**LGRMS On-Site Training List – Health Promotion Services**

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1. **Physical Health** 
   1. **Be Active Your Way**

Participants will learn the physical activity guidelines for adults. How much activity you need each week, where to begin if you want to get physically active, tips on how to keep it up or step it up if you have already started a program and being active for life are key points of this training. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Dogs Lose, You Win!**

This course explores techniques to slim your dog and shape up yourself. It encourages participants to focus on their dogs’ eating and exercise habits, which leads to better health behaviors for themselves too. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Nutrition and Physical Activity Recommendations**

This program provides recommendations about nutrition and physical activity from the American Cancer Society. What you eat and how you live affects your risk for cancer. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Supermarket Survival Training**

This training covers how supermarkets are designed and strategies to avoid over-purchasing, from planning ahead to being aware of impulse marketing. Optional field trip to the local grocery store available. Taught by LGRMS Health Promotion Services staff. (45 minutes-1 hour; will vary if field trip to the local grocery store is provided)

* 1. **What’s in That?**

Participants will learn about reading and understanding nutrition labels. Calories, serving size, nutrients, and packaging are some points discussed in this program. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Myth Busters (Food and Nutrition)**

This course focuses on debunking the myths and exposing the truths about your diet. It takes a look at popular health claims to decipher fact from fiction. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Be Good on the Go**

Is there such a thing as healthy fast food? Participants will learn healthy fast food tips and healthier options for a variety of cuisines. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **LunchWell**

What does your lunch look like? Unhealthy lunch habits can contribute to a number of long-term health problems. This course deals with, “How do you spend your lunch break?” Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Cooking Made Healthy**

This program explores healthy cooking methods. These methods are meant to give you a variety of ways that you can prepare a healthy meal. Optional food demonstration available. Taught by LGRMS Health Promotion Services staff. (45 minutes-1 hour; will vary if food demonstration is provided)

* 1. **What’s on Your Plate?**

This course is made up of tips to build a healthy plate, including: cutting back on foods high in solid fats, added sugars, and salt. Also, covered is information about vending machines, organization meetings, and finding a balance. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Eat This, Not That**

Making better choices one step at a time. Participants will learn food choices and swapping items aimed at improving health. This program highlights the good and the bad in our current food culture. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Healthy Holiday Eating**

This course focuses on 12 healthy tips to survive a holiday eating frenzy. Also, included is information about sugary foods, food allergies, and alcohol intake. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Healthy Through the Holidays**

How do you maintain your healthy eating habits during a family feast? How can you make sure the turkey is the only one stuffed during the holiday season? This training deals with how to maintain healthy eating habits during feasts. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Weight Gain Shockers**

You’re not taking in more calories than usual, nor cutting back on exercise, but… Your weight still goes up and the numbers on the scale keeps creeping higher to prove it. Why? This program covers surprising reasons you’re gaining weight. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Weight Management**

This training explores understanding what healthy weight is and keys to reaching it. Everyone is different in their own ways, but also the same. Therefore, the bottom line is that healthy lifestyles require balance. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Losing Weight the Healthy Way**

This course provides information about weight and the importance of making changes that will create a difference. Concentrate on the healthy changes and not the weight loss. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **The Elusive Metabolism Boost**

Simply put, metabolism is the process of breaking down proteins, carbohydrates, and fats to yield the energy your body needs to maintain itself. This training course emphasizes several ways to rev up your metabolism. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Vitamin Deficiency**

Vitamins are organic substances that cannot be synthesized by humans. Thus, they need to be ingested in the diet to prevent disorders of metabolism. Participants will learn about various vitamins, foods rich in those vitamins, and why it is important to get enough of each vitamin. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Water and Hydration**

This program deals with how water affects various parts of the body, the importance of staying properly hydrated, and how much water is needed each day. Our body is nearly two-thirds water, so drinking enough fluid to stay hydrated is very important. Water is essential for life and it is very important to get the right amount of fluid to be healthy. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **The Truth About GMOs & Organics**

This course covers facts about genetically modified foods, organic foods, and the techniques used to produce each kind. Many factors influence the decision to choose genetically modified or organic foods. Weigh the pros and cons and decide what is best for you. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Anthem Health and Wellbeing**

Mounting evidence indicates that lifestyle choices have a large impact on morbidity and mortality. This training brings people closer to their care givers while nurturing self-care. It is designed to provide more information about services and benefits available to you through one of the most comprehensive health management programs in the industry. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **LiveHealth Online**

Participants will learn about the online, two-way video that connects participants with U.S. Board Certified medical doctors over the Internet. Visit with a doctor online, anytime. From work, at home, or on the go. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Health Care Consumerism**

Be proactive and completely involved in your health care decisions. Each year, millions of people use tools and resources to manage their health, make better health decisions, and live healthier lives. This program deals with how to better care for yourself, your loved ones, and help decrease emergency room visits. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

1. **Emotional/Mental Health**
   1. **Stress Management**

Stress is linked to the six leading causes of death and 75% to 90% of all physician office visits are for stress-related ailments and complaints. This training will take you through recognizing common signs of stress and how to manage them using special techniques. Available for target-specific departments: Office/Administration, Law Enforcement, EMS, and Public Works. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Dynamic Equilibrium: Work-Life Balance**

This course takes participants through a process to re-evaluate their lives and develop strategies that enable them to focus on what matters most at work and at home. It is likely to be particularly valuable for people who: (1) Are stressed and/or anxious too often. (2) Find themselves rushing around a lot. (3) Feel that there aren’t enough hours in the day. (4) Suffer from restlessness. (5) Have increased responsibilities. Taught by LGRMS Health Promotion Services staff. (4 hours)

* 1. **Wellness, Fitness, and Lifestyle Management**

This program is an introduction to wellbeing dimensions and health goal planning. It covers managing life to accomplish health goals. Participants will learn about stages of change, moving forward in the cycle of behavior change, and reaching wellness through lifestyle management. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **What’s Holding You Back?**

By understanding ourselves and others better, we help ourselves to build happier, healthier, and more productive lives. This program focuses on knowing what motivates you, stages of change, and tips for exercise and nutrition success. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Sweet Dreams**

Half of Americans are sleep deprived and at least 50% of all insomnia is stress-related. This training deals with how to get better sleep for a better you. It covers the purpose of sleep, stages of sleep, types of insomnia, what’s keeping you up, and what to do if you’re still having sleep troubles. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Emotional Intelligence**

Participants will learn about the attributes of emotional intelligence. This course examines reasons behind difficult customers, discusses successful strategies for dealing with difficult people, discusses the differences in Customer Service and Customer Experience, and evaluates your current customer service skills. Taught by LGRMS Health Promotion Services staff. (45 minutes-1 hour)

* 1. **The Power of Positivity**

People who think more positively have a lower risk of heart problems, are less depressed, and have a better immune system. It is true, positivity affects your overall wellbeing. This program uses various engagement activities to explore compassion and gratitude. A “team-builder” in disguise. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Mental Health Awareness**

This training emphasizes what mental health is and breaking the stigma. If you experience mental health problems, your thinking, mood, and behavior could be affected. Participants will learn why mental health is important, myths and facts about it, warning signs, and how friends and loved ones can make a big difference. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Surviving the Holidays**

The holiday season can bring mixed emotions for many, as well as a great deal of stress. Feeling depressed or anxious is not unusual during the holiday season. This course focuses on 12 tips to beat the holiday blues. Participants will learn about holiday emotional wellbeing. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **LiveHealth Online Psychology**

Participants will learn about the online, two-way video that connects participants with U.S. Board Certified therapists, psychologists, and psychiatrists over the Internet. Visit with a therapist, psychologist, and psychiatrist online, anytime. From work, at home, or on the go. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

1. **General Health**
   1. **Cardiovascular System**

Your cardiovascular system, also called circulatory system, carries blood throughout your body. This training is an overview of the cardiovascular system and the role of blood. It covers diseased vessels, structural problems, and heart conditions. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Heart Health**

This is a 6-week heart health program to gain a better understanding of how the heart works, cardiovascular disease, and what you can do to keep your heart healthy. Each week, participants will learn about the elements of a healthy heart, conditions affecting the heart, and how to protect their heart. Taught by LGRMS Health Promotion Services staff. (30-45 minutes each week; also provided as an abridged 1-hour training)

* 1. **Heart Smart**

As remarkable as the heart is, it can be damaged. This extraordinary structure is vulnerable to breakdown from a variety of factors. This course deals with risk factors and facts about the heart. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Save A Life: Heart and Stroke Education**

This training shares with you some information developed by the American Heart Association. It should give you a better understanding of heart disease and stroke, including risk factors, treatments, and resources available. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **The Silent Killer: Quiet Truths About Hypertension (High Blood Pressure)**

Over time, uncontrolled high blood pressure increases the risk of heart disease, stroke, and kidney disease. This program covers what hypertension is, how to manage it, and ways to prevent or reduce it. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Understanding Diabetes**

Participants will learn about the most common form of diabetes, complications, symptoms, and diagnosis. This course also covers medical care, self-care, and diabetic emergencies. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Eating to Avoid Diabetes**

This training focuses on diabetes and how nutrition plays an integral role. With these tips, you can still enjoy your favorite foods and take pleasure from your meals without feeling hungry or deprived. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Know Yourself**

Do you know the most critical numbers for your health? When was the last time you had your numbers checked? Participants will learn the importance of knowing their numbers and family medical history. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Health Risk Assessment (HRA)**

This program is a brief confidential lifestyle questionnaire in which participants will receive advice from a private wellness report. Your organization will get an aggregate report that summarizes health and safety practices in your employee population.  It also identifies costly risk areas of the group. Provided by LGRMS Health Promotion Services staff. (Time varies)

* 1. **Breast Cancer**

Breast cancer occurs mainly in women, but men can get it too. This program, from the American Cancer Society, focuses on what breast cancer is, early detection, and ways of prevention. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Prostate Cancer**

Prostate cancer is the second leading cause of cancer-related deaths among men in the U.S. This program, from the American Cancer Society, focuses on what prostate cancer is, early detection, and ways of prevention. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Nutritional Guidelines for Reducing Your Risk of Cancer**

Scientific evidence suggests that about one-third of cancer deaths will be related to nutrition, physical inactivity, obesity, and other lifestyle factors and could also be prevented. This program, from the American Cancer Society, provides guidelines on nutrition for cancer prevention. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Freshstart**

This program, created by the American Cancer Society Workplace Solutions, is a 4-weekgroup-based tobacco cessation counseling program designed to help participants quit tobacco. It focuses on: motivational intervention activities, practical counseling (problem solving skills), social support, and education about medication and approaches to quitting. Facilitated by LGRMS Health Promotion Services staff. (45 minutes-1 hour each week)

* 1. **Tobacco Awareness**

Cigarette smoking is the number one cause of preventable disease and death worldwide. This training deals with facts about tobacco, related diseases, and quitting methods. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Substance Abuse**

This training helps participants understand the impact of substance abuse in the workplace and to suggest ways that they can help us deal with this serious problem. Participants will be able to: comprehend the harmful impact of substance abuse in the workplace, understand the requirements of the law and company policy, identify the ways in which alcohol and drugs impair job performance, recognize signs of substance abuse, and take appropriate action to deal with abuse problems. Taught by LGRMS Health Promotion Services staff. (45 minutes-1 hour)

* 1. **Substance Abuse: What Supervisors Need to Know**

For nearly everyone, substance abuse is a difficult and sensitive subject to discuss. This training provides supervisors with important facts about substance abuse in the workplace and to show them how they can help deal with this serious problem. Supervisors will be able to: identify the harmful effects of substance abuse in the workplace, enforce the requirements of their policy and the law, recognize signs of an abuse problem, and take effective steps to assist employees in getting help, while protecting other workers and the organization. Taught by LGRMS Health Promotion Services staff. (45 minutes-1 hour)

* 1. **How to Age Gracefully**

Aging is an inevitable part of living, so it is important to understand how to age gracefully. This course discusses ways of aging gracefully from good skin care to managing stress and everything in between. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Say Ahh: Think Mouth, Think Health**

This program is an overview of oral health. Oral health includes everything related to the mouth. The mouth is a gateway. Taking care of the mouth is essential to quality of life and helps keep the rest of the body healthy. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Thyroid Health**

The thyroid gland is one of the largest endocrine glands. This program focuses on the basics about the thyroid, conditions affecting it, and how to keep it healthy. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Nervous System Disorders**

When something goes wrong with a part of your nervous system, you can have trouble moving, speaking, swallowing, breathing, or learning. You can also have problems with your memory, senses, or mood. This course covers various neurological disorders and their impact on the ability to perform daily activities. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

1. **Occupational Health**
   1. **A Guide to Back Injury Prevention and Safe Lifting**

Back injury is the #1 leading cause of missed work days. This training will review the parts that make-up your back, causes and types of injuries, how you can prevent injuries, and proper lifting techniques. Taught by LGRMS Health Promotion Services staff. (1 hour)

* 1. **Workplace Ergonomics**

This course is designed to provide employees techniques on how to work smarter, not harder by fitting the task to the employee. Optional assessments provided. Available for target-specific departments: Office/Administration, Law Enforcement, EMS, and Public Works. Taught by LGRMS Health Promotion Services staff. (1 hour; will vary if assessments are provided)

* 1. **Exercise at Your Desk**

This program is about the “sitting diseases” and ways to move more while at work. The average American will sit anywhere from 7.7 to 15 hours a day without moving. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Yoga at Your Desk**

The purpose of yoga is to build strength, awareness, and harmony in both the mind and body. This program emphasizes ways to reduce stress, relieve discomfort, and re-energize while at work. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Working in Cold Environments (Cold Stress and Safety)**

This training covers how the body maintains thermal (heat) balance, constant internal temperature, how the body reacts to cold conditions, injuries and illnesses caused by exposure to cold, and preventive measures to minimize the hazards from cold exposure. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Here Comes the Sun (Sun and Heat Safety)**

This training covers the “dark side” of the sun, types of skin cancer, hazards of excessive heat, and heat disorders symptoms. Also, included is prevention and safety measures. Taught by LGRMS Health Promotion Services staff. (30-45 minutes)

* 1. **Team Building Challenges and Opportunities**

This program is designed to enhance workplace communication and collaboration to improve effectiveness and efficiency. Participants will engage in various activities that encourage and promote team building. Taught by LGRMS Health Promotion Services staff. (3-4 hours)

1. **Leadership and Wellness Committee Training** 
   1. **High Impact Health Promotion Champion**

Workplace health promotion/wellness programs save health care dollars, improve employee health morale, and productivity. Local governments are assisted in building comprehensive wellness programs and educated on how to implement effective solutions to help control increasing health care costs. Participants will learn: to identify workplace assets, needs, and community resources; leadership skills for health promotion; to plan and implement effective programs; about LGRMS Health Promotion Services no-cost resources; how other local governments have built effective programs; and updates to health care solutions. They will leave with: tools to access program support; twelve-month action plan and Health Promotion Grant checklist; resource and reference manual; keys to successful programming and management; and being a "Champion" of wellness. This training is useful for individuals responsible as health promotion leaders, administrators, HR and personnel directors, clerks, health/safety coordinators, and wellness/health benefit coordinators. Taught by LGRMS Health Promotion Services staff. (3 hours)

* 1. **Health Promotion Leader I**

In this interactive workshop, participants will learn: to identify and create “Wellness Champions” in their organization; shift their definition of “wellness” to “wellbeing”; about LGRMS Health Promotion Services no-cost resources; how other local governments use incentives to increase participation and outcomes; how to use incentives to increase engagement; and program incentive ideas. They will leave with: tools to access program support; incentive suggestions; resource and reference materials; keys to successful programming and management; and practical skills for advocating wellbeing. This training is useful for individuals responsible as health promotion leaders, administrators, HR and personnel directors, clerks, health/safety coordinators, and wellness/health benefit coordinators. Taught by LGRMS Health Promotion Services staff. (3 hours)

* 1. **Health Promotion Leader II**

In this interactive workshop, participants will learn: to identify employee engagement initiatives; how Anthem health and wellbeing programs empower employees; what care options are available through LiveHealth Online; insights into UGA Extension free, reliable, research-based information; about LGRMS Health Promotion Services no-cost resources; and updates to mental health reform solutions. They will leave with: tools to access program support; resource and reference materials; tips to create a comprehensive culture of wellness; keys to successful programming and management; and practical skills encompassing health promotion. This training is useful for individuals responsible as health promotion leaders, administrators, HR and personnel directors, clerks, health/safety coordinators, and wellness/health benefit coordinators. Taught by LGRMS Health Promotion Services staff. (3 hours)

* 1. **Health Promotion Leader III**

In this interactive workshop, participants will learn: to identify areas for collaboration and coordination between health promotion and safety; how other local governments have built effective combined programs; leadership and program management skills for joint efforts; about LGRMS Health Promotion Services no-cost resources; how to have a cohesive Wellness and Safety Team; and ways of discussing risks, developments, and potential new directions. They will leave with: tools to access program support; resource and reference materials; tips to customize strategies tailored to fit their unique wellness and safety needs; keys to successful programming and management; and practical skills to develop an operational action plan. This training is useful for individuals responsible as health promotion leaders, administrators, HR and personnel directors, clerks, health/safety coordinators, and wellness/health benefit coordinators. Taught by LGRMS Health Promotion Services staff. (3 hours)