



Lunch and Learn Course Descriptions

“Deskercise”: Office Routines

Not enough time in the day to make it to the gym? No worries! This presentation will offer a brief introduction to exercise and how to get meet your fitness needs without leaving the office!

De-Stress and Stretch

Hectic Work Day? Enjoy a quick presentation on how stress impacts your work and how to remedy any stressful situation. Learn how to relax and de-stress at your desk!

Eating Healthy in the Food Court

Find yourself eating in the Peachtree Center Food Court often? This presentation will teach you tricks to find healthy menu options and guide you to healthy options available in our very own food court!

Exercise Programming For Dummies

A lesson in proper programming from your fitness experts. Get a better understanding of how to format your workout to meet your goals!

Get Limber: Flex Appeal

The basics of stretching and how to get the most from stretching during and after your workout. A vital component of fitness, learn how properly stretch your body and improve range of motion and muscle health.

Goal Setting

Set yourself up for success by using goal setting techniques taught in this lesson. Make SMART goals and learn how to work your way to success!



Lunch and Learn Course Descriptions, cont'd

Investing in Your Future: A Corporate Wellness Approach

Learn about the return on investment for health initiatives in the corporate setting. From health insurance incentives to retention rates and absenteeism, learn why an investment in your employees' health is the soundest investment you can make!

Motivation for Healthy Living

The psychology behind getting in the gym and staying there. Learn how to modify sedentary behaviors and encourage yourself to embrace healthy living habits!

Nutrition 101

A general introduction to nutrition and how our body functions depending on food intake.

Training for a 5K/10K

Just signed up for your first race? This lesson is on proper training for the big day. From nutrition to gear, learn how to best prepare yourself for success!

Understanding Fitness

The basics of fitness, from body composition to cardiovascular health, will help you understand how the body adapts to proper nutrition and exercise.

Wellness in the Workplace

An all encompassing presentation about bringing health and wellness to work. From nutrition to exercise, this lesson gives employees the guide to improve health and the ability to do it all within the office!