

ENDGAME NUTRITION GROUP EDUCATION

Here is a list of popular topics for our private and corporate clients. Due to the rapidly changing nature of consumer trends and new research findings, please ask if you would like to discuss topics not listed. Our goal is to fulfill your wellness education needs.

General wellness

Beating the odds in smoking cessation
Defining your endgame
Goal setting your way
Proper posture and office ergonomics
Sounder sleep
The art of Positivity
A Feldenkrais perspective on health
Posture vs. Acture.

Dietary and nutritional workshops

About alcohol
Antioxidants
Appetite and satiety
Artificial and natural sweeteners
Carbs and sugars, what's right for me?
Chocolate, how dark should you go?
Cooking demo
Dietary and herbal supplements
Dietary fats— high, low, or none?
Eating local and organic on a budget
Fabulous fiber
Food label and marketing claims demystified
Glycemic index and glycemic load diet
Lowering salt intake
Meal planning
Organic foods, which ones are worth the price?
Pantry makeover
Quick and easy meals
Salt and sodium

Stress and pain management

Avoiding anxiety
Effective Change Management – Feldenkrais
Effects of stress
Feldenkrais style breathing awareness
Feldenkrais stress reduction
Finding personal focus
Interrupting the pain cycle
Laughing it up- the benefits of laughter
Meditation and breathing techniques
Mindful meditation
Prioritize in daily life
Time management
Stress reduction essentials
Staying motivated through changes
Visualize success
Holiday special topics

Physical activities at all levels

Exercise basics- frequency, intensity, time, and type
Exercise safety
Exercise for free
Cardio and aerobic exercise- what's the big deal?
Choosing the right exercise
Conditioning exercise
Do you need a gym membership?
Gain strength in 10 minutes a day
Feldenkrais (10 sessions)
Keeping it fun in the winter
Improving flexibility and balance
Office-ready exercise
Self-use on the job (injury-proof your work)
Staying fit with the family

Lifestyle health management

Better with age
Bone health
Building relationships
Chronic dieting
Diabetes and re-diabetes
Digestive wellness
Fibromyalgia
Finding your healthy weight
Genetic testing- what you want to know
Glucose intolerance and insulin resistance
Gluten and wheat free living
Hormonal imbalance
Irritable bowel syndrome
Lowering cholesterol
Lifestyle choices made easy
Medications- when they are necessary
Menopause
Non dieting weight management
Preventing heart attacks and strokes
Improving blood pressure
Inflammation
Sleep apnea
Sugar free living