



Well & Simple

Health Coaching & Workplace Wellness

Workshop/Webinar Offerings



Avoiding Burnout while Working from Home - Working from home can be great in many ways, but it also comes with its share of unique challenges, one being the threat of burnout. In this webinar, we will learn what is really going on with stress and burnout, why it's important, and develop practical, everyday strategies for coping with stress and avoiding burnout while working from home.

Shaking the Sugar - The 90s were all about the fat-free and today sugar is the major diet villain. But is sugar the problem food that we think it is? In this webinar, we will cover what you need to know about sugar and how you can reduce the amount of added sugar you consume.

Mindful Tools for Healthy Habits - Habits are behaviors that are so ingrained in us that they have become largely mindless. So mindFULness is the solution to changing those habits. This workshop covers key mindfulness tools you can use on your own to start changing your habits.

Why You Don't Need Another Diet - We hear the refrain all the time: diets don't work. But what if that's not the case? Diets are designed to help people lose weight quickly, not to help people sustain that weight loss or create healthy habits. In this workshop, you'll learn where commercial and fad diets go wrong and what you can do instead.

Creating Healthy Habits that Stick - Creating new habits is not easy, but it can be done with the right approach. Join us for this webinar to learn what approaches you can take to help make new habits stick.

Simple Solutions for Stress - Stress is a fact of life, but that doesn't mean that it has to rule your life. In this webinar we will learn why keeping our stress in check is important and cover some practical things you can do every day to better manage your stress.

Healthy Eating on a Budget - Healthy foods have a bad reputation for being unaffordable and overpriced. But you CAN eat healthy while on a budget. Learn all of my secrets in this session.

Healthy Eating on the Go - We live a busy, on-the-go life and sometimes that means that our food choices are made more out of convenience than out of our health goals. In this session, we will cover the tips and tricks you can use to eat healthy even on your busiest days.

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Overcoming Sleep Struggles - Getting sufficient amounts of sleep every night is critical to our health, well-being, and performance, but more than a third of us routinely don't get the sleep we need. In this workshop, we will explore how sleep impacts our health and a number of strategies for improving both your sleep quality and quantity.

Lunchbox Makeover - We know that packing a lunch daily is an excellent both to save money and to eat healthier. However, some of those convenience foods we pack aren't what they seem. In this webinar, we will cover simple strategies you can use to pack a healthy lunch and dispel some of the myths and misinformation out there about nutrition.

With a Grain of Salt - While wellness influencers are talking about macros, carbs, and cleanses, dietary sodium has not been getting the attention it deserves. Present in nearly all prepackaged foods, sodium has been implicated in myriad health problems. Do you know how much sodium you should be consuming? Do you know how to cut down on your dietary sodium intake? In the webinar, we will cover all you need to know about sodium as a health-conscious consumer.

30 Minutes Guided Meditation - A welcome opportunity to relax and recharge in the midst of the workday, this guided meditation is very easily done virtually to help your staff destress.

Interactive Demos



Healthy Smoothie How-To - Smoothies are often touted as a fountain of health but they can get out of hand very easily with protein and healthy fats and fruits and seeds. In this demo, we will talk about the anatomy of a healthy smoothie and will get to sample some as well! (For webinar format, a shopping list will be provided and a virtual smoothie demo will be conducted and participants can prepare their own from home)

Quick and Healthy Snacks - Unfortunately, the snacks we see as the most convenient for us are often the least healthful options. In this demo, we will talk about how to compose a healthy snack and will whip up a couple as well!

Well & Simple Cooking - In this virtual-only demo, participants will be provided with a shopping list in advance so we can prepare our dinner dish together while I share some of my helpful and healthful cooking tips.

Small Group Series



Empowered Eating Series - In this 5-part series, participants will work to get to the root of their eating habits, identify the challenges they face in adopting healthier habits, and implement practical strategies to change those habits in the long-term. Because this is a cumulative workshop series, participants are asked to sign up and to commit to the 5 sessions.

Fitness Classes



Mixed Mat Fitness - Available in 30 and 60-minute formats, this is an all-levels, no-equipment-needed, full-body workout focused on those areas of our bodies that need more attention when we spend a lot of time at our desks: our chest, shoulders, core, and glutes. We will focus on strengthening and conditioning these areas as well as improving our balance and will finish with a delicious stretch.

Barre Fight - Combining the cardio of kickboxing with the strengthening and conditioning of barre, this whole-body workout will have you sweating, shaking, and feeling great! Available in 30 and 60 minute formats. No equipment needed though light weights are optional.

Cardio Mat - This class fuses elements of pilates, barre, and yoga with low-impact cardio to provide you with a full-body energizing workout. Available in 30 and 60 minute formats. No equipment needed though light weights are optional.

Barreless Barre - Who said you need a barre to do a barre fitness class? You can use a wall, a chair, or a countertop instead! This is an anywhere fitness class focused on strengthening and conditioning your whole body. This class does include some mat work, so a yoga mat is recommended for equipment and light weights are optional. Available in 30 and 60 minute formats.

Barre Burn - This is a barreless barre class featuring larger movements and a faster pace to get your heart rate up and incorporate some cardio into your strengthening and conditioning. Class is choreographed to fun, upbeat music. Weights are optional and a mat is recommended. Available in 30 and 60 minute formats.

Core Conditioning - Our core is critical to balance, posture, and avoiding injury, but, when we sit much of the day, those muscles could use a little extra TLC. In this 30 minute class we work on strengthening our core top to bottom as well as front and back.

Other Services



On-Site Individual Coaching - Well & Simple is available to be on-site to see your employees individually for nutritional counseling. This can also be arranged for virtual time slots as well conducted using a HIPAA compliant platform.

Health & Wellness Fairs - Well & Simple is happy to staff a table at your next health fair offering mini-sessions, healthy recipes, smoothie demos, or nutrition trivia.

For inquiries, booking, and rates, contact Marissa at wellandsimplehealth@gmail.com