



Class Descriptions

updated August 2010

Your worksite is invited to hold one or more free classes per month.

Additional topics and presenters may be available. Inquire about availability.

You just need 6 participants and an on-site location.

To request classes, contact **Andrea Lightfoot, Wellness Program Manager**
740-8114
wellness@pima.gov

Class scheduling is based upon availability of staff.

Fitness Workshops

(One-time, instructional)

Dyna-band

Learn simple and effective exercises for building muscle with these portable fitness bands. Each participant receives a Dyna-band.

Dynamic and Static Stretching

Learn about a form of stretching that incorporates "speed of movement, momentum and active muscular effort" to bring out a stretch (Dynamic) and Static stretching focusing on specific muscles by positioning them and holding the stretch for a given period of time. Includes stretches that can help during a workday.

The F.I.T.T. Principle

How often should you exercise and what should you do? Foundations of fitness will be presented.

Five Components of Fitness

Learn how to create an efficient, well-rounded exercise routine.

No Equipment Workout Workshop

How can you build an effective workout at home that also includes toning moves? Join us for this interactive class (ie. You get to try out the moves).

Incorporating Exercise into Your Daily Life

Learn strategies to add fitness into your daily routine.

Strength Training 101

Learn how to set up an effective exercise routine to build muscle, obtain functional strength and even manage weight. Depending on class length, may be accompanied by hands-on resistance training activity with Dyna-bands.

Fitness Class Series

(up to four free classes depending on availability; afterwards fee per month-min. 8 participants)

Low-impact Aerobics Class

Train your heart and burn calories with a joint-friendly cardiovascular workout.

Resistance Training Class

Work your muscles with resistance bands in an instructor-led group class. All levels welcome.

Yoga

A great class involving full-body movements for stress release, balance and strength. Tailored to group. This can be offered as an introductory class or one for regular practitioners. Can also be offered as a chair yoga class.

Healthy Eating

(One-time, instructional)

Healthy Eating 101

Explore the foundations to a better way to fuel your body and mind—all the nutrition basics you need.

Healthy Lunches

This workshop will inspire you with ideas for a healthy, delicious and flavorful lunch while at work and give you ideas on how to make healthy changes to your daily lunch routine to save you time and money.

Healthy Snacking

Learn how to replace unhealthy snacks with healthy and nutritious alternatives.

How to Read Food Labels

Easy ways to use the food label for healthy eating.

The Hidden Truth About Fast Food

What are the best choices when you have to use the drive-through? Learn how to make healthier selections at fast food restaurants.

The Low Stress Diet

Get the scoop on eating for a healthy immune system in a stressful world.



Portion Distortion

How much as a bagel grown in 20 years? This class will put in perspective the importance of portion control and participants will learn how to recognize what one serving should look like.

Supermarket Savvy

Learn how to navigate the aisles to find the healthiest choices.

Healthy Living Topics

(One-time, instructional)

Caring for the Caregiver

Employees who care for an elderly family member face many challenges. This workshop will help provide support and resources. Offered through community partnerships.

Goal Setting

To be successful you need the right ingredients for success. Review S.M.A.R.T. goal setting and how to change habits.

Healthy Heart Tips

Explore the ABCs and other essentials to heart disease, stroke and heart attack prevention.

Healthy Living Essentials

Review all the basics for improving your health and energy levels every day.

Managing and Prevention Hypertension

What is the DASH diet? Explore this and other lifestyle influences on blood pressure.

Optimal Sleep

Are you getting enough sleep? Take a look at how sleep works, learn about common sleep interruptions and find out what you can do to optimize your sleep environment.

Start! Living Well – a 12-week series

A behavioral change program to improve your health, one step at a time. The group classes cover goal-setting, nutrition, fitness, healthy heart, balanced living and more. Can be accompanied by weekly telephonic goal-setting sessions.



Stress-less Living

How can you reduce physical and mental stress? Know how stress affects you and practice specific stress management techniques, which you will learn in class.

Techniques for a Healthy Back (Back Care and Injury Prevention)

Review proper posture and body mechanics along with the exercises needed to prevent injury.

Work/Life Balance

Determine your own priorities and strategies for blending work and home life.

Weight Loss

Lose and Win – An eight-week series

Manage your weight, and learn how to plan healthy meals, read nutrition labels, recognize emotional eating, manage stress and much more.

Topics from Partner Organizations

By Pima County Department of Transportation

Bicycle Traffic Skills

Bicycle riding is fun and healthy, but do you know all of your rights and responsibilities when you're out on the road? Learn what the laws really say! This 1-hour program focuses on Arizona bicycle law and discusses different crash types and how to avoid them.

Commute by Bike

Thinking about commuting to work by bicycle but not sure how to get started? This 1-hour program will present tips and tricks to make your bicycle commute more comfortable, more efficient and safer.

By Jan Murphy, New Body Studios

Getting Brain Fit with Exercise

Everyone knows that physical exercise is good for the heart and waistline, but exercise also benefits the brain. Until recently, it was thought impossible to produce new brain cells as an adult. We now



know this is false. The brain is capable of growing new neurons and regular exercise stimulates this regeneration. I'll share some highlights of the last decade's neurologic research suggesting what type of exercise and how much leads to brain changing results.



Releasing Postural Habituation at the Office

Learn corrective exercises you can do at your desk, on your coffee break or lunch break to relieve the aches and pains caused by habitual postural patterns of office work.

Corrective Exercise for Back-Hip-Knee Pain

Postural dysfunction is prevalent in our modern society. Fitness professionals deal with clients daily who have back, hip, or knee pain. In this talk we will explore some of the daily activities that challenge our ability to retain effortless upright posture, and what we can do about it.

By Pima County Department of Environmental Quality and Pima County Sustainability Program

Air Jeopardy

Through a fun PowerPoint "Air Jeopardy" game, attendees will become more aware of air issues including air pollutants of concern in Pima County, health effects of breathing polluted air, air quality and transportation, and solutions to keep the air healthy. Staff may use props to enhance discussion of topics including healthy and simulated unhealthy pig's lungs to demonstrate what breathing dirty air can do to our health, energy-saving devices to promote energy conservation, and items made from recycled materials and/or reusable items to emphasize waste reduction.

Awesome Air

This PowerPoint presentation introduces air quality issues specifically in Pima County. We discuss air pollutants of concern, where the pollutants come from, their health effects, solutions, and also touches upon global climate change. During discussion, staff may show healthy and simulated unhealthy lungs to demonstrate what breathing dirty air can do to our lungs. Staff may use a worksheet *How Green Can You Go?*, as a springboard for the audience to discuss green actions related to air quality and the environment in general.



Climate Change Jeopardy

Through a fun PowerPoint “Climate Change Jeopardy” game, attendees will become more aware of what causes climate change, how climate change is affecting the environment and earth’s inhabitants, and tips of what we may do to reduce global warming and climate change. Staff may use props to enhance discussion of topics including energy-saving devices, and use a worksheet where participants can think more about where and how they personally use energy in their homes. This presentation is designed for those folks who know little about global climate change.

EcoJeopardy

Through a fun PowerPoint “Eco Jeopardy” game, attendees will learn about a variety of environmental issues including air quality, solid waste/recycling, climate change, and general eco info to promote a healthy environment. Staff may use props to enhance discussion of topics including healthy and simulated unhealthy pig’s lungs to demonstrate what breathing dirty air can do to our health, energy-saving devices to promote energy conservation, and items made from recycled materials and/or reusable items to emphasize waste reduction.

Greening Your Home

Challenge yourself to see how green you can go. This presentation will provide practical and affordable tips for choices in transportation, heating and cooling, waste management, water and energy conservation, and being a good neighbor. Implementing green practices in your lifestyle will improve air quality, reduce global climate change, conserve natural resources for future generations, and save you money.

Pima County Sustainability Program

Learn about what Pima County is doing, and what you can do, to integrate sustainability goals into virtually all facets of the way Pima County government operates – from the cars we drive, to the energy and water we consume, the construction of our buildings, the products we purchase, and the way in which we view and handle our “used” materials. Our Sustainable Action Plan for County Operations is intended to be an adaptive plan that will be responsive to new ideas, technologies, partnerships, and shifts in available resources, with the goal of every new adaptation taking us down an even better and more sustainable path.





By Hodges Eye Care and Surgical Center

Healthy Eyes and IAsik

Participants can get a quick vision screening and learn about the IAsik procedure and about general eye care.

By Emerge! Center Against Domestic Abuse

Domestic Abuse 101

This class will cover the definition of domestic abuse, power and control, effects of abuse on children, how to help, safety planning and Emerge! services.

By Alternatives in HealthCare Detox Therapy Spas

Options in Weight Loss

Learn the difference between “dieting” and “cleansing” the body for weight loss.



By the National Ovarian Cancer Coalition (NOCC)

Women’s Health and Ovarian Cancer

Ovarian cancer is a silent disease with limited screening tests; and is usually not detected until it has reached later stages. Combining an informative DVD with lively discussion, NOCC will discuss the signs and symptoms of ovarian cancer and present medical advice and real-life experiences. This great presenter is a survivor and retired nurse practitioner ready to share her own real-world experience.

By the Alzheimer’s Association Desert Southwest Chapter

Understanding Dementia

What is Alzheimer’s...what is Dementia? Get the facts and understand what a loved one may be experiencing.

By the Money Awareness Program

Take Control of Your Finances

A series of two one-hour workshops

This comprehensive series emphasizes how “No one can take better care of your money than YOU” and reviews budgeting, credit scores and more. Become more financially literate and financially healthy with this two-part, interactive class.

By the Epilepsy Outreach Project

Living with Epilepsy

This interactive workshop will help you understand more about epilepsy and how to live or work with those who have it.

