



2024 EMPLOYEE WELLNESS PROGRAM

Seminars, Classes, and Programming Catalog



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Real Life Tips & Tricks for Real Life Health!

Wellness seminars and programs are an intricate part of employee benefits. Creating engaging programming that solicits change enhances the life of the company and employees.

There is a wide range of programming offers that can be available to create the right wellness game-plan for 2024.

AditaLang.com offers seminars and programming to assist your workforce by reducing risk factors for disease, stress, and providing the right solutions for enhancing health and wellbeing.

These health initiatives are designed to:

- Reduce sick days across your entire organization... which means higher productivity, less turnover, and reduction in health expenses across all your departments.
- Motivate and engage your employees to show up more focused and productive -- finishing their projects faster with minimal delays due to illness/health issues.
- Help retain your employees for years longer than the industry average... which cuts your training and on-boarding expenses and ensures you keep your best, most productive talent without the costly turnover and project delays.

This catalog will provide you with our full menu of offerings. Classes range from 10-15-30 and 60-minute presentations. Each class taught by Adita Lang or a licensed specialist. Most presentations include a combination of lecture, discussion, and handouts.

We are here to help; customized programming can also be arranged as a means of targeting your specific needs.



About Adita Lang

Offering over 40-years as a multi-nationally recognized health educator, author, and speaker, specializing in fitness program development, restorative and corrective fitness, adult and child nutrition, and mind body disciplines. Adita had lectured for corporate events both in-person and virtually, throughout the globe. She brings unstoppable energy with here "Lunch and Learn" type health talks, Keynotes, and customized coaching. She holds a degree in Holistic Nutrition, is a Lv3 Holistic Lifestyle Coach through the Chek Institute, and has been accredited by several internationally respected organizations, including ISCA, NASM, ACE, AFAA, and the University of Miami. She is a faculty member and educational creator for The International Sports Conditioning Association. Additionally, she is the author of SuperPowers, A Busy Woman's Guide to Health and Happiness and SuperPowers of the Family Kitchen. Her signature programs, blog posts, and steaming video cooking demonstrations can all be found at www.AditaLang.com. Lifestyle and health are a way of life and her goal is bring health directly into the office place, making it easy to implement into one's day to day with whatever time is available!





Making a Plan

To request a seminar for your employees, please contact:
Adita Lang at 305-794-6505 or Adita@AditaLang.com

What is the cost?

Fees vary depending on the type of presentation or package you would like to schedule. Adita Lang has worked closely with the major insurance companies, making it easier to pay with your wellness dollars or paying separately.

Can I host a webinar or virtual seminar?

Seminars, classes, and programs are available in a webinar or virtual format. All scheduling is the same. Adita Lang utilizes Zoom and can set this up from our end, or you may set up with the provider of your choice assuring that links are provided for a successful event.

Some classes and programming allow for recording for an additional licensing fee.

Do your events come in another language?

Yes, we offer all seminars, classes, and programs in Spanish as well.

What if I need to change or cancel a scheduled event?

If there is a need to cancel, change or reschedule a seminar, please call Adita Lang at 305-794-6505 at least 10 days in advance. We try to make every effort to accommodate changes as best we can.

Pre-Event Check List

Make a Plan and Let us help!

We pride ourselves in making scheduling as easy as possible. By Scheduling 30-days ahead, this provides plenty of time for set-up and promotion. On the other hand, we also accept last minute scheduling, but please have a bit of patience as we try to accommodate all of our clients.

1. Review the needs of your employees:

- Wellness events are a great way of providing information that helps certain members of your staff with specific challenges. The more you understand the needs of your workforce, the easier it is to create a customized schedule of events.
- Review past attendance records to identify programming that inspires engagement and attendance. There is usually a pattern, and identifying the pattern helps with programming success.
- Review all work scheduling challenges to choose a time that works best for your employees. For virtual events, consider offering it during home times so that the entire family can benefit.

2. Let's work together with event promotions:

- We are available to provide you with promotional flyers with embedded links.
- 30-60 second Event Promotional Videos
- Graphics for Social Media posts
- Newsletter Article on the event topic
- On-line Scheduling for Health Coaching Session
- And anything else to make your event a success

3. Complete housekeeping and logistical tasks:

- Book Event location for in-person events and links for virtual.
- Be sure to have all technology needs addressed prior to the event. Host location is responsible for microphones, projectors, and technology needs of presenter.
- Promote several times prior to the event through internal email and communications.

1-2 weeks prior

- Reach out to Adita Lang to confirm event address and parking for in-person presentations, and virtual locations for virtual presentations.
- Send reminder notices to participants - If space allows, send a company-wide notice for last minute registrations.
- Confirm equipment/tech needs

Day of presentation

- Confirm equipment connections with Adita Lang and in-house tech support for In-Person presentations.
- For virtual presentations, log into webinar platform early to troubleshoot any technical issues.
- Assign a team member for support assistance.
- Send handouts and support material to all attendees.



Wellness Events for Your Employees

Optimal performance for energy, motivation, and drive

Employee wellness is about helping your employees to gain the tools needed to balance life and work, combat stress, lose weight, and create an overall healthier set of habits to implement on a day-to-day basis.

Budget Friendly OPTIONS:

Scheduling multiple events at a time has its perks...

- 5 events - 10% discount
- 6 to 8 events - 15% discount
- 9 events or more - 20% discount

All sessions would need to be scheduled and invoiced at the same time.

Programming OPTION:

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.



Virtual Offerings

- Lunch and Learn - 30 minute or 1 hour engaging and entertaining lectures on a variety of health and wellness topics, such as stress management, nutrition, ergonomics, and health-related issues \$495/hour or \$250 for 30-min. sessions
- Stretch and Learn and Mind Body Check-ins- 15 min / 5 days week - Guided stretches and movements at your desk to reinvigorate your workday, paired with health tips \$495/week (these classes can also be scheduled in 10-min. segments)
- Movement and Mindfulness Classes - Yoga, mat Pilates, strength training, balance and stability training, full-body workouts, cardio, and more \$250/30-min. and \$495 for 1-hour sessions
- Nutrition and Food Oriented Programs: Virtual Cooking Classes, Virtual Meal Prep, Virtual Kitchen Organization - Fees upon request.
- Keynote: Adita inspires her audiences to lead healthy lifestyles through relatable life stories and EASY to implement tips and habits. \$2,500
- On-Demand: 12 months of content including Lunch and Learns, Stretch and Learns, Movement Classes, and Mindfulness Classes \$3,500/yr.
- 4-6-Week Programs for Health and Wellness - Programs contain a variety of health options from mindset to lean living, - Fees upon Request

All Presentations Available in English and Spanish



In-Person Offerings

- Lunch and Learn - 1 hour engaging and entertaining lecture on a variety of health and wellness topics, such as stress management, ergonomics, and health-related issues
\$550/class (travel expenses may apply)
(classes can be scheduled in 30-minute segments but will be charged for the full hour)
- Movement and Mindfulness Classes - Yoga, mat Pilates, strength training, balance and stability training, full-body workouts, cardio, and more 1 hour - \$550/hr. (travel expenses may apply)
(classes can be scheduled in 30-minute segments but will be charged for the full hour)
- Nutrition and Food Oriented Programs: Cooking Classes \$600 and up depending on the size of the group. (travel expenses may apply)
- Keynote: Adita inspires her audiences to lead healthy lifestyles through relatable life stories and EASY to implement tips and habits. \$5000 plus travel expenses
- 4-6-Week Programs for Health and Wellness - Programs contain a variety of health options from mindset to lean living, - Fees upon Request

All Presentations Available in English and Spanish

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.

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.

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.

(Avail. in **10** **15** minute formats)

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.

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.

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.

Weight Loss 101 & The Stress Connection

Join Adita as she unravels weight loss and breaks down the association of weight gain and stress. In this session Adita will leave you with her best tips and tricks for losing weight and reducing stress.

Mind-Body Movement Classes

Yoga
Pilates
Mindfulness

Stretching
Desk Stretches

Mind-Body Activities

Vision Boards
Painting
Jewelry Making

Ceramics
Holiday Crafts
Tea Ceremony

Food and Nutrition

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.

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.

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.

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.

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.

Nutritional Basics

Understanding the fundamental value of various foods make meal planning easier. Join Adita as she breaks down primary food categories to create a clear understanding of what fuels the body and what does not

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.

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.

Pantry Clean Out 101

Part of a healthy household is a kitchen with ingredients that are fresh and easy to use. Join Adita as she helps you understand how long to keep ingredients and leftovers, best storage practices, and how to organize your pantry, refrigerator, and freezer for success.

What's In Your Food? Understanding and Breaking Down Additives and Preservatives

With the quest of eating healthier and smarter, ingredients become the root of it all. Join Adita Lang as she breaks down some of the misconceptions about additives and preservatives and teaches you how to interpret the ingredient list for success.

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.

Nutrition and Food Classes

Supermarket Tour
Kitchen Organization
Meal Prep

Cooking Classes

Batch Cooking
Main Meals
Smoothies

Salads
Healthy Holidays

Men and Women's Health

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.

Take it to Heart

Keeping the heart strong is an integral part of a healthy body. Join Adita as she goes over some of the most common challenges and shares with you everyday tips of keeping your heart strong and healthy.

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.

Self-Care 101

Self-care is the way of clearing the mind and re-energizing the body for productivity and creativity. Join Adita Lang as she shares self-care habits to help the day!

Family Wellness

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.

Family Kitchen Transformation

This 4-week program helps families create a strong foundation of health in the family kitchen. All with the goal of feeding their kids for growth and development, immune support, mental clarity, and focus.

- Week-1 Nutrition 101
- Week-2 Myths and Misconceptions about food
- Week-3 Food Challenges
- Week-4 Meal Planning

This class meets for 60-minute sessions/once a week for 4-weeks.

Many of the nutrition sessions can be modified too include the entire family upon request.

Fitness for Senior Family Members

Balance and Stability Training
Chair Fitness
Fall Prevention

Cooking Classes with Kids in Mind

Snacks	Smoothies and
Main Meals	frozen fruit pops
Desserts	Healthy Holidays

Exercise and Fitness

Exercise 101

Exercise and fitness can be intimidating, too many free fitness videos, programs, and more. Some people benefit, others get injured. Join Adita Lang as she breakdown the nuances of movement, leaving participants more empowered to try various fitness activities with a better understanding of form and technique for an injury-free workout.

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.

Meditation for Wellness

Join Adita Lang as she helps you unravel the mystery of mindfulness. With so many available disciplines, she will help to bring a better understanding and help participants create the right plan for them.

Mindfulness at the Office

Days can be full and crazy, taking a moment to reset may feel selfish and without time. Join Adita as she shares with you a few basic daily habits that can help to clear the mind, increase productivity, and energize the body for a successful day ahead.

Back Care in the Office

Pain is uncomfortable and distracting. It takes over the brain and leave productivity behind. Join Adita Lang as she provides a better understanding of back care and the techniques to strengthen the back and alleviate pain when at the office.

Back Care on the Road

Sitting at a desk can hide pain, but maintaining an on-the-road schedule can aggravate and stop a person in their tracks. Join Adita as she teaches you about the muscles of the back, how to strengthen, stretch, and navigate a full day on the road to keep the back pain free.

Active Aging and Longevity

Aging does not have to slow us down, learning how to alter a few habits can energize the day and enhance longevity. Join Adita Lang as she shares the latest research and the best ways of integrating new habits for healthier aging.

Workouts on the Road

With extensive travels, workouts can go by the wayside. Join Aadita as she teaches you the most efficient ways of designing a workout program from a hotel room or small space.

Exercise Classes

Exercise 101 Movement Session
Cardio and Strength Circuit
Resistance Training
Resistance Bands Workout
HITT
Cardio Kickboxing
Stability Ball Training
Suspension Training
Spinning
Stretching and Flexibility
Back Care
Sports Specific Workouts
Chair Fitness
Kids Fitness
Senior Fitness

10 & 15 minute Virtual Desk Workouts, also available

Mindfulness Sessions

Meditation
Yoga
Pilates
Sound Bowl
Tai Chi

Fusion Sessions

All classes can be combined to create a fusion type class.

Office Specific Health Topics

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.

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(Avail. in **10** **15** minute formats)

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Budget Friendly Packages

For companies small and large

2024 Wellness Programming Package Menu

Q1 HEALTHY RESTART

- **Lunch and Learn** - Nutrition 101, with a focus on High Blood Pressure and Cholesterol
- **Stretch and Learn** - 5 days/15 min ea. - Desk Stretches with Blood Pressure and Cholesterol Tips
- **Lunch and Learn** - Meal Prep 101
- **Cooking Class** - Healthy Lunch Options

Q2 SPRING INTO WELLNESS

- **Lunch and Learn** - Exercise 101- How to workout efficiently through the right training and techniques
- **Stretch and Learn** - 5 days/15 min ea. - Desk Stretches with Exercise Techniques and Tips
- **Movement Class** - Core Strength and Flexibility through Pilates Based Movements

Q3 SUMMER MENTAL RESET

- **Lunch and Learn** - Boundaries 101
- **Mind-Body Daily Check-ins** - 5 days/15 min ea. - Stretching and Mindfulness
- **Lunch and Learn** - SuperPowers of a Healthy Human
- **Mindfulness Know How - Interactive Class**- A class designed to create a customized mindfulness routine.

Q4 FALL FORWARD INTO HEALTH

- **Lunch and Learn** - Eating for the Holidays
- **Stretch and Learn** - 5 days/15 min ea. - Desk Stretches with Stress Management Tips
- **Lunch and Learn** - Health and Happiness, A Perfect Union for Optimal Health
- **Cooking Class** - Healthy Holiday Favorites

Featured Add-ons:

Level-Up 4-Week Wellness Program
1-hour per week - Exercise, Nutrition, Recovery, Happiness
Fee: \$2500

2024 SPECIAL RATES

Quarterly fee - \$1500 | 6 months fee - \$2600 | 1 year fee - \$5000

Fees are for Virtual Presentations only, and do not include the Featured Add-ons.
In-Person rates are available upon request.



On-Demand Programming

The On-Demand option is becoming a popular choice with many clients.

On-Demand option will provide you with 30 plus classes of Lunch and Learn, Stretch and Learn, and Movement.

We can custom brand the portal and provide you and your team with an IOS app for mobile viewing.



A Year in Wellness

A curated one-year event schedule, combining in-person/virtual, and on-demand/ livestream. Contact us for more information or to design the right plan for your employees.

Offerings	In-Person Pay Per Class	Live Stream Pay Per Class	On-Demand Annual	A Year in Wellness <small>In-Person+Live Stream +On-Demand</small>
Key Notes	✓	✓	✗	✓
Lunch and Learns	✓	✓	✓	✓
Stretch and Learns	✗	✓	✓	✓
Movement Classes	✓	✓	✓	✓
Mindfulness Classes	✓	✓	✓	✓
Group Programs	✓	✓	✗	✗
Office Health Coaching	✓	✓	✗	✗
Customized Curriculum	✓	✓	✗	✗
Apple App Available	✗	✗	✓	✓
	Starting at \$550	Starting at \$250	\$3500 one-time payment for 12 months of programming	\$13,000 one-time payment for 12 months of programming

To Schedule: ☎ Adita Lang at 305-794-6505 ✉ Adita@AditaLang.com

4 & 6 Week Programs

Taking the Knowledge from our Topics and Expanding for New Lifestyle Habits

Programs are great way of instilling new habits into your workforce. Participants can engage in a one-on-one relationship with the presenter, to ask questions and create a better plan of action for results.

All Lunch and Learn sessions can be converted into a 4-6 week program in either English or Spanish

Program Fees:

Virtual \$420 per participant with a minimum of 5 participants.

In-Person: \$520 per participant with a minimum of 10 participants. (travel expenses may apply)

Here are a few recommended programs. Programs can always be customized to meet the needs of your organization.

New Year, New You 4-Week Program

January and February are perfect times to create new habits for a healthier year ahead. Join Adita Lang for 4-weeks, as she inspires and educates your team on nutrition, exercise, and easy tips and tricks to make this year healthier than ever. This program is a wonderful reset from the holidays and can be used to kick off the year of wellness activities.

Longevity Training 6-week Food Education Program

This program also has the option to be formatted as a health contest in which a winner is gifted 'Four 30-Minute Sessions with Adita' and runner-up gifted 'Two 30-Minute Sessions with Adita.' The interactive curriculum includes food education, cooking and kitchen tips, pantry and fridge cleanout, and integrating health into the busiest of days.

Family Kitchen Transformation

This 4-week program helps families create a strong foundation of health in the family kitchen. All with the goal of feeding their kids for growth and development, immune support, mental clarity, and focus.

- Week-1 Nutrition 101
- Week-2 Myths and Misconceptions about food
- Week-3 Food Challenges
- Week-4 Meal Planning

Office Health Coaching - (fee-based on the number of employees):

Employees would be able to set virtual appointments for anything related to health and wellness. Topics include food plans, weight loss guidance, general health, healthy habits, pantry clean-outs, cooking, workout recommendations, and more. Fees available upon request.

Available 5-days per week.

To coordinate an event: 📞 Adita Lang at 305-794-6505 ✉️ Adita@AditaLang.com