



*For the life of Siouxland.*

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**“WorkSmart” Ergonomic, WELLness and Healthy Lifestyle Presentations**

Powerpoint presentations (30 min to 1 hour) by Erik Nieuwenhuis MS, PT from St Luke’s, intended to help companies and organizations WorkSmart, PlaySmart and LIVESmart!!

**“WorkSmart, PlaySmart and LIVESmart” topics for your company may include:**

- WorkSmart Ergonomic Principles for Computer Workstations, Chair Setup, and WorkSmart Stretching
- WorkSmart Ergonomic Principles for Your Company (Specific to your Industry)
- The Aging Workforce and How YOU Control Your Bodies Aging Process
- WorkSmart, PlaySmart and LIVESmart: Principles of Ergonomics for the Workplace and Home
- Lifestyle Goals for Healthy Living
- Heart Healthy Tips for LIFE “Love Your Heart”
- FITT Method to Develop your Exercise Plan
- Water Does Your Whole Body Good
- SMART Goal Setting for LIFE
- Preventive Ways to Monitor Your Health for LIFE
- Make Exercise a Family Affair
- Improve Your LIFE by Managing Your Energy Level
- 6 Tips to Burn Body Fat and Gain Muscle for LIFE
- Managing Stress in Your Daily LIFE
- Self Care Techniques and Working Smart for Your Lower Back
- Self Care Techniques and Working Smart for Headaches
- Self Care Techniques and Working Smart for Your Aching Feet
- Self Care Techniques and Working Smart for Your Shoulders
- Self Care Techniques and Working Smart for Your Knees
- Self Care Techniques and Working Smart for your Elbows/ Wrists and Hands
- Self Care Techniques and Working Smart to Prevent and Treat Tendonitis
- 3D Dumbbell Matrix – An Exercise Program for Life
- WorkSmart 3D Functional Flexibility for Work/ Play and LIFE
- Mens Health—Leadership of the Family
- Physical Activity is Powerful Medicine
- Upper Body Theraband Strengthening
- 3D Stairs for Lower Body Strength, Cardiovascular fitness, Upper body strength and Balance training

- Lower Body and Core Theraband Strengthening
- Pump and Praise ® workout with Dumbbells/ Theraband/ Body weight/ Swiss Ball/ Minibands/ Lifeline tubes
- Strength Training Basics and Pyramid System of Lifting Weights
- Cardiovascular Exercise Tweakology and Finding Max HR and Aerobic Target Zone
- Walking Program Progressions and Tweakology
- 12 ways to Make your Real Age Younger
- Functional Balance and Proprioception Training with Education to Prevent Risks of Falling
- 3D Functional Exercises-- Balance-- Balance and Reach—Lunges—Step Up/ Down-- Jump and Hopping
- Healthy Choices can be the Best Reward of All
- Family Fun Fitness Tips
- OTHER TOPICS CAN BE SETUP BY REQUEST FROM YOUR COMPANY

Cost: \$250/ hour for time onsite + mileage to your company

\$100/ hour for time offsite to prepare and update powerpoint presentation topic specific to your company's needs with photos from your company (if this applies), and the creation of handouts specific to the topic addressed

*Have a wonderful day and WorkSmart, PlaySmart and LIVESmart!!*

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