



Lunch and Learn Menu:

Everyday Moments for Mindfulness to Increase Energy, Productivity, and More

Mindfulness is a way to reset the mind and body for more clarity throughout the day. Tasks become easier to solve, energy becomes amplified, and nutrition becomes better absorbed. Join Adita Lang as she clarifies the misconceptions of mindfulness and share the easiest ways of adding the right kinds of habits throughout the day.

Whole Food Nutrition, The Ins and outs of Plant-Based Eating

Food is our Fuel. A large majority of our nutrients are readily available through plant-based options. Join Adita Lang as she brings some clarity on the subject and shows you how to understand, convert, or add plant-based options to help accentuate the nutrition of the food choices you make.

Boundaries 101

Life can get hectic, and making time for ourselves seems to be on the back burner. Join Adita Lang as she clarifies what boundaries are and how we can use them to add more time into our day, a smile on our face, and a few extra minutes to enjoy the family. When we can prioritize our needs without guilt or resentment, we can move into a reset with ease, work better, feel better, and set ourselves up for success.

Food Planning 101

There is a new trendy food plan every day, Join Adita Lang as she reviews some of the top trends and breaks them down for you to understand the benefits, challenges, and to determine if it's right for you. She will review Intermittent Fasting, Keto, Macros, Gut Health, and Food Combining. *This class is only for informational purposes, consult a registered dietitian to choose the right plan for your needs.

Mind-Body Daily Check-In

A full week of exercise and mindfulness activities designed around the office desk. Classes will run for 15-minutes Monday thru Friday with Adita Lang. M-W-F will be workouts performed sitting at the desk, and T-Th will be Mindfulness Activities. Daily classes with a no-sweat program design.

How to Break The SUGAR Habit for Energy, Health, and More

Sugar is a sneaky little thing, we think it provides energy but instead, it leads to diabetes, weight gain, and other health challenges. Adita Lang joins us to help explain the mind-body connection to sugar, and how we can restructure our food plan for health.



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Ergonomic and Health Essentials For The Ideal Office – Join Adita Lang as she shares with you easy ways to set the body, and work environment, for max efficiency, comfort, and energy. She will also provide several health essentials that addresses snacking and meals, to assure you have all the needed energy throughout the day.

Lowering Stress and Increasing Creativity - A key component to health, is the ability to reduce stress. Join Adita Lang as she guides you in creating the right plan to handle any situation. The goal is to reduce the layers of stress for creativity and health to flourish.

Minimizing Your Stress Response to Daily Life Challenges – Join Adita Lang as she explains the basis of stress and provides several tips and tricks to minimizing the layers of stress, and creating a new level of comfort and renewal.

Change Your Health, Change Your Sleep - Join Adita Lang as she breaks down a few misconceptions as they relate to sleep. She will break down how sleep and health go hand in hand and best practices for enhancing sleep on a nightly basis.

How to Boost Your Immune System - Join Adita Lang as she provides simple solutions to cooking, eating out, and snacking, that help boost the immune system, and enhance your overall health.

Vitamin D, Immunity, and More - Join Adita Lang as she shares with you easy ways to gain the best results for health, without placing the skin, and overall health, at risk.

Exercise In The NEW Normal – Taking it outdoors or into a gym has a new set of rules. Join Adita Lang as she reviews all of the aspects that will help you make the right choices for your fitness regime.

Nutritional Education For Healthy Living - Join Adita Lang as she helps you unravel common myths, and provide you with the knowledge to choose foods to enhance energy and performance, all while managing weight and enhancing health.

How Foods Can Help Alleviate Health Challenges –The body's response to life and health are directly correlated with our health choices and our food selections. Join Adita Lang as she explains the various foods that can help protect and keep the body strong, from the inside out.

Maximizing The Family Kitchen For Health – Food is fuel, creating a kitchen that helps to provide energy, health, and focus is the basis of a healthy home. Join Adita Lang as she helps to clarify the differences between children and adults, as it relates to food, and the best practices for feeding the entire family for success



Lunch and Learn Menu Continued...

Meal Prep 101, Quick and Healthy Tricks For The Kitchen – Join Adita Lang as she shares her secrets for organizing the kitchen for success and creating new habits that make it easier to design a perfect meal or snack, at any given time.

Men’s Health From The Inside Out - Join Adita Lang as she helps to unravel several misconceptions and provides the solutions for attaining new habits that create changes that matter.

Prostate Health Through Healthy Habits - Join Adita Lang as she provides valuable information to keep your prostate healthy, with the right foods, exercises, and habits.

Women’s Health From The Inside Out – Join Adita Lang as she deciphers several misconceptions and helps to bring clarity, with tips and tricks to enhance a woman’s health.

Women’s Health and Breast Cancer - Cancer is attributed to heredity, health habits, and life challenges. Join Adita Lang as she helps to clarify many of the misconceptions and provide valuable information to keep breast cancer away through proper foods, exercise, and healthy habits.

SuperPowers of a Healthy Human - Health is a balanced combination of exercise & movement, food & nutrition, rest & relaxation, and happiness. Join Adita Lang as she shares with you easy ways to boost your immune system and health, by easily implementing healthy habits, into the craziest of days.

Health and Happiness, A Perfect Union For Optimal Health - Join Adita Lang as she shares her top tips and tricks for making health and happiness an easy part of any day. Her goal is to leave you with the tools needed to implement beneficial habits seamlessly into the craziest of days.

Eating For The Holidays - There is no need to feel deprived during holiday celebrations! Join Adita Lang as she shares with you the best tips and tricks to enjoying the holiday festivities without the guilt.

All Lunch and Learn Classes can Add-On a 2-4-Week Program for adherence and follow-up. These programs include one zoom meeting per week, follow-up homework throughout the week, and adherence tracking.