EDUCATIONAL PROGRAMS

Your Plan for Health and the OSU Health Plan offers Educational Programming throughout the year. Bring together a team of eight or more and we can visit your department in-person or online via a webinar to provide a single 20 to 30-minute session for you and your co-workers!

EMOTIONAL WELL-BEING

- The Art of Relaxation (15 minutes): Deep breathing is one of the best ways to lower stress in the body. This guided instruction will walk you through exercises to reduce tension and promote relaxation.

- No Time Like the Present (20 minutes): Mindfulness activities can help reduce stress and improve overall well-being. Experience focused relaxation by deliberately paying attention to thoughts and sensations without judgment.

- Work-Life-Self (30 minutes):Are you looking for ways to maintain your self-care activities while balancing work life and home life pressures? We will discuss strategies for busy people to manage physical activity, stress, nutrition and sleep.

HEALTHY EATING

- Healthy Eating in the Workplace (30 minutes): Get the low-down on how to plan what foods you’ll need at work to help you feel good and stay fuller longer.

- Meal Planning Basics (30 minutes): Meal planning may seem like a daunting and over-complicated process. How many times have you stood in front of your pantry scratching your head? When you take the time to outline a plan for the week, you save time, money and also have the chance to be creative in the kitchen.

- Healthy Cooking Demos (30 minutes): Eating healthy doesn’t have to be difficult or complicated. During this session, join a health coach as they create a healthy snack option that you can easily incorporate into your day.

ACTIVE LIVING

- Your Ideal Heart Rate for Physical Activity (30 minutes): Learn to measure your heart rate, information about heart rate trackers, and exercise recommendations that can work for you.

- Exercise 101 (30 minutes): Are you ready to start an exercise program but don’t know where to begin? Learn the basic components of starting and maintaining a fitness program.

- Workout Demos (30 minutes): A health coach will take you through a quick 20-minute low-impact workout (stretching, strength training or walking) to show you ways to easily fit in exercise.

Additional topics available upon request.
To view previous program recordings, visit http://go.osu.edu/OSUHP-WebcastArchives. To join upcoming classes available university-wide, visit https://linktohealth.osu.edu and select Educational Program. To schedule a Health Coach to lead an education program at your department, email Laura.Peterson@osumc.edu or call 614-688-5509.
GROUP HEALTH COACHING

Would you like to work together with your co-workers to support each other to generate healthy habits as a team? A health coach can help you develop action plans with personalized goals to improve your wellness! Bring together a team of eight or more and we can visit your department in-person or online via webinar to provide a 4 to 6 week series. Session time can be modified per group availability from 20 to 45 minutes.

EMOTIONAL WELL-BEING

- **A Balanced Me (4-Wk Series):** Life is busy! Explore areas of wellness that are important to you. We will discuss creative strategies to enrich those areas.

- **Mission: Mindfulness (4-Wk Series):** Developing mindfulness practice is a simple, but not always easy, way to reduce stress and enhance your life. Join us to begin your practice and discover how you can use mindfulness as a tool for reaching your goals!

- **Discovering Happiness (4-Wk Series):** How do you define happiness and where does it come from? Happiness is a skill that you can build with consistent practice! Learn some practical happiness-boosting strategies that you can implement into your own life.

HEALTHY EATING

- **Prep for Success (6-Wk Series):** Each session is designed to help you on your food preparation journey. We will begin with a few tips and tricks for those who are just starting out. Without overwhelming you with information, this series will help guide you through the stages of developing a great routine!

- **Find Your Happy Weight (6-Wk Series):** We will help you develop a plan for success, related to nutrition, physical activity and stress management and talk about how they are key to successful weight management.

- **The Beginners Guide to Healthy Cooking (4-Wk Series):** Ready to make positive changes to your cooking but don’t know where to begin? Learn various basic healthy cooking techniques with this beginner’s guide!

ACTIVE LIVING

- **Fitting in Fitness (4-Wk Series):** Explore the different ideas to get in your steps, keep you motivated throughout the seasons and make physical activity a priority in your weekly schedule.

- **Build Your Own Exercise Routine (4-Wk Series):** We will discuss different ideas to help you build your own custom workout program in order to get the results that you desire! Design, track and switch up your fitness routine with tips from this 4-week series.

- **Seasonal Series (4-Wk Series):** A change in seasons can mean a change to your workout routine. Get ideas on how to switch up your physical activity and keep up the motivation as the weather changes throughout the year with our Winter Wellbeing, Spring into Wellness, Summer Shape Up or Fall Into Fitness series!

Additional topics available upon request.

To join a university-wide group online, visit https://linktohealth.osu.edu and click on Group Health Coaching. To schedule a group health coaching session series at your department, email Laura.Peterson@osumc.edu or call (614) 688-5509.