

MHealthy Seminar Descriptions

Healthy Eating

Meal Planning (45 minutes)

Planning is the key to quick, budget-conscious, nutritious meals. Interested in easy-to-make & take meals and snacks that taste great and are good for you? Come gather the tools to make your meal and snack planning easier.

Food is Fuel (45 minutes)

Balancing your food intake can be a great way to maximize your energy each day. This class introduces MHealthy's 'Great Plate' and the Volumetrics concept outlining the benefits of choosing a wide variety of foods and the importance of eating healthy.

Ways to Weigh No More (45 minutes)

Learn what you can do to succeed in meeting your healthy eating goals. Discover what has worked for over 5000 people who successfully lost weight and kept it off for at least one year! This session offers great strategies to assist you in your weight loss goals, whether you want to lose or maintain your weight. This presentation is not a "diet" approach, but rather healthy habits you can practice for a lifetime.

Stretching Your Food Dollar (45 minutes)

Smart grocery shopping and meal planning can help you save money in these tough economic times. Learn strategies to cut your grocery bill and prepare lunch or dinner for \$2 or less.

Physical Activity

Fit in Fitness (15 minutes)

Looking for easy, fun ways to fit fitness into your life? We've got some safe, effective ideas for you.

Common Exercise Mistakes (15 & 45-60 minutes)

Are you working out but not seeing good results? You may be making some common exercise mistakes. We can take you briefly through the right way to work out!

Desk Exercises (15 & 45-60 minutes)

when you don't have time to leave for a complete work out, we can show you a few exercises to help you feel better at the end of your otherwise sedentary day!

Fitness Fact or Fiction (15 & 45-60 minutes)

There is a lot of information flying around out there about fitness. Let MHealthy give you the real low down on researched and validated facts.

Stay fit on your holiday (15 & 45-60 minutes)

Have you ever come back from a holiday and felt terrible physically? Here are a few exercises you can do every other day so when you get back, you are refreshed and feel good!

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What Physical Activity can do for you (15 & 45-60 minutes)

Why should you work out??! New research shows the different positive effects fitness can have on your physical, mental, and emotional health!

Focus on Fitness (45-60 minutes)

Let's talk about fitness—what's involved, how you can reach a higher fitness level, what fitness can do for you, how it helps you in your everyday life. Fitness can be a fun and rewarding part of your life!

Get Your Program Back on Track (45-60 minutes)

Have you been working out and not seeing results? Have you stopped working out altogether? MHealthy can show you how to set some specific goals to get your fitness program manageable and back on track

What is Fitness (45-60 minutes)

How do you know what fitness looks like? MHealthy can help you see how fitness looks on you, and how by using the different components of exercise, you can become more fit

Walk your way to better health (30-45 & 15 minutes)

Walking may not seem like much, but done on a regular basis, this mode of exercise can keep you going for a lifetime.

Is your program missing something? (30-45 & 15 minutes)

Here we'll talk about the components of a balanced exercise program, emphasizing muscular fitness and flexibility training.

Self Care Topics

Making the Change! (45-60 minutes)

Have you been thinking about exercising more but don't know where or how to start? Have you tried to change your eating habits but had difficulty sticking to a plan? "Making the Change" is a workshop-style seminar designed to help a participant work through a plan for health behavior change.

Stress Basics (45-60 minutes)

Is stress getting the best of you? Learn more about the stress response and explore new ways to cope in stressful times. Participants will become familiar with the effects of stress and get the chance to practice stress management techniques.

Your Wellness at Work (45-60 minutes)

From eating habits to physical activity, our pursuit to be healthier doesn't need to be left at home! Discover ways to support your personal health and wellness while at work. Participants will get tips on ways to incorporate healthy eating, movement, and other selfcare into their workday.

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Take Ten Relaxation Break (10 minutes)

MHealthy Relaxation / Rejuvenation breaks will influence the relaxation centers of the brain giving you a sense of calm and clarity to help you manage stress. You will learn a different stress management technique that you can integrate into your daily life.

Other Resources

Employee Assistance Program (UMHS EAP)

The UMHS Employee Assistance Program is an assessment, referral, consultation and short-term counseling service for the employees of the University of Michigan Health System.

Please visit mhealthy.umich.edu/eap to view a list of UMHS EAP seminar offerings that cover topics such as stress, work relationships, and conflict resolution.

UM Faculty & Staff Assistance Program (FASAP)

The Faculty & Staff Assistance Program offers a number of services designed to help staff, faculty, and their immediate family members with personal difficulties encountered at both work and home.

Please visit mhealthy.umich.edu/fasap to learn about what seminars are offered by FASAP. Topics include creative thinking, memory enhancement, and job satisfaction.

Tobacco Treatment

Tobacco Consultation Service Educational Seminars:

Am I Ready to Be Tobacco-Free? (1-hour)

Quitting smoking is the single most important step a smoker can take to improve the length and quality of his or her life. Quitting can be a tough process, but with the right tools and support you can be successful at giving up tobacco for good. Learn how to create a quit plan, find out about what medications are available to assist with your quit, and develop strategies and tools to use to become tobacco-free for life.

Can't Catch Your Breath? How Smoking Can Affect Your Lung Health (15 minutes)

It is no secret that smoking is harmful to the lungs. This interactive seminar will give you the facts about smoking and lung health, complete with a demonstration of what diseased lungs look like.

Encouragement and Support: Helping a Loved One Become Tobacco-Free (15 minutes)

Have you ever wondered how you can help your loved ones through a tobacco quit? Join us for tips and suggestions to best support tobacco users who are ready to quit.

Children, Pets, and Non-Smokers: The Realities of Secondhand Smoke (15 minutes)

Research shows that smokers aren't the only ones that face problems associated with tobacco smoke. Learn about the impact of environmental tobacco smoke and ways to protect bystanders.

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Warning! Teenagers and Tobacco Don't Mix! (15 minutes)

We know that children and young adults are particularly sensitive to messages from their peers, the media, and images that they see. Take a few moments to learn how to protect young people from picking up a tobacco habit.

Alcohol Management

The Serving Size Challenge: Test Your Alcohol IQ (15 minutes)

Play the game! Win a prize! This brief 15 minute session is playful and informative. Participants will learn how to determine what a serving of alcohol is. You'd be surprised how confusing it can be.

The Serving Size Challenge: Test Your Alcohol IQ (45 minutes)

Did you know that the average Margarita contains 1.7 servings of alcohol? Surprised? Don't be. How about an Ice beer? How many glasses of wine are in that bottle? It's not easy to know how much alcohol is in a drink. This can make responsible decision-making about alcohol a real challenge.

Alcohol and Health: Questions & Answers (20 minutes)

How does alcohol affect our health and safety? How can we know if it is OK or not OK to drink alcohol? This 45 minute session will answer lots of questions and provide supportive information and resources. Whether you drink or not alcohol's influences are there so we might as well talk about it.

Ergonomics

Medical Ergonomics - contact Sue Bade at suzanneb@umich.edu

Ann Arbor Campus - contact Sarah Cooney at scooney@umich.edu

Ergonomics within the UMHC – contact Brenda Myers at bmyers@umich.edu or Jacqueline Eckerts at jacqecke@umich.edu

Dearborn Campus - contact Laura Drabczyk at ldrabczy@umich.edu

Flint Campus - contact Mike Lane at mjlane@umich.edu or Laura Rometsch at rometsch@umich.edu