



## **Full Health & Wellness Catalogue**

We are excited to present a wide array of health content! Within this catalogue you'll find five primary content categories and our selection of live fitness and cooking classes.

### **Categories**

**Fuel:** Everything you need to understand healthy eating and how anyone can do it

**Life:** How to make health and wellness a part of your daily life

**Mind:** Discover how to keep your mind healthy by managing stress, positive thinking and loving yourself

**Health:** An exploration of common health, illness, and weight loss topics

**Work:** Examine workplace wellness and keeping employees happy and productive at work

**Fitness Classes:** Fun and interactive fitness classes that you can do from home/work.

**Cooking Classes:** These classes take place live in our virtual kitchen and participants can cook along with us or simply watch and learn for later

**Social Events:** Step outside the norm and create a little fun and excitement!

**Health Coaching:** These sessions provide a virtual certified health coach or personal trainer

### **Presentation Formats Available**

**Individual Webinars:** engaging, story-based sessions that examine a specific topic

**Classes:** *take place in our virtual gym (or kitchen) and are advised by personal trainers (or dietitians, health coaches, and professional chefs)*

### **Fees**

**Single Webinar: \$450      4 or more webinars: \$400\***

*\*Additional fees may apply for certain webinars such as cooking demos and general health.*

### **Cancellation/Rescheduling Policy**

*We understand that things happen, and schedules can change. You can cancel or reschedule your event at no charge two weeks or more prior to the event. There is a 50% cancellation fee for events cancelled less than two weeks prior to the event. We charge 100% of the fee for events cancelled with less than 72 hours' notice. Thank you for understanding*

### **Other topics:**

*Can't find the topic or concept you are looking for? This catalog represents the most popular webinars and classes we offer. If you are looking for something not listed, let us know. We work with many health professionals who offer topics beyond what you see here.*



## **Fuel**

### **NUTRITION WEBINARS**

*Understanding healthy nutrition and incorporating it into your life can seem like a daunting task. But it doesn't have to be. In these webinars, we'll cover all aspects of healthy eating and how to make it work for your lifestyle and budget.*

#### **A1. Food and Water: Let's Simplify Nutrition**

Let's get nutrition straight. We'll dive into the basics of healthy nutrition and hydration. You'll discover how food and water can fuel your mind, body, and mood. You'll learn to enhance your health and fitness through proper nutrition. We'll also explore questions like: how much water should I drink? What does a balanced diet look like?

#### **A2. How to Eat Mindfully and Enjoy Healthy Food**

Why am I eating this? We'll examine the concept of eating mindfully. You'll learn to "eat like a connoisseur" by recognizing what (and why) you're eating, so you can avoid emotional eating and mindless snacking.

#### **A3. The Complete Guide to Weight Loss (no diet required)**

Weight loss is a great mystery for many people. Let us remove the guesswork. We'll break down the four components of weight loss – nutrition, stress, sleep, and exercise. We'll discuss why diets rarely work, and what actually does.

#### **A4. Nutrition for Healthy Families**

Variable schedules. Differing food preferences. No time. It's more difficult than ever for your family to eat healthy. We'll dive into family nutrition and simple and effective solutions to building the healthy eating habits they need.

#### **A5. Nutrition Facts They Don't Want You to Know**

Additives, preservatives, processed foods, and the ways these products are marketed can make healthy nutrition seem so confusing. Is vitamin water healthy or a marketing ploy? You can become a food detective. Learn how to determine what's really in your food, so you can ignore marketing gimmicks and noise, eat healthier and save money.

#### **A6. You Are What You Eat**

Does your food impact your mood? Yes! We'll dive into sodium, artificial flavors, artificial colors, and the many various sweeteners commonly used and how these can impact your body and mood. You'll also learn about one food we view as a nutrition superhero.

#### **A7. Limiting Inflammation, Increasing Movement**

Tired of feeling sick, tired, and sore? Discover the simple steps you can take to reduce bodily inflammation and toxins. You'll feel healthier and you'll be less prone to illness and fatigue.

## **Life**

### **HEALTHY AND HAPPY LIFESTYLE WEBINARS**

*This deep dive will explore small, sustainable adjustments anyone can make in order to achieve happier, healthier, and more fulfilling lives.*

#### **B1. How to Create a Vision Board and Achieve Your Goals**

It's time to put pen to paper and create your vision for yourself or team in this highly interactive session. We'll guide you in the creation of a powerful vision board. You'll learn how to identify your priorities and create small achievable goals that will help reach your vision. This is a great team building or individual exercise.



**B2. Better Sleep: Finally Get What Your Body Craves**

Sleep is essential for our physical and mental health, yet the vast majority of us don't get nearly enough sleep. Let's dive deep into the importance of high-quality sleep, how it impacts every part of your overall health and how to achieve it. It's time to wake up refreshed.

**B3. Build Healthy Habits That Last**

More than 40% of everything you do is habit. We'll explore how they're built and how to use them to your advantage when it comes to building a sustainable, healthier lifestyle. A good self-care routine can help you stay healthier and happier, perform better at work, care for others better at home and accomplish more in a day.

**B4. Time Management: Get the Most Out of 1440 Minutes**

We all have 1440 minutes in a day, how do some people get so much more done? It's because they've got a strategy. You can too. You'll learn to manage your time differently, the myth of multi-tasking, and how to become more efficient and productive. You'll stop wondering "How will I get this all done today?"

**B5. Work-Life Harmony is Possible (and can be oh so fulfilling)**

Find the equilibrium between your professional and personal lives. We'll teach you how to unplug, to reduce activities that waste time, and to enjoy, without distraction, activities that fulfill you so that you can achieve more at work and at home.

**B6. How to Find Your Style and Your Confidence**

How you dress on the outside can directly correlate to how you feel on the inside. Let's take a step into your closet to learn what clothes, colors, and accessories can help you give off the image you imagine for yourself, leaving you feeling happy, confident, and strong.

**B7. Create Your Own Happiness and Live Your Best Life**

Your happiness does not depend on others. You can create your own happiness at work and at home. We'll show you how.

**B8. Caregiver Support: Why Put Your Own Oxygen Mask on First**

Providing care for an elderly friend or relative can be extremely difficult. Caregivers can easily burnout as they deal with loved ones developing dementia or other conditions. In this talk, you'll learn how to care for yourself, while caring for others.

**B9. Self-Defense Basics**

This workshop teaches strategies and skills that help avoid and defend against attackers and other dangerous situations. You will learn skills related to voice-strength, emotional control, proximity, and single strike techniques to get out of harmful situations.

**B10. Using Communication to Improve Connectedness**

Connecting with others in a meaningful way can make us so much happier and more productive. Discover how to enhance your personal and professional relationships through communication and curiosity.

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## **Mind**

### **STRESS & MENTAL HEALTH WEBINARS**

*Stress impacts every aspect of our lives. Learn where it comes from, why it can be a good thing, and how to harness it. You'll also discover how to find the balance between work and home life.*

**C1. Stress Busting: Run from the Bear**

We'll explore why we get stressed, where it comes from, and what we can do about it. You'll leave with powerful stress management tools to use every day.



### **C2. Nourishment for Your Mind: Clearer, Sharper and Happier**

Our brains play a role in every activity we do. Here we'll explore how to take care of it through physical activity, stress management and taking control of your thoughts.

### **C3. Create Your Own Happiness and Live Your Best Life**

Your happiness does not depend on others. You can create your own happiness at work and at home. We'll show you how.

### **C4. Resilience: Protecting Your Mental Health in Stressful Times**

Rough patches and difficult, stressful situations are unfortunately part of work and home life. We'll help you discover how strong you really are, and how to become a more resilient, happy person. You'll also learn how bad habits become addictions and how to protect yourself from chronic stress and lack of control through healthy coping mechanisms.

### **C5. A Guided Relaxation and Mindfulness Session**

Let's take some time to "fill up your cup". Enjoy this guided relaxation and mindfulness session that you can do anywhere. You will feel rejuvenated when you're done and will have some techniques to use anytime you need a few minutes of wellness.

### **C6. Virtual Reiki Session**

We all have energy blockages in our bodies. This results in tension, fatigue, and inflammation. Reiki opens the energy blockages and helps energy to flow more freely. Reported benefits include less stress, better sleep, improved emotional health and an overall more relaxed state of mind.

### **C7. Aromatherapy**

Scents and smells can impact our mood, alertness and even our emotional well-being. This class will teach you to combine different scents to get the benefits you need. The scents used will be listed for you prior to the class so attendees can have them during the session if they'd like.

### **C8. Yoga**

Build strength and flexibility with this beginner yoga class. A certified yoga instructor leads you through a series of yoga movements and stretches that will improve your overall health.

### **C9. How to Relieve Anxiety and Become Happier**

Anxiety is not stress, and it takes a different skillset to overcome. Let's explore what anxiety really is, what causes it, and how to manage it so that you can live a happy life even in anxious times.

## **Health**

### **GENERAL HEALTH WEBINARS - \$450**

*An exploration of common health and illness prevention topics. We'll begin by learning how to keep our hearts healthy and strong. Then we'll discuss techniques you can use every day to fight illness, inflammation and improve your mental health.*

#### **D1. Heart Health: The Thing Most Likely to Kill You (and how to avoid it)**

Someone in the U.S. dies of heart disease every 38 seconds. There are things we can do during our lives to help keep our hearts strong and healthy. Let's dive into it.

#### **D2. Women's Health**

Designed to teach women how to be proactive with their health. We'll discuss factors that impact women as they age, including good nutrition, exercises as you age, preventative screenings, controlling your stress and other tips to keep you feeling healthy and strong.



**D3. Men's Health**

Designed to teach men how to be proactive with their health. We'll discuss factors that impact men as they age, good nutrition, age-appropriate exercises, preventative screenings, and other tips to keep you feeling your best.

**D4. Keeping Your Family Healthy**

Healthy families begin at home. We'll explore some fundamental components of healthy families: nutrition, defining values, and handling stressful events. Parents will learn the importance of self-care and how modeling a healthy lifestyle can have a positive ripple effect for the family.

**D5. How to Give Your Immune System Superpowers**

Your body fights disease with billions of mini soldiers that make up your immune system. Learn how to keep your "disease fighting army" strong and ready through nutrition and self-care.

**D6. Understanding Cancer**

Cancer can be scary. We'll unpack what it is, the types of cancers we frequently hear about, common risk factors, prevention strategies and screenings.

**D7. Skin Care: Keep it Healthy and Radiant in Any Season**

Skin is our largest organ. It protects us, insulates us, and is part of our identity. We'll dive into top skin care techniques. Learn how to use nutrition and simple practices to leave your skin feeling fabulous and looking as radiant as if you just left the spa.

**D8. The complete guide to weight loss (no diet required)**

Weight loss is a great mystery for many people. Let us remove the guesswork. We'll break down the four components of weight loss – nutrition, stress, sleep, and exercise. We'll discuss why diets rarely work, and what actually does.

**D9. Diabetes: Start Reducing Your Risk by this Afternoon**

Diabetes is one of the most common chronic medical conditions in the United States, impacting >10% of the population. We'll explore what diabetes is, how we can decrease our risk, and how those diagnosed with it can live to the fullest, healthiest lives possible.

**D10. The Latest on COVID-19 and the COVID-19 Vaccines**

Join us for a Q&A session with a doctor. You'll get the latest, up-to-date info about the COVID-19, the COVID-19 vaccines, and discuss the science and latest available data with an expert in the field.

**D11. Let's Talk About Breast Cancer**

Learn all about the basic physiology of breast cancer, as well as the keys to early detection and prevention



## **WORK WELLNESS WEBINARS**

### **E1. Get Fit While You Sit with These Awesome Workday Ergonomic Hacks**

In this highly engaging and active session, you'll discover how to design your workspace for better health. Discover how strength, movement and stretching exercises, all from an office chair, can allow to you have better posture and less pain.

### **E2. Time Management: Get the Most Out of 1440 Minutes**

We all have 1440 minutes in a day, how do some people get so much more done? It's because they've got a strategy. You can too. You'll learn to manage your time differently, the myth of multi-tasking, and how to become more efficient and productive. You'll stop wondering "How will I get this all done today?"

### **E3. Work-Life Harmony is Possible (and can be oh so fulfilling)**

Find the equilibrium between your professional and personal lives. We'll teach you how to unplug, to reduce activities that waste time, and to enjoy, without distraction, activities that fulfill you so that you can achieve more at work and at home.

### **E4. Resilience: Protecting Your Mental Health in Stressful Times**

Rough patches and difficult, stressful situations are unfortunately part of work and home life. We'll help you discover how strong you really are, and how to become a more resilient, happy person. You'll also learn how bad habits become addictions and how to protect yourself from chronic stress and lack of control through healthy coping mechanisms.

### **E5. Create Your Own Happiness and Live Your Best Life**

Your happiness does not depend on others. You can create your own happiness at work and at home. We'll show you how.

### **E6. Make Transitions at Work a Breeze (or at least a little easier)**

When change occurs at work, it can leave employees stressed and unsure. By addressing topics such as social anxiety, the formation of new habits, and tips to ease change, your employees will be better prepared for work-related transitions.

## **FINANCIAL WELLNESS - \$400**

### **E7. Personal Finance Basics: How to budget, save and get out of debt**

This session will provide a basic understanding of a variety of personal finance topics such as financial goal setting, budgeting, debt management and more. You'll leave with a framework for how to apply these topics to your own financial situation.

### **E8. Managing Your Money in Tough Times**

For years we have heard that if you follow sound financial practices and stick to a plan with a solid foundation, you will come out ahead. Financial times today have changed not only the rules, but also how we need to react. In this session, we will try to give you new ways to think and new actions to implement to not only survive tough financial times, but actually come out even, if not ahead.

### **E9. Basic Banking and Banking Tips**

Learn the different aspects of banking, banking products, services and procedures and their effect on managing your money. In this class, we will understand the role of a banker, the creation of money supply, the importance of maintaining a healthy cost-to-income ratio and the basic concepts of accounting, such as assets, liabilities, debits and credits. Participants will also learn to balance multiple accounts and understand the difference between mutual funds vs. CDs.



## FITNESS CLASS CATALOGUE - \$350 per session

*These classes take place live in our virtual gym and generally don't require participants to have any equipment.*

### F1. Make Movement Your Mission

"I don't have time for the gym" is a favorite excuse for many of us. We'll help you shift your mindset. Discover what exercise "should" look like and how you can fit it in. We will show you all of the little missed opportunities you have throughout your day to make movement your mission and burn calories without a gym. No equipment necessary!

*Pairs well with: Heart Health*

### F2. Live, Virtual Workout Class Catalogue

Our personal trainers provide everything from yoga to kickboxing, HIIT to office exercises. When scheduling you'll select your desired class from our list of options:

- a. **Low Impact Cardio:** Perfect for beginners or those who are trying to protect their joints. Low impact does not mean easy. All participants will be able to increase their heart rate with this session.  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- b. **Beginner Strength Training:** Strength training is an essential part of good physical health as we age. Learn how to use everyday objects to start a beginner strength training regimen today.  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- c. **Body Weight Workout:** A certified fitness instructor or personal trainer leads this workout where employees will use their own body weight to improve strength and help prevent injuries. Movements include lunges, squats, push-ups, planks, and more. This workout can be done anytime, anywhere. No equipment necessary!
- d. **Yoga:** Build strength and flexibility with this beginner yoga class. A certified yoga instructor leads you through a series of yoga movements and stretches that will improve your overall health. Recommended equipment:  
*A mat or beach size towel to cushion your poses on the floor; drinking water especially for after the session and a small hand towel if you tend to sweat. Please have enough space to move and stretch*
- e. **Office Exercises:** Learn how to use your office space as your new gym space. The creative fitness class shows you fun ways to stay fit while you sit using items such as your desk, chair, and surrounding walls. No equipment necessary!
- f. **Chair Yoga/Stretching:** Rejuvenate yourself with this awesome stretch class that you can do anywhere. Learn some techniques that you can apply anytime you want a healthy break during your busy day. No equipment necessary!
- g. **Pilates:** This full-body low-impact workout is the ultimate core stabilizer. This class will help improve your posture, flexibility, and mobility.  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- h. **Flexibility:** A major component to good physical healthy that can help with posture, mobility, muscle coordination, and reducing risk of injuries. As we age, we naturally become less flexible, that is unless you learn how to improve your flexibility for ultimate fitness. No equipment necessary!



- i. *High Intensity Interval Training (HIIT):*** Want to know what all of the buzz is about? Come check out one of the most popular forms of exercise, HIIT training. This class combines short bursts of more intense exercises with periods of rest or lower-intensity exercise.  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- j. *Zumba/Latin Dance:*** It's time to spice things up with your workout routine by adding in a little Latin dancing. Enjoy this upbeat class where you will have fun while increasing cardio endurance and burning major calories!  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- k. *All Around (low-impact cardio plus HIIT):*** Designed for groups with varying physical abilities. This cardio HIIT style class is broken into 2 parts. The first half is great for beginners and is low impact, the second half is kicked up meet the needs of those who want a sweaty challenge!  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- l. *Barre:*** A fun fusion of ballet, yoga, and Pilates is a workout like no other. This class is the perfect combination of low impact with high-intensity movements will increase your strength and flexibility.  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- m. *Cardio Kickboxing:*** This high energy fitness class combines a variety of martial arts techniques with high-intensity cardio. This class can be modified from beginners to advanced and everything in between, offering opportunities to improve coordination, stamina, flexibility, all while burning some major calories!  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- n. *Tai Chi:*** This session engages in a gentle form of exercise that cultivates the body's vital energy, maintains mobility, balance, and can help in our growing health crisis. We will explore gentle and slow-motion Tai Chi style movement sequences together with stretches, acupuncture, self-massage routines and mindfulness. Movements are simple and easy to follow. They typically are very low impact. No equipment necessary!
- o. *Tabata:*** Get in. Get out. Interval based cardio and body weight strength class using the Tabata training method. Participants will alternate between high intensity and rest to hit every muscle.  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*
- p. *Corporate Bootcamp:*** It's time to get to work. Work as a team to push each other to better fitness! This class is a combination of cardio and strength exercises with a friendly challenges thrown into the mix!  
*Recommended equipment: Fitness attire is recommended as well as drinking water and a small hand towel if you tend to sweat. Please have enough space to move around.*

***All fitness classes are for 1 hour and can also be booked as 30 minutes session***



## VIRTUAL COOKING CLASSES CATALOGUE - \$675 per class

*These classes take place live in our virtual kitchen and participants can cook along with us or simply watch and learn for later.*

### **G1. Kitchen Hacks and Meal Prep Skills that Will Change Your Life**

The idea of meal prepping may seem overwhelming, but the reality is that it will save you time, money, and calories. Learn how you can cut the amount of time in your kitchen without sacrificing flavor with some of our best meal prepping and other kitchen hacks!

### **G2. Cooking with Kids**

Do you have a picky little eater at home? Maybe they want to learn what they are eating. We encourage your littles to teens to join us in the kitchen to whip up some simple healthy meals and snacks that they can help create!

### **G3. Eating in Season**

Seasonal produce not only can produce health benefits, but typically taste better and are less expensive. Learn how to choose and store seasonal foods, and get some simple, healthy recipes from our registered dietician and professional chef too.

### **G4. Affordable, Healthy Meals**

Healthy food doesn't mean expensive food. We'll make a menu, designed by our registered dietician and professional chef, that is as easy on your wallet as it is tasty and nutritious.

### **G5. Healthy Recipes in 15 Minutes or Less**

During this cooking demonstration we'll make three balanced meals, designed by our dietician and professional chef, in one hour! These recipes are great for meal prep so you can eat healthy all week long!

### **G6. Heart Healthy Cooking**

We'll cook a heart healthy menu designed by our registered dietician and professional chef that is low in fat and loaded with whole grains to promote heart health!

### **G7. Simple Healthy Snacks & Pantry Makeover**

Healthy snacks are a great way to fuel your body and mind throughout the day. Choose 3 of our wildly popular snack options that you can whip up in no time. We will also take a look in your pantry to help you organize it in a way that promotes a healthy and fit lifestyle!

### **G8. Sheet Pan Dinners**

Healthy dinners just got a whole lot easier and more convenient. Choose 3 of our delicious and healthy sheet pan dinners, designed by our professional chef and registered dietician, to take the guess work out of "what's for dinner tonight" while also keeping clean-up to a minimum.

### **G9. Corporate Cook-Off! (\$850 if you want a chef present)**

Build competitive community in a fun and creative way as we come together in the kitchen to whip up some quick and healthy snacks. You'll learn prepping techniques for 3 snack recipes. Competitors will then have a set amount of time to build their creations and show them off!

### **G10. Healthy Smoothies**

Whether you want a healthy breakfast or a mid-day snack, these smoothies are an easy and nutritious way to satisfy your cravings and keep you fueled for hours. Follow along with the chef or sit back and enjoy the demo from the comfort of your home or office.



### **G11. The Basic Cooking Demo**

The original concept is so popular and straight forward that we will always have it on our menu. A health coach and/or chef will send you demo options. Select a menu and then receive the recipes in advance. The health coach/chef makes the food live during the demo and employees can choose to cook along, or simply enjoy the show.

### **G12. Healthy Desserts & Snacks**

Follow along with us as we teach you how to prepare delicious healthy desserts and snacks for your next party, date night, family dinner or simply when you're craving something in the middle of the day.

### **G13. How to Boil Water**

In this fun session, join us in the kitchen to learn the basic kitchen necessities. Think cooking pasta, scrambling eggs, cutting vegetables, storing produce. All the things you wish someone had shown you years ago! original concept is so popular and straight forward that we will always have it on our menu. A chef will send you demo options. Select a menu and then receive the recipes in advance. The chef makes the food live during the demo and employees can choose to cook along, or simply enjoy the show.

## **30-MINUTE "QUICK HIT" SESSIONS - \$300**

These 30-minute sessions are designed to cover the highest yield material from some of our most popular classes. All fitness classes can also be booked as 30 minutes.

### **Quick Hit 1: Food and Water Basics**

In this compressed version of our full Food and Water session, you'll discover how to enhance your health, fitness, mood and weight loss through proper nutrition and hydration.

### **Quick Hit 2: Sleep Better**

We'll explore how sleep impacts our health, how much sleep we should be getting, and we'll provide you with our best strategies for improving the quality of your sleep, so you wake up refreshed.

### **Quick Hit 3: Stress and How to Run from the Bear**

In this condense version of our full Stress seminar, you'll discover why stress is unhealthy and learn one or two of our favorite Stress Busters to harness it.

### **Quick Hit 4: Guided Relaxation and Mindfulness**

Enjoy a rejuvenating, guided relaxation, and mindfulness session that you can do anywhere.

### **Quick Hit 5: Work-Life Harmony**

In this rapid-fire session, we'll review high yield strategies for achieving work/life harmony and balance as well as our best time management hacks.

### **Quick Hit 6: Ergonomics**

Get fit while you sit with this session on workplace ergonomics and practical office stretching tips.

### **Quick Hit 7: Hydration**

We'll uncover the benefits (and myths) surrounding hydration including how much water we actually need every day and whether bottled water and sports drinks are truly beneficial.

### **Quick Hit 8: Mocktails**

Learn how to make some fun and vibrant non-alcoholic beverages for your next get together or healthy happy hour.

### **Quick Hit 8: A Weight Loss Guide**

Get our highest yield weight loss strategies and techniques.

### **Quick Hit 9: Trends in Nutrition: Fact vs Fiction**

Superfoods, fad diets, and a million different types of bottled water...we'll explore trending nutrition topics and fads to see if we can cut through the noise and determine which are actually good for you.



## SOCIAL EVENTS

*Step outside the norm and create a little fun and excitement! These events are design to help employees let loose and enjoy the company of their coworkers and friends.*

### **H1. Healthy Happy Hours – Starts at \$350 - \$850 depending what is being offered**

This is the ultimate healthy-virtual-social activity. Wrap up your health fair or health week with festive one-hour social event for employees. We provide the host. Activities can include games, live raffles, live music, dancing, DJ's, healthy mocktail demos, general conversations and more.

### **H2. Art Class / Art Therapy - \$350/hr**

Art can be a great way to relax and enjoy your time at home. Our classes can focus on simple projects such as doodle drawing, creating your own mandala or get test your abilities more through character drawings or landscapes. You can just watch and learn as well. Employees can share their progress live during the virtual class

### **H3. Piano Bar and/or Sing-A-Long - \$500/hr**

Sit back and enjoy live piano music and singing from one of our talented musicians. Employee can relax to a piano-bar style atmosphere while watching and listening to our musicians perform their requests live. Feeling festive? Sing a long or dance to the music!

### **H4. BINGO - \$400/hr - Includes \$50 in Amazon e-Gift Cards**

Play one of America's most timeless games right from your own home. Employees will print BINGO cards for themselves and their families and then listen as a caller reads the letter-number combinations right from their computer.

### **H5. Pictionary - \$400/hr – Includes \$50 in Amazon e-Gift Cards**

For this activity, one or more leadership members in your organization will be set up with an easel or whiteboard for drawing. Employees will guess what the picture is by submitting answers through the chat wall. A moderator watches as the answers come in and then calls out the first employee to successfully identify the drawing.

### **H6. Trivia Night (or day) - \$400/hr - Includes \$50 in Amazon e-Gift Cards**

Play as an individual or create teams for our virtual trivia party. 3-4 rounds can be played each hour. A round consists of 10 questions and employees will have a time limit to answer each. Points are awarded to correct answers and employees can see their scores virtually vs other competitors.

### **H7. Virtual Animal Adventure - \$500/hr**

If animals are therapeutic for you, then let's set up a live feed for your event. The trainers will create a virtual nature atmosphere for you and your co-workers and/or family. Whether you like furry and cuddly or exotic and wild, this nature tour is sure to impress.

### **H8. Dance Party - \$750/hr**

Host a virtual dance party for your employees. Heath Fairs Direct can set up a combination of music options through live DJ's, Zumba dancers, and other dance groups. Music will be catered to your employee's requests and dance parties are family friendly.

### **H9. Talent Show - \$450/hr**

Show off the skills that no one knew you had! During our talent show, employees get an opportunity to perform or display a talent for their co-workers. Talent ideas are submitted in advance, and afterwards a survey is sent to employees to vote for their favorite performer. The winner is announced by the company the follow day.



## PERSONAL COACHING - \$400 for 2 hours

*Sometimes employees need 1:1 time with a health and wellness expert. These sessions provide a virtual certified health coach or personal trainer for 2-hours and they will work with individuals in 15-minute or 30-minute sessions.*

### **11. Health Coaching**

Give your employees exactly what they need through these private, 1:1 session. They'll get 1:1 time with a highly trained, certified health coach with expertise in nutrition, stress, sleep, fitness, and relaxation. You'll get a 2-hour block and can break it into 15 or 30-minute segments depending on your preference and need. You sign them up for the session, and we'll be there in the virtual room waiting for them.

### **12. Personal Training**

Give your employees exactly what they need through these private, 1:1 session. They'll receive time and attention from a personal trainer with expertise in mobility and agility, strength training, cardiovascular endurance, alignment and building personalized fitness programs. You'll get a 2-hour block and can break it into 15 or 30-minute segments depending on your preference and need. You sign them up for the session, and we'll be there in the virtual room waiting for them.