



Complementary workshops currently offered through LSI

Nutrition & Weight Management

- † Eat Smart
- † 5 Secrets to Dealing with or Preventing Type II Diabetes
- † Dining out the Healthy Way
- † Eating for Athletic Performance
- † Essential Nutrients
- † Food Labels Made Easy
- † Impulse Eating
- † Low-Fat Cooking
- † Weight Management the Easy Way

Physical Health

- † Overcoming Fibromyalgia
- † Peak Performance: Living the DREAM (The 5 Facets of the Wellness lifestyle)
- † Neurospinal Wellnology: The Role Your Nerve System Plays in Your Overall Health
- † Muscle Activation Techniques 101

Ergonomics and Your Back

- † Sit Right for Your Type
- † Back Safety and Injury Prevention: Secrets to a Healthy Spine
- † Chiropractic 101
- † Spinal Health for Parents and Children
- † Straighten Up America
- † Ergonomics 101

Mental Wellness

- † The Art of Meditation
- † Self Centering / Power Centering
- † Stress Management: Boosting Your Health Potential and Reducing Stress
- † Headaches: A Real Pain in the Neck
- † The 10 Keys to Longevity
- † The Chemistry of Life
- † Staying Focused on Life
- † 25 Secrets of Having the Life You Really Want
- † Balancing Work & Family Demands
- † Building Trust: The Key Effectiveness
- † Change Means Taking Care of Yourself
- † Communication During the Workday - Differences Between Men & Women
- † Emotional Intelligence: Street Smarts for Success
- † Employees Thriving Profusely in Business

- † Financial Planning
- † Health for the Holidays
- † Simple Living
- † Life Planning
- † Personal Path: 12 Benchmarks to an Extraordinary Life
- † Goal Setting: How to Set Goals and Actually Achieve Them
- † Financial Independence

Family Health

- † Build Wisely: Creating a Foundation for Health, Wealth and Success
- † 8 Simple Ways to Improve Sleep
- † Raising Healthy Children
- † Backpack Safety
- † Vaccination Facts and Myths
- † Boosting Your Immunity
- † Finding the Fountain of Youth: Slowing the Aging Process
- † Key to Building Self-Esteem in Your Kids

Physical Activity

- † Improve Your Golf Game and Play Safely
- † Athletic Injury Prevention
- † Exercise - One Step At a Time
- † Fitness Walking
- † Just Do It
- † Office Yoga
- † Strength Training for Everyone
- † Workout Basics
- † Workouts On the Go

Safety

- † Hands-On Self Defense
- † Home Safety
- † Identity Theft & Prevention

Seminars Offered by United Physician's Group

- † Stay Fit While You Sit (UPG)
- † Headache Management (UPG)
- † Injury Prevention (UPG)
- † Health – The Spinal Frontier (UPG)
- † Your 3,000 Mile Check Up (UPG)
- † Your Personal Fountain of Youth (UPG)
- † De-Stress for Success (UPG)
- † Athletes in Industry (UPG)
- † Pregnancy, A Natural Event, Not a Medical Problem (UPG)
- † The Health of Your Baby's Spine (UPG)
- † Carpal Tunnel Prevention (UPG)
- † Safety on the Job (UPG)
- † Stretching for a Prolonged Life (UPG)
- † The Five Facets of Health (UPG)
- † Thoracic Park – The Lost World (UPG)

- † The Natural Inquirer (UPG)
- † Stretch and Grow Rich (UPG)

Business Builders (fee associated with these)

- † Creating a Wow Customer Experience
- † 25 Secrets of Extreme Profitability
- † Organizational Development
- † Client Management
- † Attracting Ideal Clients
- † Small Biz Success
- † Planning Your Time
- † Biz Builder
- † Client Typing: Recognize Your 7 Specific Client Types
- † Listening: Hear What the Client is Saying
- † Empowering People
- † Relating to Clients or Customers
- † Marketing for Today and the Future
- † Building Client Relationships for a Lifetime
- † How to Tell People What You Do and Engage Them in 15 Seconds
- † Designing the Ultimate Outcome for Your Client
- † How to Create Client Success Stories for Your Success
- † How to Re-Invent Relationships with Past Customers and Clients
- † Introduction to Personal Coaching
- † Introduction to Business Coaching
- † Choosing Your Target Customer and the Cycle of Care
- † The Tru Values Program: Operate Your Business and Your Life from Your Values
- † The Needless Program: Get Your Needs Met
- † The Clean Sweep Program: Cleaning Up Your Business Life
- † Expert Advertising Skills

Interactive Classes (cost associated with these)

Outsmart Your Fat Cells

Are you tired of all the fat loss gimmicks and diets? Are you still confused about which programs provide optimal fat burning? This workshop will clear up the confusion and dispel any existing myths. You will learn how to exercise to maximize fat loss, which foods to eat and when, and how the psychology and physiology of fat loss work together to determine the success of a fat reduction program. You will walk away with a number of tools to help you achieve the physique and fitness you've always dreamed of.

Lecture Time: 2 hours

Equipment needs: Laptop projector, screen, flip-chart & paper, and markers (Mic and stage depending on size of group)

Reversing the Aging Process

In this session we'll begin with an in-depth discussion of the changes your body will undergo as you age. Then you'll learn exactly which type of exercise is most beneficial for reversing the aging process and the Top 10 Nutrition Strategies for counteracting the aging process. Look and feel your best at any age!

Lecture Time: 2 hours

Equipment needs: Laptop projector and screen (Mic and stage depending on size of group)

Eating for Energy

Are you tired, getting sick or injured often or gaining weight? The problem is probably not with you but rather with what and when you're eating. This session will teach you which foods to eat and at which time of the day to maximize energy, performance, productivity and vitality in your personal and professional life. After implementing these easy tools, you'll feel your very best – guaranteed!

Lecture Time: 2 hours

Equipment needs: Laptop projector and screen (Mic and stage depending on size of group)

Start Your Engines and Keep Going

Are you just starting an exercise program and are unsure about how to go about it safely, effectively and efficiently? You will be given motivational tips, goal-setting techniques and programming guidelines to help you design your own exercise program right! But most importantly, you'll learn how to stick to the program for the long-run so you actually experience the results that you desire.

Lecture Time: 2 hours

Equipment needs: Laptop projector and screen (Mic and stage depending on size of group)

"I Need a Kick-in-the-Butt"

You know you should be exercising but you just don't. Well, you're not alone. The majority of our society is not exercising so the problem is probably not with you but perhaps in the system and approach you've taken. Come and learn the tips you can use to provide you with enough incentive to start and stick to a health and fitness program.

Lecture Time: 1.5 hours

Equipment needs: Laptop projector and screen (Mic and stage depending on size of group)

Achieving Your Personal Best

Everyone wants to excel in their professional, personal and social lives. Everyone wants to look and feel their best. But few people can attest that they are living their dream life. Come and learn the principles you need to grasp and the actions steps you need to commit to in order to achieve your personal best. Come and discuss the keys to being fit and happy - physically, mentally and spiritually.

Lecture Time: 1.5 hours

Equipment needs: Data projector and screen

Stress Busters

Are things driving you nuts? Are people getting on your nerves? Do you have deadlines that are looming and a to-do list that only seems to get bigger? You may need a lesson in how to bust up the stress in your life. Come and learn easy-to-implement tips that will help

Lecture Time: 1.5 hours

Equipment needs: Laptop projector and screen (Mic and stage depending on size of group)

Practical Workshops

These sessions require attendees to come dressed to move. These sessions are well-received by attendees because they learn exercises that they can start including immediately into their fitness program. And on top of that, these sessions are really fun – imagine your employees exercising side-by-side, laughing at each other, goofing off...it's a great opportunity to have a little fun, laugh and build employee morale.

Abdominals 101

Did you know that old-fashioned crunches and sit-ups may be two of the worst exercises you could do? Did you know that as you get older your abdominal cavity will start to protrude more and more unless you perform certain exercises to counteract this unsightly problem? Don't waste your time any longer with exercises that won't give you the results you're looking for. Come and learn the most effective exercises for conditioning your abdominals and strengthening your back .

Workshop Time: 1.5 hours

Equipment needs: Carpet (or mats – we can bring them), open space, mic and stage (depending on the size of the group), Attendees dressed comfortably to move

Developing a Strong & Healthy Back

Back injuries occur and re-occur more than any other workplace injury.

- On average, back injuries are three times more expensive to treat and the toll in lost work time is staggering.
- 54 percent of the male workers who made back injury claims in 1990 were under 35 years old. 46 percent of the female workers who made back injury claims in 1990 were under 35 years old.
- 25 percent of time-loss claims due to work accidents are for back injuries
- The average time-loss from work due to a back injury at work is 3 weeks
- 50 percent of employees who miss more than 6 months of work for a back injury will never return to their previous employment on a regular, full-time basis
- Recurrence rates range from 60 percent to 85 percent
- 80% of our population will suffer with back pain at some point in their lives! This 80% does not exclude those of us who exercise!! Are we doing the right exercise and what are we doing outside of our exercise sessions?? Come and learn the things that you can do to maintain a healthy and strong back.

Workshop Time: 1.5 hours

Equipment needs: Carpet (or mats – we can bring them), open space, mic and stage (depending on the size of the group), Attendees dressed comfortably to move

My Desk is My Gym

One of the worst things you can do for your back and your posture is sit at a desk all day hunched over a computer. But unfortunately, that's just the reality of some of our jobs. So instead of being satisfied with slouched shoulders, an achy back and chair butt, learn quick and easy exercises and stretches you can do at your desk to counteract these stresses and feel better about your overall health.

Workshop Time: 1.5 hours

Equipment needs: Chairs, Desks, Mic and stage (depending on the size of the group)

Yoga for Dummies

Everyone has heard of the benefits of Yoga but what if you can't get your legs to stretch behind your ears? No problem. This workshop is for you. Learn the basics to incorporating simple yoga moves into your life. Walk away with an understanding of proper alignment and how to modify traditional yoga moves based on your current flexibility. The "Zen" that you've heard about is within your reach!

Workshop Time: 1.5 hours

Equipment needs: Carpet (or mats – we can bring them), open space, mic and stage (depending on the size of the group), music system or music box, Attendees dressed comfortably to move

Pilates for Dummies

Everyone has heard of the benefits of Pilates but what if you've tried the exercises and just can't seem to do them right? No problem. This workshop is for you. Learn the basics to incorporating simple Pilates exercises into your life. Walk away with an understanding of proper alignment and how to modify traditional moves based on your current fitness level.. The muscle balance and alignment that you've heard about is within your reach!

Workshop Time: 1.5 hours

Equipment needs: Carpet (or mats – we can bring them), open space, mic and stage (depending on the size of the group), music system or music box, Attendees dressed comfortably to move

I Can Dance!

It's a hip-hop'n good time! It's fresh, daring and loose and the best part is that anybody can do it! Imagine dancing, laughing and goofing off with your colleagues as you learn how to dance. Bring your baggy clothes and cool hats – the right look is half the battle!!

Workshop Time: 1.5 hours

Equipment needs: Open space, mic and stage (depending on the size of the group), music system or music box, Attendees dressed comfortably to move

Boxing Drills and Circuits

Never stepped inside a boxing ring? Not to worry – this workshop will introduce you to basic punches and boxing drills. Imagine getting the chance to beat on your colleagues. Revenge is within your reach! Get ready to laugh lots and get rid of lots of aggression!

Workshop Time: 1.5 hours

Equipment needs: Boxing Equipment (we'll bring the equipment), open space, mic and stage (depending on the size of the group), music system or music box, Attendees dressed comfortably to move

Get on the Ball

You've probably seen stability balls on TV or around your gym – they look like just a big beach ball. Well, you may or may not know, the Stability ball has been deemed the most

progressive and innovative fitness tool to train the entire body, especially the abdominal region. In fact, many physiotherapists encourage people to sit on them at their desk to promote back care. Come and learn the best exercises for the lower body, upper body and abs using this inexpensive tool. Get ready to learn something new, have some fun and laugh a lot!

Workshop Time: 1.5 hours

Equipment needs: Stability Balls (we'll bring them), Carpet (or mats – we can bring them), open space, mic and stage (depending on the size of the group), Attendees dressed comfortably to move

Our list is continually growing, so please check with us periodically for updates. Also, our team can tailor make a workshop for your company's needs. Just ask!