

Cardiovascular Health Strategy



'many studies implicate reduction in energy expenditure through increasing occupational sedentariness and growing reliance on labor-saving devices, motorized transportation, and sedentary entertainment, as key drivers of the chronic disease epidemic during the past several decades'.

American Journal of Preventive Medicine

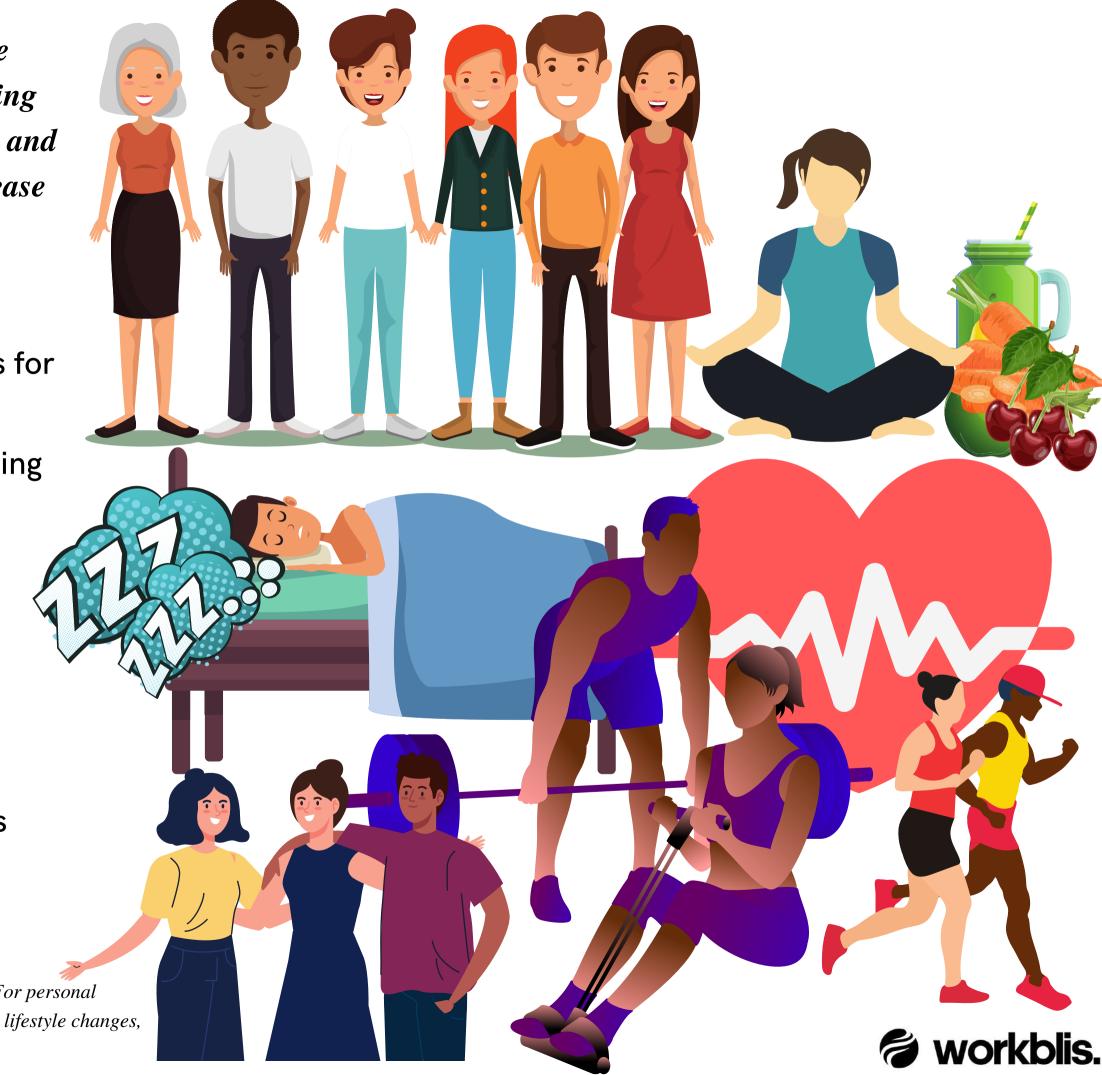
Other <u>studies</u> note the importance of social connections for cardiovascular health.

This cardiovascular health strategy combines the following elements:

- Cardiovascular Health Presentations
- Mindfulness Tutorials
- Nutrition Presentations
- Fitness Sessions
- Sleep Health & Hygiene
- Stress Prevention Tutorials
- Emotional & Social Wellness / Stress Relief Sessions

This can be used as a preventive strategy or an early intervention program to tackle risk factors in place.

This is a holistic wellbeing program, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.





CARDIOVASCULAR HEALTH PRESENTATIONS INCLUDE:

Heart Health & Hectic Schedules

Maintaining A Healthy Blood Pressure

Managing Cholesterol

Heart Health At Work

Tackling Addiction In Daily Life

Alcohol & Heart Health

<u>The New Science of the Heart - Creating Heart-Brain</u> <u>Coherence For Increased Wellbeing & Productivity</u>

<u>Heart-based Techniques for Emotional Regulation and Stress Relief</u>

Smoking Cessation

MINDFULNESS PRESENTATIONS INCLUDE:

Mindfulness Practices For Managers

Mindfulness For Busy Working Parents

<u>Mindfulness Based Stress Reduction - Introduction</u>





View all Nutrition sessions

Heart Health recommendations include:

Hidden Sodium

Kicking The Sugar Habit

Meal Planning & Prepping

Know Your E-Numbers

Nutrition Labels: 101

<u>Healthy Desk Snacks - Prep Demo</u>

<u>Healthy Cooking - Demo</u>

Smoothie Making Sessions

View all Fitness Sessions.

Recommendations include:

Tai Chi

Deskercise

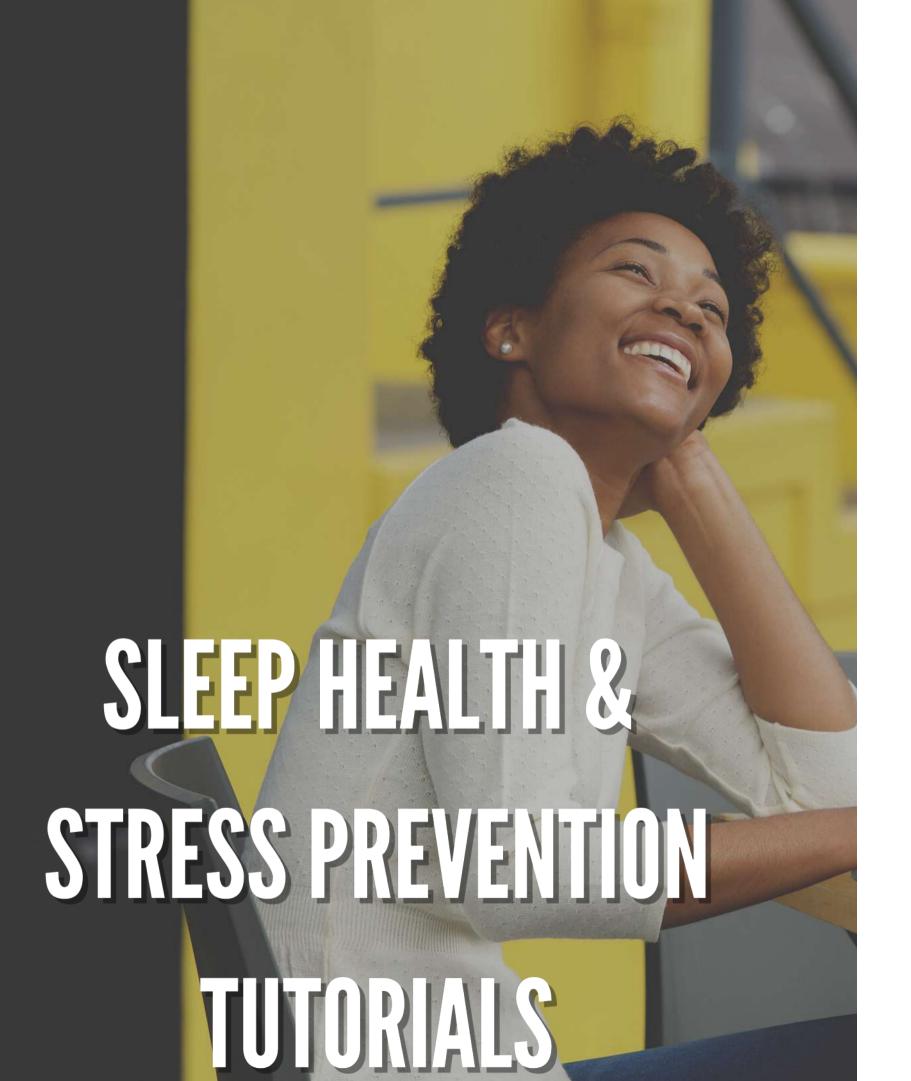
<u>Pilates</u>

<u>Laptop Fitness Sessions</u>

Easy Daily Mobility Exercises

Kickboxing Fitness Classes





SLEEP HEALTH TUTORIALS INCLUDE:

Keeping A Sleep Diary

Sleep Health & Hygiene

Sleep Health For Working Parents

Sleep Health Tips for Shift Workers

STRESS PREVENTION TUTORIALS INCLUDE:

Burnout Prevention

Centring: Managing stress and anxiety with the body

Conscious Parenting in the Pandemic and Beyond

Creative Power For Performance

Personal Resilience & Self Care

Management Wellness Training

<u>Setting Boundaries for A Better Work/Life Balance</u>

Work Life for Parents & Carers

Connection, Communication and Collaboration

Time Management Skills

<u>Developing Resilience In Uncertain Times</u>

Forming Powerful Habits For Increased Wellbeing



A selection of initiatives designed to provide creative outlets for stress relief and promote inner peace. These can also be used as social wellness sessions - to develop a sense of belonging, reduce isolation, and nurture rewarding relationships.

View all Social & Emotional Wellbeing sessions.

Aromatherapy Workshops

Art Jamming Experience

Drumming Workshop

Gong & Sound Meditation

Laughter Yoga Session

Tea Meditation Ceremony

Create A Vision Board

Group Singing Class

Pop-Up Wellness Party

Knitting Session

Introduction To Card Tricks





Deliver 2-4 live presentations / tutorials per month.
This embeds a culture of wellbeing into your organization.
OR

Upload a selection of pre-recorded tutorials per month for self-paced learning.

During particularly stressful periods, hold afternoon meditation sessions.

Make fitness part of your culture, with daily/weekly fitness sessions.

Deliver a range of practical nutrition sessions that showcase how to shift lifestyle choices.

Have at least one social wellness session per month. These are great for boosting emotional health and reducing depression - especially for those who work in remote settings.

