

Wellness Workshops

Numerous studies have shown that physical activity, good nutrition and general well-being in employees results in *higher job performance, lower absenteeism, better mental health and greater workplace productivity*.¹ However, many people are unsure of the right steps to take to improve their health.

Lydia Di Francesco, Certified Personal Trainer and Wellness Coach, can provide wellness workshops to your employees. Lydia's presentations are fun, interactive and designed to be practical so employees can take immediate action and see results.

WORKSHOPS

Workshop Title: The Busy Professional's Guide to Maximizing Exercise

Description: Physical activity doesn't have to be long or boring. This workshop will help change your mindset about exercise, show you the most effective types of exercise, and teach how to increase daily physical activity despite a busy work/life schedule.

Learning Outcomes:

- How physical activity and movement can improve your mental health and wellbeing
- Most effective ways to exercise that save time
- Come up with 2-3 activities that add daily movement to the day

Workshop Title: Healthy Eating Strategies for Busy Professionals

Description: What you eat, or don't eat, can have a significant impact on your energy levels and productivity. This workshop will share a general explanation of how diet affects the brain and hormones, which food should be consumed and which should be avoided, and what vitamins, minerals and supplements are helpful for good mental health.

Learning Outcomes:

- Know what food to eat and avoid to gain more energy and mental focus/productivity
- Basic understanding of the functions and sources of macronutrients
- Ideas for snacks and healthy food to keep at the office
- Simple strategies for healthy eating and how to implement them

Workshop Title: 5 Ways to Reduce Stress and Overwhelm

Description: Are you ready to simplify your life so that you can reduce stress and overwhelm? This practical workshop will take you through 5 areas of life (cluttered spaces, fitness, nutrition, commitments, and relationships). You will get simple, concrete action steps to take in order to simplify life in these areas.

Learning Outcomes:

- How to identify the toll stress and overwhelm have on your mental health
- How to reduce stress by simplifying 5 areas of your life

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3768113/>; <http://www.businessnewsdaily.com/3699-healthy-eating-worker-productivity.html>

- Discover new ways to be active during the day and add more healthy eating into your routine
- How to evaluate your commitments and relationships and assess if you need more boundaries

Workshop: Building Stress Resilience

Description: Stress from work and home life has escalated progressively in recent years, affecting our health levels. This workshop will teach you how to respond to stress appropriately, how to strengthen your mind and resilience to stressful situations, practical techniques and tools to manage stress and relax.

Learning Outcomes:

- The effects of stress on the body
- Strategies to strengthen your mindset on a consistent basis and reduce or eliminate negative self-talk
- Techniques for identifying and working through stressful situations and conflict resolution
- Practical relaxation methods that can be used anywhere, anytime

Workshop: Easy Stretching and Mindfulness Techniques to Boost Productivity

Description: Sitting has been called the new smoking. Too much sitting (and computer work) can cause injury. Discover simple stretches you can do while at your desk to alleviate stiffness and pain. Learn techniques that result in a boost in productivity and brain power.

Learning Outcomes:

- Simple desk stretches (handout provided)
- Prompts to move more
- Easy ways to enhance productivity and brain clarity

ABOUT LYDIA DI FRANCESCO

Lydia Di Francesco helps busy professionals get – and stay – fit and healthy so they can become high achievers in their professional lives and thrive in their personal lives. She is the Founder and CEO of Fit + Healthy 365. As a Wellness Coach and Certified Personal Trainer, Lydia educates clients and the public that healthy living can be simple when you have a mindset with a long-term approach to wellness. Lydia makes regular appearances as a Fitness Expert on CTV Ottawa Morning Live and Rogers Daytime Ottawa. She is also a published Author in national and local publications.

BOOKING INFORMATION

To book Lydia to present a workshop, contact her at lydia@fithealthy365.com or 613-299-0601.