

Lunch *and Learn* series

Nutrition Classes

The following is a listing of the interactive nutrition classes that are available through the WAC. All classes are taught by experienced public speaking Registered Dietitians and usually run for one hour (with time for questions; class content may be reduced if time allows for only a half-hour presentation). Speaker will email PowerPoint, handouts, and suggested snack list (if requested and desired) to company representative approximately one week prior to presentation.



Wisconsin Athletic Club



Lunch *and Learn* series

Eating on the Run

- Throwing together a healthy meal – what's it going to take?
- HEALTHY fast food eating? Is it possible?

Superfoods for Super Stamina

- Top 10 best foods for superior health and energy
- Foods to Avoid

Nutrition Made Easy

- What's so great about carbs, fats, and proteins?
- How much is enough?

Had a High Cholesterol Score?

What can YOU do about it?

- Cholesterol basics
- Are diet and exercise really enough?

Delectable Summer Salads

- Super powered salad ingredients
- FREE recipes!

Wrap it Up!

- Components of a healthy lunch
- Piecing it all together and packing it up!

What's Stress Got to Do with It?

(Your eating, that is!)

- How does stress affect your health and your weight?
- What can you do to minimize the negative effects of chronic stress?

Fuel Up for Fat Loss

- What should you eat before and after a workout?
- Myths and misconceptions

Women and Their Nutritional Needs – A Special Balance

- Specific health risks the women of the 2000s face
- How can you get the right nutrient balance?

*For more information about these classes,
please email us at
corporatewellness@thewac.com*

Break Through the Plateau!

- What's with those annoying plateaus?
- Switching things up so you can break on through to the other side!

Cancer Fighters! Foods to Help You Fight the Good Fight

- Why do we get cancer?
- Top foods for fighting cancer

Weight Loss Beliefs: Fact or Fiction?

- Effects of dieting on metabolism
- Benefits and drawbacks of snacking

Spring Has Sprung: Rev Up!!

- Components of your metabolism
- Tips for a kick butt burn

The Mood-Food Connection

- Nutrients and neurotransmitters
- What can YOU do to rebalance your brain chemistry?

The Female Metabolism

- Discussion of the inevitable hormonal and metabolic changes that come with being a woman
- How can you counteract the effects of a lagging metabolism???

Slow Cooker Quickies

- Tips and benefits of cooking with a slow cooker
- Great tasting, healthy recipes!

Motivation for Weight Loss

- How to stay motivated when the going gets tough!

Superior Supermarket Shopping!

- Live supermarket tour with a Registered Dietitian – walk up and down the aisles to learn what to throw in the cart and what to throw in the garbage!



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