



Menu of Prepared Presentations You Can Make Your Own

Updated July 27, 2010

Seminars (lecture– why and what to do) or Clinics (participatory– why and how to do it)

Stand alone 1 time or series sessions can be:

30 Minute Presentations

45 Minute Presentations

60 Minute Presentations

Consumer Education Presentation Topics That Can Be Seminar or Clinic

Walk Clinic	Cardio 101
Ask The Pro Sessions	Balance Basics
Basics of Nutrition	Body Comp Testing
Chocolate The Other Food Group	CORE Basics
Fast Food That's Fit to Eat	Fit To Travel
Get on The Ball	Healthy Dining Out Strategies
Healthy People 2010	Hot Topics in Nutrition
Injury Prevention	Lighter Leaner Cooking
Lose a Little to Gain a Lot	Muscle Makes Your Match
The Wonders of Water	Gym Orientations
Your Brain on Exercise	Your Training Zone

Consumer Education Clinics– Basic, Intro and 101

Running 101	Sports Specific Training Clinics; Tennis, Golf,
Step 101	Mind/Body Intro
Spin 101	Kick 101
Yoga 101	Pilates 101
Zumba 101	

Consumer Education/Work Out Series

3, 4, 6, 8 to 12 session programs -fee schedule to be discussed

Exercise Lite	Novice or 101 of any Exercise Form in a progressive series
No Sweat Required	Novice Run
Fit 101	Muscle Labs; Chest, Arms, Back, Abs, Leg, Cardio, Stretch
Muscle Makes Your Match	Reset

On Your Own Series; Yoga, Pilates, Aqua