



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 [studies](#) 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 & MINDFULNESS PRESENTATIONS

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](#)

[The New Science of the Heart - Creating Heart-Brain Coherence For Increased Wellbeing & Productivity](#)

[Heart-based Techniques for Emotional Regulation and Stress Relief](#)

[Smoking Cessation](#)

MINDFULNESS PRESENTATIONS INCLUDE:

[Mindfulness Practices For Managers](#)

[Mindfulness For Busy Working Parents](#)

[Mindfulness Based Stress Reduction - Introduction](#)

A smiling woman with long dark hair is holding a blender filled with a vibrant pink smoothie. She is wearing a light-colored top. The background is a blurred kitchen setting with a range hood visible.

NUTRITION PRESENTATIONS & FITNESS SESSIONS

[View all Nutrition sessions](#)

Heart Health recommendations include:

[Hidden Sodium](#)

[Kicking The Sugar Habit](#)

[Meal Planning & Prepping](#)

[Know Your E-Numbers](#)

[Nutrition Labels: 101](#)

[Healthy Desk Snacks – Prep Demo](#)

[Healthy Cooking – Demo](#)

[Smoothie Making Sessions](#)

[View all Fitness Sessions.](#)

Recommendations include:

[Tai Chi](#)

[Deskercise](#)

[Pilates](#)

[Laptop Fitness Sessions](#)

[Easy Daily Mobility Exercises](#)

[Kickboxing Fitness Classes](#)



SLEEP HEALTH & STRESS PREVENTION TUTORIALS

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](#)

[Setting Boundaries for A Better Work/Life Balance](#)

[Work Life for Parents & Carers](#)

[Connection, Communication and Collaboration](#)

[Time Management Skills](#)

[Developing Resilience In Uncertain Times](#)

[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](#)

EMOTIONAL & SOCIAL WELLNESS STRESS RELIEF SESSIONS



WELLBEING STRATEGY

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.