



WellStyles Wellness Workshops



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Directions

Step 1: Choose a pillar that interests you!

Step 2: Choose from *Knowledge, Integration, or Visualization.*

You can choose 1, 2, or ALL of them to make it a full **WELLNESS WORKSHOP DAY!**



We are passionate about helping our members achieve their healthiest and happiest selves!

We offer the following on-site wellness visits for our members at no additional cost.

Contact us at wellnesscoordinator@wellstyles.com



The WellStyles Wellness Program is focused on individual wellness optimization by addressing all factors that contribute to health or disease. The wellness pillars represent the important foundations of lifestyles that can be leveraged to improve the wellbeing of individuals and address the root cause of disease.



Pillars of Health



Nutrition is defined as the substances consumed to support growth, metabolism, and repair. Functional Nutrition focuses on finding the right way for individuals to eat using food to maximize the potential for health and reverse dysfunction or disease. Due to our different genetic backgrounds, preferences, and lifestyles, there is no single “right diet” that applies to each individual. Nutritional adequacy is determined not only by what you eat, but also when you eat (time), how often you eat (frequency), and how much you eat (amount). The right diet is tailored to meet the nutritional needs, food preferences, and lifestyle of each individual.

Knowledge: With all the conflicting nutrition information we are exposed to, it is difficult to know just what advice to adopt in your life. Come to this fun and informative presentation to learn the key principles of a healthy diet and eliminate the confusion once and for all. (Presentation time can be tailored to your schedule)

Integration: *Food Creation Station:* Due to the greater nutritional density of locally-grown produce, recipes change with the season. Ask for the recipe of the week!

Visualization: Table demo set up in a breakroom or common space. The display will highlight a key concept of this pillar.



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Pillars of Health



Physical activity is inclusive of everything from gentle movement throughout the day, like household chores, to 150 minutes of moderate-intensity exercise weekly. Both movement and intentional exercise are crucial for appetite regulation, hormone balance, weight and stress management, and improved body composition, sleep quality, and mood. The right type of activity is one that motivates and excites each individual and is easy to sustain long-term.

Knowledge: Learn about the benefits of incorporating movement into your daily life. After this presentation you will walk away with tips and action steps in order to increase your movement! (Presentation time can be tailored to your schedule)

Integration: Yoga, Pilates, or Circuit training *workout class*. (Time can be tailored to your schedule)

Visualization: Table demo set up in a breakroom or common space. The display will highlight a key concept of this pillar.



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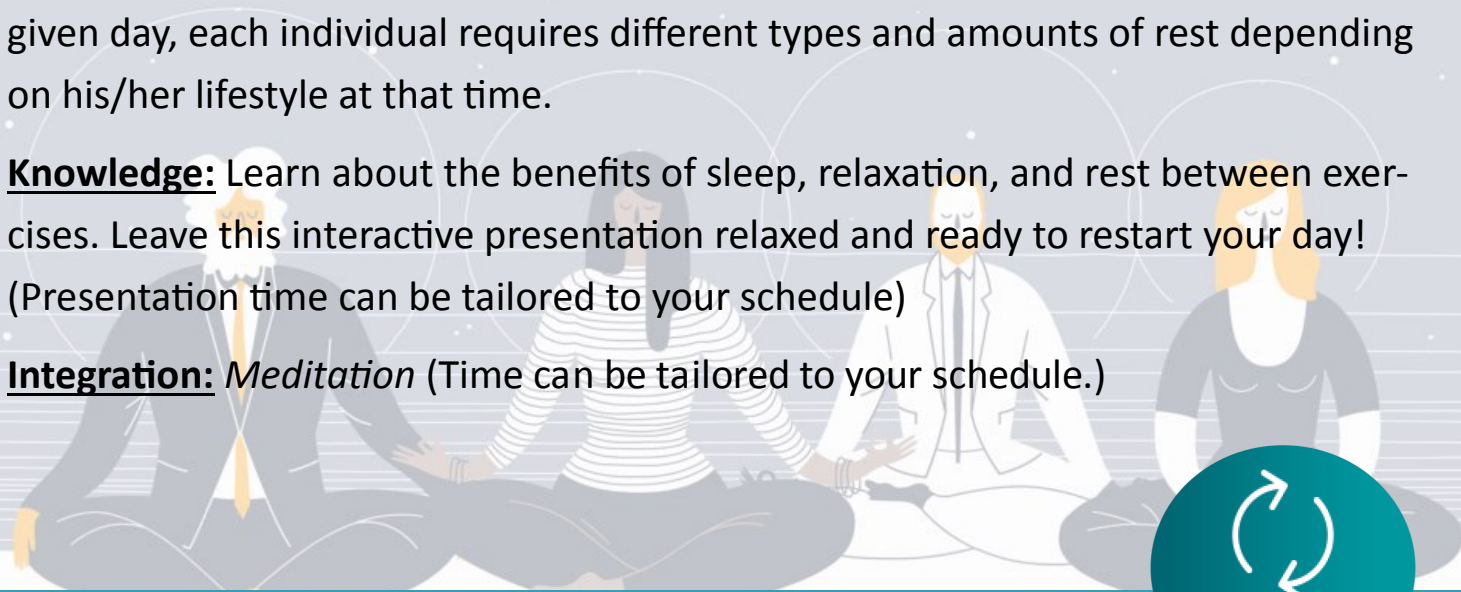
Pillars of Health



Rest is defined as a period of repair, recovery or detachment needed to return to optimal health and wellbeing. Rest is inclusive of 7-9 hours of sleep per night, sufficient recovery time from exercise, and relaxation practices to reduce stress. On any given day, each individual requires different types and amounts of rest depending on his/her lifestyle at that time.

Knowledge: Learn about the benefits of sleep, relaxation, and rest between exercises. Leave this interactive presentation relaxed and ready to restart your day! (Presentation time can be tailored to your schedule)

Integration: *Meditation* (Time can be tailored to your schedule.)



Mindfulness is defined as a technique where the individual focuses his/her full attention on present thoughts, feelings, and sensations without judgment. Reflection brings awareness to the positive or negative impact of one's mind set to improve upon future circumstances. Reframing requires shifts in unfavorable thoughts to unveil an overall improved perspective over time.

Knowledge: Learn about mindfulness, reflection, and reframing. In this presentation we will discuss the benefits, as well as ways to reframe through the use of reflection and mindfulness practice. (Presentation time can be tailored to your schedule)

Integration: *Mindset shift activity!* DIY



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Pillars of Health



Connection is a subjective feeling of closeness and belonging to friends, family, self and community. Research shows that a strong sense of connection and belonging improves longevity and quality of life. Connection is inclusive of the bond you share with your friends or spouse, the sense of belonging you feel in your own home, and your individual self-acceptance.

Knowledge: Learn about the value of connecting with your environment, self, and others. Leave this presentation with tips and (Presentation time can be tailored to your schedule)

Integration: *Get to know your colleagues - DIY*

Visualization: Table demo set up in a breakroom or common space. The display will highlight a key concept of this pillar.





Pillars of Health



A **toxin** is defined as anything that leads to a deviation in optimal mental, physical, and/or emotional health. Detoxification is the act of ridding yourself of toxic elements of your life, including environmental factors, substances, people and/or thoughts. Detoxification may include replacing harmful household items, practicing healthier cooking methods, seeking alternatives to medications with harmful side effects, and separating yourself from avoidable adversity.

Knowledge: Have you ever stopped to think about the chemicals and contaminants you are exposed to in your daily life? From food additives to household items, we are exposed to an array of harmful toxins on a daily basis. In this presentation you will learn how these things affect our health and tips and tricks for reducing your exposure to both dietary and environmental toxins.

(Presentation time can be tailored to your schedule)

Integration: *Chemical Scavenger Hunt*

Visualization: Table demo set up in a breakroom or common space. The display will highlight a key concept of this pillar.





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Onsite Visit Request Form



FUEL <input type="radio"/> Knowledge <input type="radio"/> Integration <input type="radio"/> Visualization MOVE <input type="radio"/> Knowledge <input type="radio"/> Integration <input type="radio"/> Visualization REST <input type="radio"/> Knowledge <input type="radio"/> Integration <input type="radio"/> Visualization REFRAME <input type="radio"/> Knowledge <input type="radio"/> Integration <input type="radio"/> Visualization CONNECT <input type="radio"/> Knowledge <input type="radio"/> Integration <input type="radio"/> Visualization DETOX <input type="radio"/> Knowledge <input type="radio"/> Integration <input type="radio"/> Visualization	Please fill out a separate form for each date and location. Thank you! Member Name: Member Contact: Location: Date & Time: Special Requests:
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On site visits will be coordinated with the site Champion and Wellness Coordinator and should be scheduled at least 2 weeks in advance to give enough time to promote the visits. The Wellness Coordinator will create an agenda for the visit and provide an event flyer, promotional e mail, and sign up sheet if applicable.

The site Champion will determine the best time to reach employees, the topics they are most interested in, what type of visit they would be most receptive of, and help reserve any rooms/approvals needed to come on site.

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Please contact us at wellnesscoordinator@wellstyles.com to schedule your visits today!



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Your Wellness Team



Kendall Taylor is the Wellness Director at Valley Schools. Kendall graduated from Arizona State University where she earned her Bachelors of Science Degree in Kinesiology with an emphasis on Exercise Science. After working for 5 years in the physical therapy setting Kendall realized her true passion was to focus on preventative healthcare and turned to health coaching and worksite wellness.

With now over 9 years of experience in the healthcare field she has extensive knowledge in the development, implementation and management of corporate wellness programs. Her key focus has been on creating programs aligned with company culture to effectively create a plan that will help reduce chronic diseases and encourage healthy behaviors. You can contact Kendall at ktaylor@vsit.org



Riley Long is the Wellness Coordinator at Valley Schools. She works alongside a variety of schools and public entities across Arizona to provide health focused resources to their most valuable asset - their employees! Riley knows first-hand the difference that a healthy body and mind can make on a person's mood, self-esteem, and professional success.

She personally places this philosophy into her daily life by being a certified yoga instructor. Through fitness and yoga she provides others with a place of escape and intention. Riley has a Bachelor's of Science in Exercise and Wellness, with a General Business Minor from Arizona State University. You can contact Riley at RLong@vsit.org.

Kristen Ueberschaer is a Registered Dietitian and Pilates instructor at Valley Schools and holds a Bachelor's in Nutritional Science with an emphasis in dietetics from San Jose State University. She has experience as a clinical dietitian in the settings of mental disorders, eating disorders, and chronic illness and disease, as well as general weight management and healthy eating.

Kristen understands and emphasizes the importance of behavior change in the areas of sleep, stress management, diet, exercise and movement as a critical preventative measure in reducing the incidence of chronic illness and disease.

Kristen is thrilled to share her passion for preventative health and is eager to help further motivate change throughout the Valley Schools community! You can contact Kristen at kueberschaer@vsit.org

