyle	Both
Shopping Smarter™ : Nutrition Panels	Real meaning of nutrition labels from packaged foods.	Both
Shopping Smarter™ : Grocery Shopping	Become a pro at grocery shopping without falling into temptations	Both
Sugars, Sweet or Sour	Review common and popular sweeteners, their use in packaged foods, amount recommended, food-based replacements and what we should potentially avoid	Both
Strong Bones at any Age	How to keep healthy bones with our food intake?	Both
Sustainable Nutrition	Learn about sustainable farming and sourcing practices, reducing food waste, current food production practices and how all of this impacts the environment and the future of hunger.	Both
Sustainable Portion Control	Practical, real and applicable Portion Control for Optimal Nutrition	Both
The Chemistry of Cooking	Differences in cooking food provide different nutrition values and modify flavors	Both
Truth and Myths Behind Diets	Diets don't work!' Sustainable ways to manage body weight	Both
Weight Management Seminar	Simplest rules and steps to manage weight at any age or season with gamification tips.	Both
Who's Counting?	Sustainable Portion Control for Optimal Nutrition	Both
6-week or 12-week Diabetes Management	Fit a healthy lifestyle in your busy schedule, while managing Diabetes properly.	Both
Be Energized		

A Better Brain™ Series	Fun, interactive brain games or exercises to enhance memory, learning and attention; understanding the concept of neuroplasticity.	Onsite only
Aromatherapy and Wellness™ Series	Make and take home your own essential oils, learning about their positive wellbeing effects	Onsite only
Art and Wellness™ Series	Creative way to increase awareness and self-discovery for overall wellbeing	Onsite only
Breathing Better™	Improve your breathing abilities to stay calm, re-energize and overall wellbeing	Both
Chair Massage	Tension release via chair massage onsite at your locations or event.	Onsite only
Chakras and Wellbeing™	How the Human Chakra System REALLY works to use it as a pathway to find a better life balance and overall wellbeing	Both
Creativity and the Brain	How Creativity can enhance Productivity at work while sustaining emotional health	Both
Crystals and Wellness™	How Crystals are related to the Human Chakra System and their positive effect overall wellbeing	Both
Developing Meaning in Life	Achieving Purpose	Both
Eustress as a pathway to Thrive	Understanding sources of stress and finding a positive way to cope, manage, and develop (Work stress/Time stress/Food stress, Family Stress/Holiday Stress...) (two parts, as this may be a long session)	Both
Home and Health™	Declutter your home and declutter your mind to positively impact wellbeing	Both
How to Develop Optimism	How to Develop Optimism	Both
Imagination and Wellbeing	Going Beyond Visualization and Manifestation, designing an inspirational motto for greater health	Both
Life Coaching	One on One direction, stress management, and elite guidance with a Certified Life Coach.	Virtual only

Managing Energies	Strengthening Physical, Mental and Emotional energy, understanding life events	Onsite only
Meditation for Engineering Your Brain™	Specific meditation techniques to help with reasoning, logic and attention	Both
Meeting Happiness™ Series	Redefining Happiness with self-reflection activities, implementing positivity, managing stress, becoming resilient.	Both
Mindfulness Meditation For Everyone (Really)™	Easy to learn techniques for stress reduction, mind clarity; achieving focus, staying present.	Both
Music and Wellness™	Understanding positive wellbeing in body and mind through music, movement and sound	Onsite only
Practical Exercises of Self-Care three different topics/sessions	1. Vulnerability 2. Self-Confidence 3. Self-Acceptance	Both
Reiki	Alternative healing practice with energy management	Onsite only
Sleep Better™	Very practical tips to improve sleep for great performance, productivity and happiness	Both
Senses and Health™	How to stimulate our five senses for positive wellbeing	Both
Shaping Up!	Geometry, Shapes, and Numbers as foundation of the natural world	Both
Stop Planning, Start Doing	Practical Exercises to develop (sustainable) Motivation	Both
Stretching and Relaxation™	Easy ways incorporate body and mind relaxation techniques anytime, anywhere.	Both
The Authentic Growth Mindset	Ethics, Values, Balance, Acceptance, Persistence and Perseverance	Both
The Wheel of Life		Both
Wake Up Better™	Obtaining higher energy and better immunity with practical tips for everyone.	Both

Be Empowered		
Archetypes related to Stress, Personality, and our views of connecting with others	Archetypes related to Stress, Personality, and our views of connecting with others	Both
Better Grief Management™	Understanding stages of grief and coping with sadness and stress from loss	Both
Better Biophilic Environments™	Improving our environment with easy tips to develop stress free, creative work spaces.	Both
Body Mechanics and Movement Coaching™	Body movements to prevent injuries while exercising, lifting weight, walking, running, squatting, dancing, and more.	Both
Keys For Building Resilience™	Emotional Management techniques to empower ourselves and succeed with critical requirements	Both
Coping with Uncertain Times™	Learn practical tips to cope with insecurity and heightened positive moving forward	Both
Creating Connections Preventing and avoiding Loneliness	Awareness of the effect of human connectedness in mental and emotional health. Learn real and applicable techniques to create meaningful connections and positively engage with others	Both
De-clutter your home, de-clutter your mind	Minimalism and its wellbeing effects	Both
Developing Healthy Boundaries	Developing Healthy Boundaries	Both
Developing Positive Relationships	Developing Positive Relationships	Both
Emotional Agility™ Series (Applied Emotional Intelligence)	Keys to manage emotions under pressure and maintain a healthy balance	Virtual only
Fight, Flight, and Freeze Responses	Part I – Understanding all three of them from a Brain and Neurological and Nervous System perspective Part II- Focus on Freeze (trauma, PTSD, and/or Fight (Conflict Resolution)	Both
Financial Well-Being for Every Family	Educational techniques and games to identify factors affecting financial family needs; learning ways to budget and save.	Virtual only

Fire Safety at Home	Learn tips to protect your home and your family against potential fire accidents.	Virtual only
Holistic Health Methods™	Learning about our natural elements and using diverse methodologies of alternative care: Reiki, Sound and more	Onsite only
Job Crafting	Attitude, Narrative, Creativity, Cognitive Learning to be more effective and prevent stress at work	Both
Know Your Numbers	Identifying, remembering, and keeping optimal biometrics.	Both
Living a Better Authentic Self™	Learning Self-Advocacy Skills, managing our wellbeing, whether through a chronic illness or social health	Both
Living with The Cycles of Nature and the Relationship with Biophilic Environments and Sustainability	Living with The Cycles of Nature and the Relationship with Biophilic Environments and Sustainability	Both
Managing VUCA™	Transform your attitude and overcome thought paralysis with and strategies to manage Volatility, Uncertainty, Complexity and Ambiguity affecting our health	Both
Men Stay Healthy Too™	Designed for Men, learn how to optimize your physical, mental and emotional (yes, men get emotional too!) endurance to build resilience	Both
Mindful Habits for Better Health™	Adapting Habits for Better Health	Both
MindMapping™	Mapping a healthy lifestyle roadmap to achieve sustainable goals	Both
Mind over Matter™	Growth Mindset and intrinsic Motivation to connect behaviors, actions and physical, emotional and social well-being	Both
Moon Phases and the Relationship with Biophilic Environments and Sustainability	Moon Phases and the Relationship with Biophilic Environments and Sustainability	Both

Overcoming Fear™ Series	Techniques to manage anxiety (Diverse Methodologies)	Both
Posture and Wellness™	Preventing injuries, identifying patterns and connecting posture-stillness-health.	Both
Re-Activate Yourself™	Creating an action roadmap to transform 'apathy' and 'burnout' into confidence and resilience	Both
Rejuvenating Lifestyles™	Practical, S.M.A.R.T. techniques for goal setting and health behavior change	Both
Re-Purpose Your Life™	Intrinsic Motivation to bounce back from challenges and grow positively	Both
Seasons and Transitions™	Natural views to prevent illness and benefit from season changes.	Both
Self Defense Series	Avoiding confrontation, promoting self-defense mechanisms.	Onsite only
Social Wellbeing in the 21st Century™	Lifestyle Awareness to improve well-being with social health in relation to technology	Both
Stress and Personality™	Manage stress and emotions induced by interpersonal relationships	Both
Superconducting Wellness™	Learning the effects of under or overstimulating the Vagus nerve and Pineal Gland health	Both
Sustainability and Wellbeing	Why it matters and its positive effects on our overall health	Both
Top-Ten Tips for Daily Wellbeing™	Practical, sustainable habits for optimal health effortlessly easy to implement	Both
What's In Your First Aid Kit?™	Learn proper ways to take care of minor wounds to prevent illness or infections.	Virtual only
Weight Management Seminar	Simplest rules and steps to manage weight at any age or season with gamification tips.	Both
6-week or 12-week Diabetes Management	Fit a healthy lifestyle in your busy schedule, while managing Diabetes properly.	Both
Value-Added/Turnkey Services		

Certified Ergonomic Consulting Evaluation	OSHA/RESNA compliance Individual Workplace Evaluation to prevent and reduce office work injuries delivered by a Licensed and Certified Ergonomics Specialist. Full Report provided to Employee with recommendations on making their individual workspace ergonomically suitable to their individual needs. Typically prescribed by a Doctor to an employee that needs it and Employer must comply with this requirement.	Onsite only
Do It Better Wellness Games™	Incentivized health-theme challenge using fitness games and trivia.	Onsite only
Do It Better Wellness Games™ Dance Challenge	Team Bonding Dance-based fitness contest, with jury, prizes; designed to have fun, while staying fit.	Onsite only
Do It Better Wellness Office Ergonomics™	Group session with a Licensed and Certified Ergonomics Specialist. Choose from: <ul style="list-style-type: none"> <li>• Part I: Sitting desks office ergonomics.</li> <li>• Part II: Standing desks office ergonomics.</li> </ul>	Both
Wellness Fairs	We can staff a complete wellness fair with interactive stations for hours to maximize impact.	Both
Wellness Days	We can staff a complete wellness fair with interactive stations or staggered sessions for hours to maximize impact.	Both