

## Exercise & Injury Prevention

### A Healthy Back

The most common injuries are back injuries. Learn how a few lifestyle modifications can prevent you from experiencing back pain or injuries. Specific exercises will be taught and demonstrated with an emphasis on proper posture.

### Benefits of "Core Training" Exercises

Core training is at the heart of discussions in most fitness magazines and gyms today. We spend large amounts of time sitting at a desk, in our car or in front of the TV. As a result, this leads to a muscle imbalance in our abs and back, causing injuries and pain. Practical tips will be given on how to prevent back pain and injuries by strengthening the core.

### Exercise and Aging

Do you ever wonder if and when its too late to start exercising or making healthy choices? This session is for you! Learn how exercise can improve the quality of your life no matter what age. Precautions will also be addressed for osteoporosis, fibromyalgia and Parkinson's disease.

### Running

Whether you are looking to do your first marathon or have never attempted to run, this session is for you. Running form, safety tips, proper stretching, cross training and race strategies will be discussed. Find out why running is becoming more popular.

### Prenatal Exercise Prescription

This session will address specific issues related to pregnancy. You will learn what happens to a women's body during exercise and what types of exercises are best. Precautions will be addressed as well as preparation for the big day.

### Postnatal Exercise Prescription

You have just been through the biggest marathon of your life! This session will give specific exercises that are best for getting you back in shape. Learn how to fit exercise into your new and busy schedule.

### Benefits of Exercise

This session will give an overview of many different types of exercises and those that provide the best results depending on your individual goals. Learn the benefits of strength training vs. cardio.

## Kids

### Using Nutrition to Deal with Behavioural Issues in Children

Learn how the food you feed your children can affect their behaviours both at home and at school. This session will offer healthy snack and meal ideas that will be sure to improve the lives of you and your children.

### Nutrition For Kids

This class is packed full of nutritional information that will ensure your children eat well and maintain a healthy lifestyle. Habits are formed early in life, so now is the time to start! Successful food strategies will be given as well as an overview of common foods and healthy alternatives.

### Childhood Obesity

With the increase of TV watching, video games and a lack of exercise, obesity is becoming common amongst our children. Learn how you can effectively help your children achieve and maintain a healthy weight before it is too late!

## Nutrition

### Nutrition 101

Discover how food can affect your mood, thoughts, energy levels and ability to work or even accomplish daily tasks. Rediscover how you can achieve optimum vitality by choosing the right foods at the right times. This session will teach great eating habits without self-deprivation.

### Nutrition for You and Your Family

This class will give tips on how to create healthy meals the whole family will love. Learn how wonderful healthy food can really taste. A comparison between food products will be reviewed as well as offering guidance on reading food labels.

### Fad Diets

Have you been considering Bernstein, Atkins or Weight Watchers? Learn the research on whether or not they are successful and become an educated dieter. An overview of many different diets will be reviewed as well as tips for choosing a weight-loss method.

### Carbs vs. Protein

Confused with all the latest diet claims? No carbs, lots of protein or lots of carbs, no protein, low fat, no fat. Learn the truth about these claims and how to make the right food choices, contrary to popular belief.

### Sugar!

Learn all about how sugar affects us and especially our children. Learn how to read and understand food labels and chose snacks that will allow our children to focus more in school, listen better, learn more and give us more energy to parent them.

## Women

### Weight Management for Women

Learn how through diet and exercise you can maintain a healthy weight. This session will address behavioural techniques and social support, with an emphasis on nutrition.

### Weight Loss

Traditional dieticians claim that the only way to lose unwanted pounds is to eat less and exercise more. In this session, you will learn why this method has failed and has lead to an increase in obesity. You will also learn practical and manageable ways to lose weight and keep it off without starving yourself. Effective exercises will also be discussed.

### Health Eating/Healthy Living

This session will give a general overview of manageable ways to achieve increased physical and intellectual energy, an end to digestive problems, food cravings and successful weight loss.