

OUR HEALTH AND WELLNESS GUIDE



Our Health and Wellness Guide

At Well Content 4 U, we understand what good health means to companies, individuals and communities. Therefore, we have taken our expertise in the fields of nutrition, fitness, wellness and chronic disease prevention to create interactive and engaging health and wellness classes. The aim of our classes is to help individuals reach optimal levels of health and wellness by teaching the necessary skill-sets to make healthy permanent lifestyle and behavioral habits. Our classes are tailored to meet the needs of our customers and are delivered in person and online through webinars. We offer the following classes in-person and online.

Our Health and Wellness Classes

Nutrition Focused

Prep It and Step It Meal Planning Made Simple

Do you desire to learn how to plan, shop and prepare healthy foods on a budget?

Do you frequently spend money eating out and looking for ways to save money by preparing your own deliciously healthy meals?

Are you confused about the portion sizes and how to lose and maintain a healthy body weight?

Tired of the yo-yo diet cycle?

If you answered yes to any of these questions, this class is for you!

After attending our workshop/class attendee will:

- ✓ Discover how to plan, prepare and cook healthy delicious meals on a budget
- ✓ Learn how to read nutrition and food ingredient labels
- ✓ Learn how to portion meals to avoid overeating and weight gain
- ✓ Learn why diets don't work and how to avoid the yo-yo diet cycle and so much more!

Don't Complicate It- Basic Nutrition Made Simple (Includes Book)

Do you ever find yourself confused about what to eat and what not to eat to reach optimal health and lose weight?

Do you believe carbohydrates are bad for you and you have cut them completely out of your diet?

Do you think consuming protein will cause you to gain bulky muscles?

Are you tired of trying fad diets that leave you hungry and pounds heavier?

If you answered yes to any of these questions, this workshop is for you!

After attending our workshop/class attendee will:

- ✓ Understand what basic nutrients(macronutrients) are and how they nourish your body
- ✓ Know the truth about carbohydrates, when to consume them and how many grams to consume per day to reach your wellness goals
- ✓ Learn the role proteins play in your overall health and muscle building
- ✓ Understand how consuming basic foods groups can help you maintain a healthy body weight without drastic dieting and starvation and so much more!



Fitness Focused

Fit, Empowered and Unstoppable (Book Included)

Do you find yourself confused about which muscle groups to train to get your desired fitness results?

Do you do hours of cardio a week and ready to learn how to get better results without so much cardio?

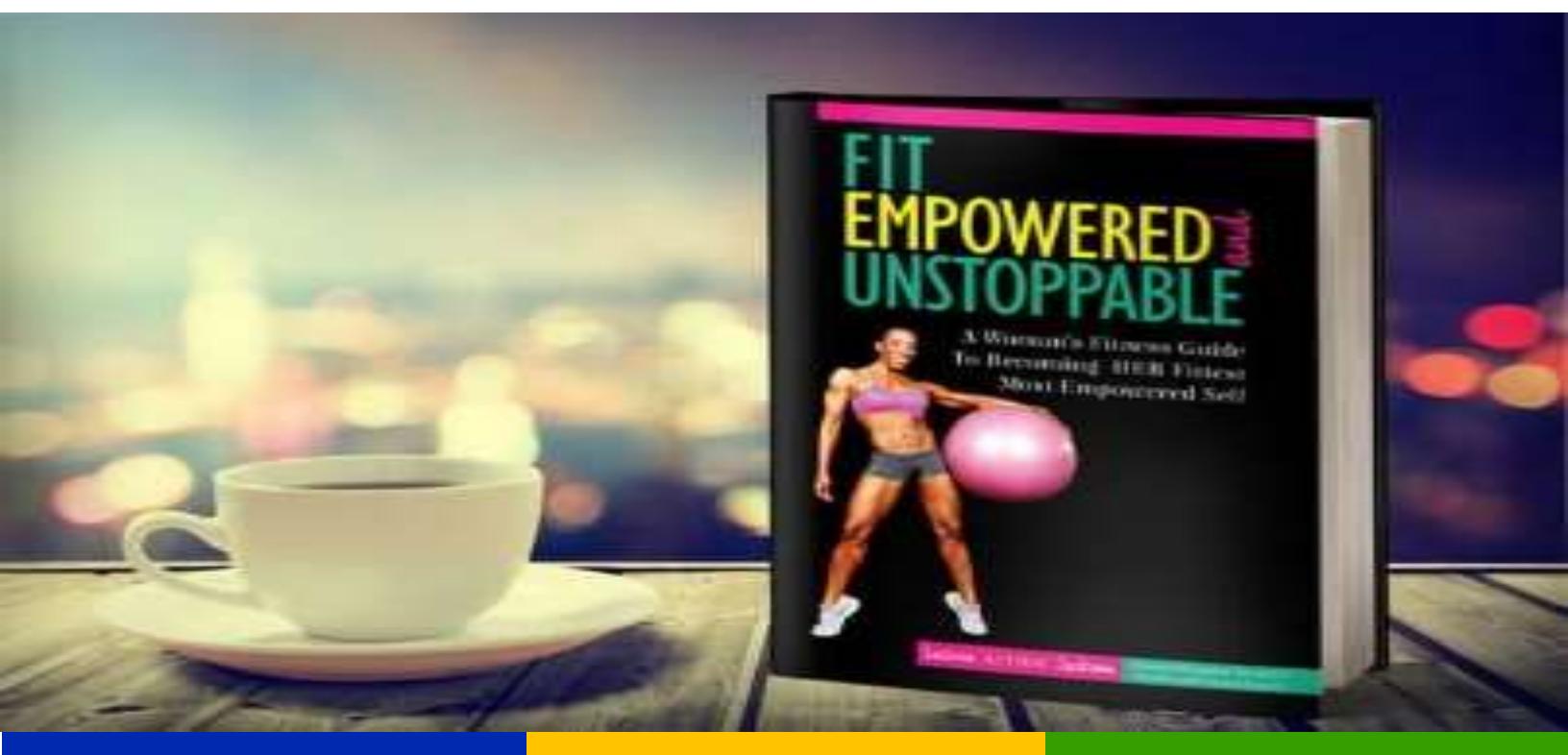
Are you tired of comparing your body to others and ready to feel great within your own skin?

Ready to learn your body type and how to change it with the right fitness training program?

Do you start and stop your fitness regimen and struggle with staying committed?

After attending our workshop/class attendee will:

- ✓ Learn how to properly use resistance training to see achieve lasting results and positive body changes
- ✓ Learn how to stop the body comparison game and feel great about your body
- ✓ How to use interval training to shed body fat and increase your overall conditioning
- ✓ How to set realistic fitness goals and stay committed and so much more!



Weight Focused

Goodbye Skinny, Hello Size Healthy (Book Included)

Are you tired of trying to force your body to become a size it was never created to be?

Are you tired of yo-yo dieting and ready to learn how to eat healthy without starving yourself?

Are you ready to focus on becoming healthy versus becoming thin?

Are you ready to learn how to prevent women related illnesses such as heart disease?

After attending our workshop/class attendee will:

- ✓ Discover how to identify your body type and how it responds to calories and exercise
- ✓ Why diets don't work and how to eat healthy for life without starving yourself
- ✓ Learn the importance of knowing your cholesterol levels, family medical history and the signs of heart disease
- ✓ Why being healthy is the most important size and so much more!



Stress Management Focused

Exhale and Let It Go

Do you desire to discover your stress triggers and how to minimize them?

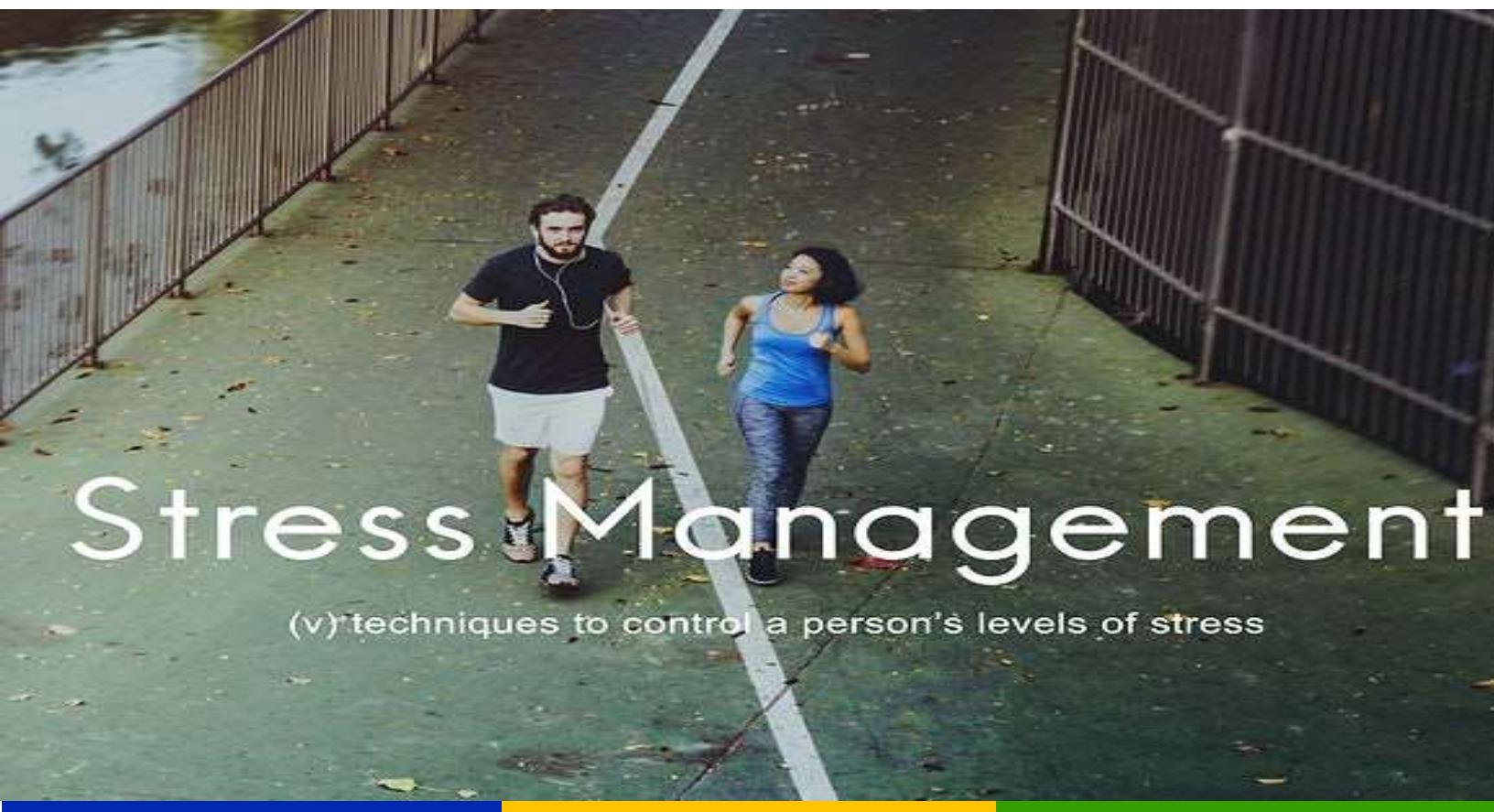
Do you desire to learn how to use exercise as a coping mechanism for stress management?

Is stress causing you to feel tension most parts of your day?

Are you ready to learn how to retrain your thoughts to decrease anxiety and stress?

After attending workshop/class attendee will:

- ✓ Learn how to identify and minimize stress triggers
- ✓ Learn how to use deep breathing and visualization to decrease heart rate, anxiety levels and blood pressure
- ✓ Learn how to use exercise as a tool to handle stress
- ✓ Learn time-management skills and how to delegate tasks to de-stress and so much more



Stress Management

(v) techniques to control a person's levels of stress

Mindfulness Focused

Mindfully U

Do you often find yourself distracted and not present in the moment?
Do you find yourself multitasking and not getting desired results?
Does your mind wander when you're talking to others?
Do you desire to be happy in the current moment and not stress over the future?

After attending workshop/class attendee will:

- ✓ Discover how to direct focused intention and energy
- ✓ Discover how to have a single focused mind
- ✓ Discover how to choose happiness despite bad situations
- ✓ Discover how to stop wander thoughts that decrease your product

Our Health and Wellness Programs

Our turn-key health and wellness programs were designed for busy companies and individuals who desire to prioritize their health and wellness but they don't have the time, resources or educational background to plan, implement and evaluate such programs. Therefore, we've done the work for you with our turn-key health and wellness programs! Our wellness programs are available to be licensed or taught by one of our health educators.

Turn-Key Wellness and Health Programs Available

- ✓ Changing the Norm Wellness Program: Minority Health Program for African-American Women
- ✓ Fit-N-5: D.I.Y. Online Fitness Program
- ✓ Healthy Balanced You: Corporate Wellness Program for Working Women

Our Health and Wellness Books

Provide yourself, employees or patients with evidence-based, easy to read and informational health and wellness books in the form of digital and hardcopy books that will help drive better health outcomes! We offer bulk discounts!

Health and Wellness Titles Available in Hardcopy and Digital Format



Goodbye Skinny Hello Size Healthy- A Woman's Guide to Becoming Healthy, Happy and Satisfied

Don't Complicate It- Basic Nutrition and Healthy Eating Made Simple

Fit Tight and Toned- A Black Woman's Fitness Roadmap To Fit, Tight and Toned Curves

Fit Empowered and Unstoppable- A Woman's Guide To Becoming Her Fittest Most Empowered Self

Balanced Fitness-Balancing Your Way Towards Reaching Your Fitness Goals

Balanced Nutrition-Balancing Your Ways to Healthier Eating and Better Health

Changing the Norm- A Black Woman's Guide to Eating, Feeling and Looking Her Best

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