

For Good Health presents...

## ENERGIZE REMOTE WORK LIVING SERIES

Maintaining mental and physical health while working remote has become a very real challenge. For Good Health Coaching has created the **Energize Remote Work Living Series** of pragmatic, corporate well-being presentations designed for employees. The program draws on over 20 years of experience working from a home office, hotel room or satellite office space, coupled with applied healthy lifestyle practices from experience as a Health Coach and Personal Trainer.

### Services

- Facilitation of virtual sessions (30-60-minute session or 3-4 30min session series across a week or several weeks) including a variety of topics listed below (choose 2-3 topics per 30min)
- In-Person Presentations from 1-3 hours

### Topics

<b>Remote Works</b> Get Going Recovery Breaks Integrate or Separate	<b>Posture Matters</b> Functional Office Oscillate	<b>Manage Energy</b> Physical Emotional Mental	<b>Calm Mind</b> Relaxation Techniques Breathing Exercises Mindful Activities
<b>Food is Fuel</b> Eat Well The Blue Zone	<b>Positivity</b> Realistic Optimism What Happy Is	<b>Sleep</b> The Sleep Cycles The Art of Napping	<b>Move It</b> Activity vs Exercise

See the next page for a summary of these topics and visit <https://www.fghealthcoach.com/corporate-wellbeing-consultant> for more information.



LIZ COHEN

Certified Health Coach

Corporate Well-Being Consultant

[liz@fghealthcoach.com](mailto:liz@fghealthcoach.com)

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## Build your Presentation ~ Select from the following Topics (2-3 per 30 min)

### REMOTE WORKS

#### Energize Your Remote Work Lifestyle

- Recommendations for small and effective steps to be taken to stay energized and productive. Topics include how to create routines and rituals to lead to healthy habits and different ways to work from home.

### POSTURE MATTERS

#### Post-Back Surgery A-has to avoid/reduce Back Pain

- Ideas for making the most of your workspace and finding the best functional office furniture to maintain a strong and healthy spine and posture

### MANAGE ENERGY

#### Flex and Strengthen your Mind and Emotional Muscles

- Find more mental and emotional resilience through the understanding of emotional energy and how to overcome the negative

### CALM MIND

#### Learn ways to be more mindful and focused

- Through relaxation and breathing activities learn to be more in the moment, recognize where your emotional energy is being used and how to re-direct it to be more productive.

### FOOD IS FUEL

#### Nutrition basics

- Learnings from the Blue Zone including insights from personal experience during a stay on the island of Ikaria in Greece - one of the five blue zones in the world where a large population live with vitality to over the age of 100

### POSITIVITY

#### How to keep moving forward through adversity

- Understand how Realistic Optimism can drive you and learn the ten emotions of Happiness

### SLEEP

#### The secrets of why sleep is important and how to get more

- Understanding the 5 sleep cycles, what happens when we sleep and creative ways to nap

### MOVE IT

#### Activity vs Exercise

- Short and Long Term strategies for maintaining energy to get the blood flowing and move glucose and oxygen around the body for energy and clarity



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