



Wellness and Nutrition Services: Denver

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# Lunch & Learns

Join us during lunch to learn about  
current nutrition topics from a Registered Dietitian (RD)

Cost: \$175 per session (divided between participants or paid by company)

Topic: Based on participant request

## TOPICS

### Exercise

- Types, Techniques, Planning
- Buddies, Behaviors for Life, and Barriers
- Pedometers, Tools (SenseWear Device), Trails and Maps
- Food for Fuel (Metabolism)
- Stability Ball
- Bands and Strength
- Core
- Cardio
- Hydration/ Supplements and Dispelling Myths
- Prevention of Injury/Flexibility
- Exercising with Health challenges
- Rewards, Consistency and Commitment

### Healthy Families

- Meal Planning
- Family Involvement
- Building Blocks for Activities
- Portion Sizes; Eating Out/Special Occasions
- Grocery Shopping for Green Light Foods and Snacks
- Coping with Holiday Stress

### Miscellaneous

- Nutritional Goal Setting
- Behavior Modification
- Fad Diets
- Healthy Habits
- Food & Drug Interaction
- Calcium
- Supplements
- Herbal Remedies
- Hydration
- Phytochemicals
- Diabetes
- Eye Health
- Heart Health and Aging

