

ProLifestyle Nutrition

Incorporating wellness initiatives at work is becoming a common practice and for good reason. The average American spends 40-50 hours at work per week. This creates a wonderful opportunity to promote wellness, by offering employees easily accessible healthy resources and programs. We offer worksite and virtual presentations on a variety of nutrition topics. Materials and handouts are provided on the topic of choice.

Serving clients in Montgomery, Bucks, Chester, and Delaware counties in PA, Burlington county in NJ, and center city Philadelphia onsite, as well as nationwide through virtual capabilities.

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Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Nourished		
30 min (or less) Meals	Cooking Demo meant for busy families with limited time. A 30 min or less meal is made. Additional ideas are provided on how to use that one meal to make several others for the week.	Both
Become a Mindful Eater	A workshop that focuses on helping attendants become more mindful eaters. We will explore what mindful eating is, how it can help with weight and health goals, and specific mindful eating behaviors.	Both

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Break the Diet Cycle	A workshop to help shift from a diet mentality and an "all or nothing" approach to a sustainable healthy lifestyle mentality. We will address how yo-yo dieting impacts metabolism and health and educate on healthy expectations. Specific strategies for how to work on building habits that will support a lifestyle that leads to long term success with health and weight goals will be addressed.	Both
Conquer the Holidays	A workshop that provides tips and strategies for how to manage and navigate the holiday season. We discuss common challenges faced during this time and solutions.	Both
Every Day Healthy Habits	This workshop addresses mindset, movement, and eating habits and talks about ideas for what kind of habits and behaviors to practice to promote and enhance overall well-being.	Both
Fad Diets Unwrapped	It has been found that 98% of the time, fad diets are not sustainable. This workshop discusses different fad diets, provides the most up-to-date research on if one is really better than the other, how they impact the body, and what to consider and question if considering a diet. The benefits of working on a healthy sustainable lifestyle will be compared to fad diets.	Both

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Gluten: What it's all about	In this workshop we talk about what Gluten is and the difference b/t gluten intolerance and allergy. Tips for what to consider if going gluten free are provided along with various gluten free whole grain ideas.	Both
Healthy Eating for the Busy Professional	Ideas and tips for how to live a healthy lifestyle while having a busy work schedule.	Both
Heart Health Basics	This workshop will educate individuals on blood pressure and cholesterol along with how to keep those numbers in a healthy range in order to prevent heart issues such as stroke, heart attacks, and congestive heart failure.	Both
Healthy Eating on the Go	A workshop providing specific tips for how to eat health while on the go. Examples of healthy snack and product ideas will be shared along with how to choose healthy options when out.	Both
Hormone Balance for a Healthy Body & Weight Management	A series on how to promote hormone balance to help with weight loss/management and chronic illness prevention. Each week there will be a topic that addresses lifestyle and wellness behaviors that will promote healthy hormone levels and ideas for how to apply the presented information. Participants receive a workbook with simple activities to complete each week that go a long with the topic of each module.	Virtual only
Kickin' the Cravings	This workshop explores food cravings and why we have them. We discuss specific strategies to help with managing and calming food cravings down.	Both

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Lightening up Desserts	Cooking demo	Both
Managing Emotional Eating	A workshop that addresses the chronic challenge, emotional eating, and what steps to take to help manage it.	Both
Managing Mindless Snacking		Both
Meal Prep Made EASY	All about meal planning and tips to make the process easy during the week. Recipes, meal ideas, and product ideas will be provided.	Both
Metabolism Boosting Secrets	All about tips and behaviors that help to promote an efficient metabolism and why.	Both
Nutrition 101	An in-depth look at Protein, Carbs, and Fat and what role each of them plays within the body and why they are each important. Sources of each will be discussed.	Both
Nutrition Myths - BUSTED	A workshop that goes over a list of nutrition myths and will reveal whether they are true or false. Attendants will receive a list of myths to check off as we go along.	Both
Smart Snacking	All about healthy, balanced snacking and how to honor cravings in a healthy way.	Both
Smoothie Station	Cooking demo	Onsite only
Sugar Busters	In this workshop we educate on how sugar in food as changed, the different typed of sugars, how sugar works in the body, and tips for how to manage sugar intake.	Both
Superfoods & Seasonal Eating	All about the health benefits of fruits and vegetables, what is in season when, and benefits to eating in season.	Both

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Sustainable Weight Loss/Control	A workshop that discusses healthy weight loss and management tips. We will provide information on what behaviors to work on and talk about what healthy weight loss means along with how to break through plateaus and measure progress in healthy ways.	Both
Understanding and Reducing Inflammation	A workshop to help individuals understand inflammation and learn effective ways to combat it to improve/enhance short and long-term health outcomes.	Both
Be Energized		
Understanding and Reducing Inflammation	A workshop to help individuals understand inflammation and learn effective ways to combat it to improve/enhance short and long-term health outcomes.	Both
Be Empowered		
Adaptive Technology for Your Environment	A program to help with adjusting technology in the workplace to support optimal comfort and function.	Virtual only
Advanced Body Composition Assessment	A 30 second test that measures and prints out a detailed report which includes: % body fat, BMI, total weight, skeletal muscle mass, body fat mass, basal metabolic rate, total body water, segmental lean mass analysis.	Onsite only
Building a Mentally Healthy Workplace	Review preventive strategies all levels of organizational leadership can implement to promote optimal mental health and wellbeing in employees while increasing productivity and retention.	Onsite only

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Create a budget you will stick to.	Provide tips and suggestions to create a simple budget, allowing you to feel in control of your future.	Both
Ergonomics at Work	Presentation on how to maintain healthy posture and set up environment to support that at work and at home.	Virtual only
Fall and Safety Prevention (within the home and office setting)	A presentation that will provide tips and examples of how to arrange your environment in a way that is safe and prevents falls/injuries.	Virtual only
Financial Self-care	Discuss the actions you can take on a daily, weekly or monthly basis to help you feel good about your financial life.	Both
How to Downsize Without Losing Your Sanity	Practical steps to ease the burden of downsizing to move.	Virtual only
How to Conquer Clutter Using Your Learning Style	Understanding your learning tendencies will help you better organize your space, but more importantly, it will help you organize yourself.	Virtual only
How to Create Mental Clarity in Your Daily Life	Constructive steps to create mental clarity using organizing principles.	Virtual only
I'm a financial caregiver. Where do I begin?	How to begin helping parents or other family members manage their daily financial tasks.	Both
Managing Traumatic Events in the Workplace	Discuss post-traumatic stress reactions employees can have in response to critical incidents in the workplace and how employers can assist employees in recovery and a return to work.	Onsite only
Preventing Employee Burnout	Develop ways to identify employee stress and empathetically facilitate connections to internal and external resources thus increasing employee wellbeing and retention.	Onsite only

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Understanding Fat and How to Control It	A workshop that will introduce and simplify the most up to date research on body fat and explain what can be done to help keep it at healthy levels throughout life.	Virtual only
Advanced Body Composition Assessment (% body fat, BMI, total weight, skeletal muscle mass, body fat mass, basal metabolic rate, total body water, segmental lean mass analysis)	Included: The Inbody 230 advanced body composition machine is brought on site. A test result sheet, which includes each person's body composition information/breakdown, is provided. Explanation of results by a registered dietitian is included. Requires 10-15 minutes per person.	Onsite only
Value-Added/Turnkey Services		
Wellness fair information table	Provided resources on nutrition/wellness, an interactive activity, recipes, information on any future or current programs/initiatives.	Both
Wellness Day Workshop	A workshop focusing on total wellness and includes nutrition, movement, lifestyle, and mindset strategies/tips that promote enhanced mental and physical health. This workshop would also include information on nutrition counseling, how many sessions are covered, and how to schedule sessions. The workshop topic can be adjusted based on what the client wants.	Both
5 Healthy Hacks Series	Bi-weekly or monthly Nutrition Resource. Five "hacks" to help with a specific topic (meal planning, food cravings, motivation, etc.)	Virtual only

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Wellbeing & Accountability Community	A virtual portal where employees can cheer each other on and lift each other up. A place for encouragement, support, general guidance, and accountability.	Virtual only
Sustainable Weight Control & Wellness	Eight week program that includes a 30 minute Zoom session per week to help individuals learn behaviors that will help them build a lifestyle that supports term success with weight/health goals. A workbook with weekly accountability & application activities is provided.	Virtual only
Weekly or bi-weekly Nutrition "insights"	On-going nutrition tips that can be sent out to employees in an email blast or newsletter	Virtual only
Corporate Wellness Environment Consulting	Evaluating company environment and making suggestions to make healthy choices more accessible to employees/employers.	Both

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