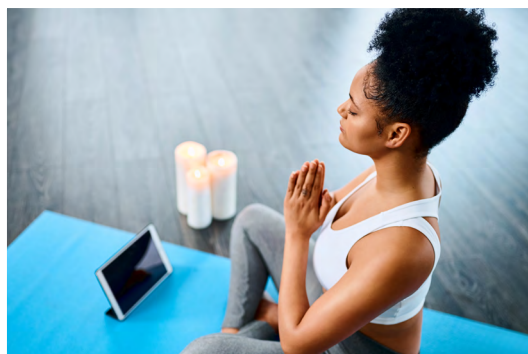


HOST A GROUP SESSION FOR YOUR TEAM!

Bring together a group of eight or more and an OSU Health Coach can lead an educational program or group health coaching series related to Active Living, Health Eating, Emotional Well-Being, Tobacco Cessation or Weight Management. Additional topics available upon request.



- Active Living
- Emotional Well-being
- Healthy Eating
- Tobacco Cessation
- Weight Management

GROUP HEALTH COACHING (four-week series)

- Working with Resistance Bands •
- Making Time for Me •
- Relax to Recharge •
- Meal Prep for Success •
- Seasonal Recipe Series •
- Find Your Happy Weight •
- Maximizing MyFitnessPal •
- Seasonal Wellness Series • • •
- Rebuilding Your Relationship with Food • •
- Other: _____

Group Health Coaching (GHC) includes four weekly sessions and opportunities to earn YP4H points. Department-specific requests are limited to one GHC per year. For descriptions of the topics above, see back side of this flyer.

EDUCATIONAL PROGRAM (one session)

- Stretching: Myths, Facts, and Basics •
- Stay Energized • • •
- Making Time for Physical Activity •
- Gratitude •
- Building Lasting Habits •
- Take a Relaxation Break •
- Healthy Eating on a Budget •
- Nutrition on a Mission •
- Is Health Coaching for Me? • • • • •
- Sleep Well for Wellness •
- Other: _____

Educational programs include one session as an opportunity to meet an OSU health coach and sample topics. These sessions do not qualify for YP4H points. For descriptions of the topics above, see back side of this flyer.

To get started, please reply with information about your group interests:

Group Topic:
 Number of Anticipated Participants:
 Preferred Length of Session: 20min 30min. 45min.
 Type of Session: In Person Virtual/Zoom
 If virtual, how does your team like to interact via Zoom meeting?
 Check all that apply: Audio Chat Box Video
 Other requests/questions?

Please provide some specific dates and times that would work for your group. (starting 1 to 2 months after request submitted):

Date: ____ / ____ / ____ Start Time:
 Date: ____ / ____ / ____ Start Time:
 Date: ____ / ____ / ____ Start Time:
 Date: ____ / ____ / ____ Start Time:

To view previous program recordings, [click here](#).
 To join upcoming programs available university-wide, [click here](#).
 To schedule a Health Coach at your department, email Laura.Peterson@osumc.edu.

WORKING WITH RESISTANCE BANDS

Learn which bands are right for you, how to use the bands, and try multiple workouts to build strength.

MAKING TIME FOR ME

Define what's most important to you and identify steps to manage time and energy according to your values.

RELAX TO RECHARGE

Practice stress management skills like deep breathing, mindfulness meditation, guided visualization, and progressive muscle relaxation.

MEAL PREP FOR SUCCESS

Make meal prepping a breeze with tips for nutritious meals and simple prep strategies.

SEASONAL RECIPE SERIES

Refresh your weekly menu with seasonal recipes for breakfast, lunch, dinner, and snacks.

FIND YOUR HAPPY WEIGHT

Develop a personalized plan for long-term weight management with built on small steps that make a big impact.

MAXIMIZING MYFITNESSPAL

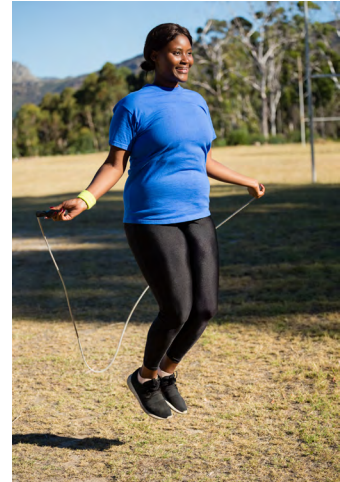
Learn the what, when, why and how for tracking a variety of nutritional data. Receive feedback, build awareness and create a plan for moving towards a healthy weight.

SEASONAL WELLNESS SERIES

Learn to adapt wellness strategies with the season! Pick one: Spring into Wellness, Summer Shape Up, Fall into Fitness, or Winter Well-Being.

REBUILDING YOUR RELATIONSHIP WITH FOOD

Learn about the gut-brain connection, how our emotions can impact our appetite and cravings, and how external influences impact our eating towards creating a more peaceful relationship with food.



STRETCHING: MYTHS, FACTS, AND BASICS

Learn why stretching is essential, challenge myths, and try some basic stretches you can turn into a simple stretching routine.

STAY ENERGIZED

Discover ways to stay energized for whatever your day brings with nutrition, activity, stress management, and other wellness tips.

MAKING TIME FOR PHYSICAL ACTIVITY

Learn to get creative and make the most of the time you have for exercise and daily physical activity.

GRATITUDE

Explore the benefits and try simple gratitude practices you can adopt into your own weekly routines.

BUILDING LASTING HABITS

Ignite your motivation and map out steps for strong, sustainable habits based on your values, lifestyle, and readiness for change.

TAKE A RELAXATION BREAK

Learn to manage stress in the moment with a variety of practices for regulation, relaxation, and mindfulness awareness.

HEALTHY EATING ON A BUDGET

Keep meals nutritious and cost effective with savings tips for grocery shopping, meal prep, and more.

NUTRITION ON A MISSION

Learn simple changes you can make to take your nutrition to a whole new level. Receive recipe ideas and demos to support your practice.

IS HEALTH COACHING FOR ME?

Learn about the individual health coaching benefit, and how this personalized program can help you achieve your health goals.

SLEEP WELL FOR WELLNESS

Discover why sleep is the foundation for wellness and discuss strategies for a restful night's sleep.

