



2025

EMPLOYEE WELLNESS PROGRAM

*Seminars, Classes,
and Programming Catalog*

Adita
LANG



Contents

Introduction	<u>3</u>
About Adita	<u>4</u>
Making a Plan	<u>5</u>
Pre-Event Check List	<u>6</u>
Wellness Events for Your Employees	<u>7</u>
Virtual Offerings	<u>8</u>
In-Person Offerings	<u>9</u>
Corporate Wellness Packages	<u>10</u>
Stress Management	<u>11</u>
Food & Nutrition	<u>12</u>
Men and Woman's Health	<u>13</u>
Family Wellness	<u>13</u>
Exercise & Fitness	<u>14</u>
Office Specific Health Topics	<u>15</u>
4 & 6 Week Programs	<u>16</u>



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.

Your 2025 Wellness Game Plan Starts Here!

At AditaLang.com, we specialize in empowering your workforce with seminars and programs that target the core of employee wellbeing. Our tailored offerings are designed to reduce disease risk factors, minimize stress, and provide effective, actionable solutions to boost health and overall productivity.

Why Choose Our Corporate Wellness Programs?

- **Boost Productivity & Cut Costs:** Our wellness initiatives help reduce sick days across your organization, resulting in higher productivity, lower turnover, and significant savings on healthcare expenses.
- **Elevate Employee Focus & Engagement:** Engaged employees are productive employees! Our programs motivate your team to show up more focused, energized, and ready to tackle projects with minimal delays from health-related issues.
- **Increase Retention & Maximize Talent:** By investing in employee wellness, you foster loyalty and retention, keeping your top talent onboard years longer than the industry average. This reduces training costs and prevents disruptive turnover, keeping your projects running smoothly.

A Flexible Menu of Wellness Options

Choose from our wide range of classes, available in 10, 15, 30, or 60-minute formats, led by Adita Lang or a certified wellness specialist. Each session is engaging and interactive, blending lecture, discussion, and practical handouts to ensure your employees leave with valuable tools they can use right away.

Custom Solutions for Your Unique Needs:

We know every organization is different. That's why we offer customized programming to align with your company's specific goals and challenges.



About Adita Lang

With over 40 years as a **globally recognized health educator, author, and speaker**, Adita Lang brings unmatched expertise in **fitness program development, restorative and corrective fitness, nutrition for adults and children, and mind-body wellness.**

Adita has delivered impactful lectures at corporate events worldwide, both **in-person and virtually**. Known for her **unstoppable energy**, she engages audiences through her dynamic "**Lunch and Learn**" sessions, **keynotes, and customized coaching programs.**

Her credentials include a **degree in Holistic Nutrition and a Level 3 Holistic Lifestyle Coach certification** from the prestigious Chek Institute.

She is accredited by leading organizations such as **ISCA, NASM, ACE, AFAA, and the University of Miami**. As a faculty member and educational creator for the **International Sports Conditioning Association**, Adita is at the forefront of health and wellness education.

Adita is also the author of the popular books, **SuperPowers: A Busy Woman's Guide to Health and Happiness** and **SuperPowers of the Family Kitchen**. Her signature programs, blog posts, and **streaming video cooking demonstrations** are all available at www.AditaLang.com.

Adita's mission is simple: to bring health and wellness directly into the workplace, making it easy for employees to incorporate healthy habits into their daily routines—no matter how busy they are!



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

1. What is the cost of your seminars and programs?

Fees vary based on the type of presentation or package you choose. Adita Lang has experience working with major insurance companies, making it possible to utilize your wellness dollars. Alternatively, direct payment options are also available. Contact us for a personalized quote based on your needs.

2. Can I host a webinar or virtual seminar?

Absolutely! All of our seminars, classes, and programs are available in webinar or virtual formats. We use Zoom for a seamless experience, and we can handle the setup on our end, or you can use a platform of your choice. Just provide us with the links to ensure a successful event.

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

If you need to reschedule or cancel, please reach out to Adita Lang at 305-794-6505 at least 10 days in advance. We will do our best to accommodate your request and make any necessary adjustments.

4. Can I record the sessions for future use?

Yes, some of our classes and programs can be recorded for an additional licensing fee. This allows you to revisit the content or share it with your team members who couldn't attend live.

5. Are your events available in other languages?

Yes! We offer all our seminars, classes, and programs in Spanish as well, ensuring inclusivity and engagement for diverse workforces.

Making Your Wellness Event a Success

We aim to simplify the planning process and ensure your event is impactful and seamless. Here's how we work with you every step of the way:

1. Review the Needs of Your Employees

- Understanding your workforce's unique needs helps us tailor the event to address specific challenges and maximize engagement.
- Analyze past attendance records to identify popular topics and patterns. This insight allows us to design a program that resonates with your team.
- Consider scheduling events at times that accommodate your employees' work and home lives. For virtual events, offering sessions outside of work hours can allow the entire family to benefit.

2. Let's Collaborate on Event Promotions

- We provide **promotional materials** to make marketing easy, including:
 - **Flyers** with embedded registration links
 - **30-60 second promotional videos** to build excitement
 - **Social media graphics** to increase visibility
 - **Newsletter articles** tailored to the event topic
 - **Online scheduling** for individual health coaching sessions
- Whether it's an in-person or virtual event, we help you secure the location and provide necessary links for virtual participation.

3. Complete Housekeeping and Logistics

- **Scheduling:** Book your event at least 30 days in advance to allow ample time for setup and promotion. We also accept last-minute bookings, but we appreciate your patience as we work to accommodate all requests.
- **Technology Needs:** Ensure all tech requirements are met prior to the event. The host location is responsible for providing microphones, projectors, and any other necessary technology for the presentation.
- **Promotion:** Use internal communications, such as email and newsletters, to promote the event multiple times in the lead-up to ensure strong attendance.

Our goal is to make your wellness event a seamless experience that delivers real value to your employees. Let's work together to create a successful program that inspires, educates, and engages your workforce!

1-2 weeks Prior

Day of Presentation

1. Confirm Event Details with Adita Lang:

- Verify the event address and parking information for in-person presentations.
- For virtual events, confirm the virtual meeting link and platform details.

2. Send Reminder Notices:

- Notify registered participants with a reminder email about the upcoming event.
- If space allows, send a company-wide notice to encourage last-minute registrations.

3. Confirm Equipment and Tech Needs:

- Double-check all equipment requirements (microphones, projectors, screens).
- Ensure the tech setup is tested and ready for a smooth presentation experience.

1. Confirm Event Details with Adita Lang:

- Verify the event address and parking for in-person presentations.
- For virtual events, double-check the meeting link and platform access.

2. Send Last-Minute Reminder Notices:

- Send a final reminder email to all registered participants.
- If space is still available, consider sending a company-wide notice to encourage any last-minute sign-ups.

3. Confirm Equipment and Tech Setup:

- Conduct a final check of all equipment (microphones, projectors, screens).
- Test the tech setup to ensure everything is working smoothly for an uninterrupted presentation.



Wellness Events for your Employees

Optimal performance for energy, motivation, and drive

Employee wellness is about empowering your team with the tools they need to **balance work and life**, effectively **manage stress**, achieve **weight loss** goals, and develop **sustainable healthy habits** that they can easily integrate into their daily routines.

Budget-Friendly Options: Save More with Multiple Events!

Take advantage of our multi-event discount and get more wellness for your budget:

- **5 events: 10% off**
- **6-8 events: 15% off**
- **9 or more events: 20% off**

All sessions must be scheduled and invoiced at the same time to qualify for discounts.

Program Add-Ons for Enhanced Results:

All Lunch and Learn classes can be enhanced with a 2-4 week program designed to boost adherence and provide follow-up support.

These add-on programs include:

- **Weekly Zoom meetings** for ongoing guidance
- **Follow-up homework** assignments to reinforce learning
- **Adherence tracking** to monitor progress and ensure success



Virtual Offerings

Our virtual programs bring health and wellness directly to your team, offering a range of engaging and interactive classes to fit every need, in both English and Spanish..

1. Lunch and Learn: 30-minute or 1-hour sessions

- **Description:** Engaging, entertaining lectures on a variety of health and wellness topics, including **stress management, nutrition, ergonomics**, and other health-related issues.
- **Fees:** Starting at **\$250** for 30-minute sessions or **\$495** for 1-hour sessions

2. Stretch and Learn / Mind Body Check-ins: 15 minutes, 5 days a week (also available in 10-minute segments)

- **Description:** Guided stretches and movements at your desk to rejuvenate your workday, paired with quick health tips.
- **Fees:** Starting at **\$495/week**

3. Movement and Mindfulness Classes

- **Offerings:** Yoga, Mat Pilates, Strength Training, Balance and Stability Training, Full-Body Workouts, Cardio, and more
- **Fees:** Starting at **\$250** for 30-minute sessions or **\$495** for 1-hour sessions

4. Nutrition and Food-Oriented Programs

- **Options:** Virtual Cooking Classes, Virtual Meal Prep, and Virtual Kitchen Organization
- **Fees:** Available upon request

5. Keynote Presentations

- **Description:** Adita Lang inspires audiences with relatable stories and easy-to-implement tips for leading a healthier lifestyle.
- **Fees:** Starting at **\$3,500**

6. 4-6 Week Health and Wellness Programs

- **Description:** Comprehensive programs covering a variety of topics, from mindset to lean living, designed to promote lasting wellness habits.
- **Fees:** Available upon request



Elevate your corporate wellness program with engaging, interactive, and educational in-person sessions tailored to your team's needs, in both English and Spanish.

1. Lunch and Learn: 1-hour sessions

- **Description:** Dynamic and entertaining lectures covering a variety of health and wellness topics, including **stress management, ergonomics,** and other health-related issues.
- **Fees:** Starting at **\$550 per class**, travel fees may apply

2. Movement and Mindfulness Classes

- **Offerings:** Yoga, Mat Pilates, Strength Training, Balance and Stability Training, Full-Body Workouts, Cardio, and more
- **Fees:** Starting at **\$550 per hour**, travel fees may apply

3. Nutrition and Food-Oriented Programs

- **Options:** Hands-on Cooking Classes tailored to your group's size and needs
- **Fees:** Available upon request

4. Keynote Presentations

- **Description:** Adita Lang captivates audiences with relatable stories and practical, easy-to-implement tips for leading a healthier lifestyle.
- **Fees:** **\$5,000** plus travel expenses

5. 4-6 Week Health and Wellness Programs

- **Description:** Customized programs designed to tackle a range of wellness topics, from mindset enhancement to lean living.
- **Fees:** Available upon request



Corporate Wellness Packages

For companies small and large

Quarterly Programming Suggestions

Q1: JUMPSTART YOUR WELLNESS JOURNEY

- **Lunch and Learn** - Food Planning 101 - How to plan your meals for the day and your health goals.
- **Stretch and Learn** - 5 days/15 min ea. - Desk Stretches with Blood Pressure and Cholesterol Tips
- **New Year, New You:** 4-Week Program - Start the year strong with a four-week program
- **Cooking Class** - Healthy Lunch Options

Q2: SPRING INTO HEALTH

- **Lunch and Learn** - Weight Loss 101 and the Stress Connection
- **Mindful Moments** - 5 days/15 min ea. - Desk Stretches with Mindful Activities and Health Tips
- **Movement Class** - Core Strength and Flexibility through Pilates Based Movements
- **Smoothie Break** - Join Adita for a refreshing smoothie demonstration.

Q3: SUMMER WELLNESS BOOST

- **Lunch and Learn** - Fuel your Vibe: Simple Steps to a Healthier and Happier YOU!
- **Stretch and Learn** - 5 days/15 min ea. - Desk Stretches with metabolism boosting tip
- **Movement Class** - Cardio and Strength Training Fusion
- **Cooking Class** - Energy Boosting Breakfast Options

Q4: END THE YEAR STRONG

- **Lunch and Learn** - Nutrition 101: Holiday Eating Leading to a Healthy New Year
- **Mindful Movements** - 5 days/15 min ea. - Desk Stretches with Mindful Activities and Stress Management Tips
- **Movement Class** - Yoga Recharge
- **Cooking Class** - Healthy Holiday Favorites

2025 PROMOTIONAL DISCOUNTS

Quarterly fee - 10% Discount | 6 months fee - 15% Discount | 1 year fee - 20% Discount

All sessions must be scheduled and invoiced at the same time to qualify for discounts.

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

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

Discover how simple mindfulness practices can boost clarity, enhance energy, and improve nutrient absorption. Adita Lang will debunk common mindfulness myths and teach easy habits you can integrate throughout your day to elevate productivity and wellbeing.

Boundaries 101

Struggling to find time for yourself? Learn how setting clear boundaries can help you reclaim your time, reduce stress, and find more joy in everyday moments. Adita Lang will guide you in creating guilt-free space for self-care, leading to greater focus and overall life satisfaction.

Mind-Body Daily Check-In

Recharge your mind and body in just 15 minutes! Adita Lang's quick, desk-friendly session combines stretches, breathing techniques, and wellness tips to boost energy and relieve tension. Perfect for a productivity and mood boost during your busy day.

Mindfulness at the Office

Feeling overwhelmed at work? Adita Lang shares simple, effective mindfulness habits to reset your mind, increase productivity, and boost your energy. Learn easy strategies to seamlessly integrate calm and focus into your daily routine.

NEW Health, Happiness, and a Stress-Free Day!

Stressed with a never-ending to-do list? Let Adita Lang show you how to navigate daily chaos with her practical tips for reducing stress and finding your Zen. Transform your day into a balanced, happier experience with simple, actionable steps.

Lowering Stress and Increasing Creativity

Unlock your creative potential by reducing stress! Adita Lang offers powerful techniques to manage stress and create a clear mental space, helping you thrive in both personal and professional life. Learn to cultivate calm and let your creativity flow!

NEW Dreams to Reality: A Vision Board Workshop

Transform your aspirations into actionable goals with Adita Lang! In this creative and introspective workshop, you'll craft a personalized vision board that brings your dreams to life. Walk away with a clear visual roadmap to guide you toward your passions and long-term goals.

NEW Stress Free Power Hour

Unwind and reset with Adita Lang in this powerful session combining stress education, yoga, and meditation. Discover hidden layers of stress and learn how to release them through movement and mindfulness, ending your day with a refreshed mind and body.

Health and Happiness: A Perfect Union for Optimal Health

Learn how to effortlessly weave health and happiness into your daily routine with Adita Lang's top tips. This session focuses on simple, actionable habits that enhance your wellbeing, leaving you smiling and energized every day.

Minimizing Your Stress Response to Daily Life Challenges

Join Adita Lang as she demystifies stress and offers practical techniques to reduce its impact. Learn how to minimize daily stressors and create a renewed sense of calm and resilience.

Change Your Health, Change Your Sleep

Unlock the secrets to better sleep with Adita Lang. Discover the strong link between health and sleep, and gain practical strategies for improving your nightly rest, leading to better overall health and energy.

SuperPowers of a Healthy Human

Boost your immunity and wellbeing with easy-to-implement habits! Adita Lang shares her holistic approach to balanced health, covering exercise, nutrition, relaxation, and happiness—even for the busiest of schedules.

NEW Weight Loss 101 & The Stress Connection

Uncover the link between stress and weight gain with Adita Lang. In this session, learn effective strategies for managing stress and kickstarting your weight loss journey with practical, science-backed tips.

Whole Food Nutrition: The Power of Plant-Based Eating

Discover the incredible benefits of plant-based nutrition with Adita Lang. Learn simple ways to enhance your diet by adding or transitioning to more whole, plant-based foods for optimal health and vitality.

NEW Food Planning 101: Trend Breakdown and Practical Guidance

Confused by popular diet trends? Adita Lang demystifies Intermittent Fasting, Keto, and Food Combining, providing a balanced overview of each. Walk away with clear insights on which plan might suit your lifestyle best.

Pantry Clean-Out 101

Transform your kitchen into a wellness haven! Adita Lang guides you in organizing your pantry, fridge, and freezer, helping you stock fresh, nutritious ingredients for healthier meal choices.

NEW Fuel Your Vibe: 4 Steps to a Healthier You

Elevate your wellbeing through Adita Lang's Four Pillars of Wellness: stress management, nutrition, movement, and rest. Discover practical tips to boost your energy, clarity, and overall health.

What's in Your Food? Understanding Additives and Labels

Decipher confusing food labels with Adita Lang. Learn to spot harmful additives and make smarter, healthier food choices to better support your wellbeing.

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

Learn to kick the sugar habit with Adita Lang's expert guidance. Understand the mind-body connection to sugar cravings and discover practical steps to restructure your diet for lasting energy and health.

How to Boost Your Immune System

Adita Lang shares easy, actionable tips on cooking, dining out, and snacking to naturally enhance your immune system and overall wellness.

Vitamin D, Immunity, and More

Discover the powerful role of Vitamin D in your health. Adita Lang explains how to optimize your Vitamin D levels safely, boosting immunity without risking skin health.

NEW Nutritional Education for Healthy Living

Adita Lang debunks common nutrition myths and shares essential knowledge to help you select foods that boost energy, enhance performance, and support weight management for lasting health.

Nutritional Basics

Simplify meal planning by understanding the core value of different food groups. Join Adita as she breaks down essential nutrients and how they fuel the body effectively.

How Foods Can Help Alleviate Health Challenges

Learn how your food choices directly impact health. Adita Lang explores specific foods that strengthen the body and help alleviate common health issues, empowering you to make better dietary decisions.

Meal Prep 101: Quick and Healthy Tricks for the Kitchen

Master meal prep with Adita Lang's expert tips on kitchen organization and efficient cooking habits. Discover easy tricks to prepare healthy meals and snacks in no time.

NEW Nutrition 101: Holiday Eating for a Healthy New Year

Navigate the holiday season with Adita Lang's expert advice on balancing indulgence and nutrition. Gain practical tips to manage sugar intake and set the stage for a healthy, vibrant new year.

Food Classes

Supermarket Tour
Kitchen Organization
Meal Prep

Cooking Classes

Salads	Batch Cooking
Healthy Holidays	Main Meals
	Smoothies

Men & Women's Health

NEW Breast Cancer Prevention: Living Healthy from the Inside Out

Join Adita Lang for an empowering session on reducing breast cancer risk through lifestyle choices. Learn science-backed strategies focused on nutrition, exercise, stress management, and sleep to boost overall health. This engaging class offers actionable steps for both men and women to enhance wellbeing and take control of their health journey.

Men's Health from the Inside Out

Adita Lang dispels common misconceptions and provides practical solutions for men looking to adopt healthier habits. Discover simple yet impactful changes that can significantly enhance your overall wellbeing.

Prostate Health Through Healthy Habits

Explore effective strategies for maintaining prostate health with Adita Lang. Learn about the best foods, exercises, and daily habits that support prostate function and long-term wellness.

Women's Health from the Inside Out

Join Adita Lang as she dispels myths around women's health and provides clear, actionable tips. Discover simple strategies to enhance overall wellbeing, focusing on nutrition, exercise, and daily habits tailored for women.

Women's Health and Breast Cancer

Explore how heredity, lifestyle, and stress contribute to cancer risks. Adita Lang offers science-backed insights on reducing breast cancer risk through smart food choices, regular exercise, and healthy habits. Learn to take proactive steps for a healthier future.

NEW Self-Care 101

Rejuvenate your mind and body with simple self-care practices. Adita Lang will guide you through easy habits to boost energy, enhance focus, and promote relaxation, helping you tackle the day with renewed vitality.

Take It to Heart

A healthy heart is the foundation of overall wellness. Join Adita Lang as she discusses common heart health challenges and shares everyday tips to strengthen your heart through diet, exercise, and stress management.

Family Wellness

Maximizing The Family Kitchen for Health

Transform your kitchen into a powerhouse for energy and focus! Join Adita Lang as she shares tips to set up a kitchen that fuels the entire family. Learn key differences between the nutritional needs of kids and adults, and discover practical ways to support growth, immune health, and mental clarity with every meal.

Family Kitchen Transformation: 4-Week Program

Build a healthier home with Adita Lang's 4-week series designed to upgrade your family's nutrition. Each session dives deep into a crucial topic:

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

Join once a week for 60-minute sessions and gain actionable strategies to enhance your family's health and well-being!

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

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

Exercise and Fitness

Exercise 101

Confused by the endless fitness videos and advice online? Join Adita Lang as she demystifies exercise basics, offering guidance on proper form, technique, and how to safely engage in different fitness activities. Learn how to avoid common injuries and build confidence to try new workouts effectively.

Exercise in The New Normal

Navigating fitness in today's world can be tricky. Adita Lang will guide you through adapting your routine, whether you're hitting the gym or taking your workouts outdoors. Get tips for staying safe, motivated, and fit in this evolving landscape.

Meditation for Wellness

Unlock the power of mindfulness with Adita Lang as she simplifies meditation practices. Explore various techniques, find what resonates with you, and create a personalized approach to incorporate mindfulness into your daily life for greater wellness and peace.

Mindfulness at the Office

Feeling overwhelmed at work? Join Adita Lang for simple yet effective habits that can clear your mind, boost productivity, and energize your day. Learn easy ways to incorporate mindfulness into your routine for a calmer, more focused work environment.

Back Care in the Office

Struggling with back pain at work? Adita Lang offers practical strategies for strengthening your back, relieving discomfort, and boosting productivity. Learn desk-friendly exercises and tips to keep your spine healthy and pain-free throughout the workday.

Back Care on the Road

Traveling can take a toll on your back. Adita Lang teaches you how to manage and prevent back pain while on the go, with targeted exercises and stretches designed to keep you mobile and pain-free during your busiest days.

NEW Yoga Recharge

Need a quick pick-me-up? Join Adita Lang for a 15-minute desk-friendly yoga session. Experience gentle stretches, mindful breathing, and wellness tips to refresh your mind and body, helping you feel re-energized and ready to tackle your day.

Active Aging and Longevity

Aging doesn't have to mean slowing down! Join Adita Lang as she shares the latest research on aging well and offers simple, practical tips to boost your energy and enhance longevity. Learn how small lifestyle tweaks can lead to a healthier, more vibrant life.

Workouts on the Road

Don't let travel disrupt your fitness goals. Join Adita Lang as she demonstrates effective, space-saving workouts that can be done from a hotel room or any small area. Stay fit and active no matter where your journey takes you!

NEW Stress-Free Power Hour

Ready to unwind? Join Adita Lang for an hour of yoga, meditation, and stress-relief techniques designed to melt away tension. This relaxing session will leave you feeling calm, centered, and ready to take on whatever comes next.

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 and Events

NEW New Year, New You: 4-Week Program

Start the year off right with Adita Lang's transformative 4-week program. This program is designed to help participants establish sustainable, healthy habits, covering nutrition, movement, and overall wellness. Set the stage for a year of vitality, energy, and well-being!

2025 Challenges

1. Step Up Challenge

Goal: Increase daily movement by tracking steps.

Duration: 4 weeks

Details: Encourage employees to aim for a daily step goal (e.g., 10,000 steps) using fitness trackers or smartphones. Offer weekly milestones and group rewards, fostering a fun and competitive atmosphere.

2. Mindfulness Minute Challenge

Goal: Improve focus and reduce stress through daily mindfulness exercises.

Duration: 3 weeks

Details: Employees practice 5-minute mindfulness or meditation sessions each day. Provide guided videos or apps, and track participation to see who can complete the most sessions in a week.

3. Hydration Challenge

Goal: Boost energy and productivity through proper hydration.

Duration: 2 weeks

Details: Set a daily water intake goal (e.g., 64 oz). Create a shared leaderboard where employees can log their water intake, and provide tips on how hydration improves mental clarity and physical performance.

4. Healthy Lunch Swap Challenge

Goal: Promote nutritious eating habits during the workday.

Duration: 4 weeks

Details: Challenge employees to bring a healthy homemade lunch at least 3 days a week. Share easy, nutritious recipes and tips for meal prepping. Reward participants who complete all 4 weeks with a wellness-related prize.

5. Stress Buster Challenge

Goal: Reduce stress through daily relaxation and physical activities.

Duration: 3 weeks

Details: Employees earn points by engaging in stress-relief activities like yoga, stretching, taking a walk, or practicing deep breathing. Track participation, and offer incentives for those who reach a certain number of activities.

NEW Group Health Coaching

Empower your team with personalized, 15-minute health coaching sessions with Adita Lang. Tailored to each employee's needs, these sessions focus on nutrition, exercise, stress management, and more. Gain actionable strategies to improve well-being, boost energy, and enhance overall performance.

NEW Smoothie Break

Join Adita Lang for a fun and energizing smoothie break! Learn how to make nutrient-packed smoothies with health-boosting ingredients. Sample delicious recipes that support your health goals and discover how these tasty blends can provide lasting energy throughout your day.

Ergonomic and Health Essentials for the Ideal Office

Maximize comfort, efficiency, and energy at work with Adita Lang's practical tips on setting up your workspace and body for success. Learn easy ergonomics and health essentials to keep you energized throughout the day, including smart strategies for snacking and meal planning at your desk.

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

Mindfulness can transform your day! Join Adita Lang as she demystifies mindfulness and shares simple techniques for resetting your mind and body, boosting your energy, and improving focus. Discover how these easy-to-implement habits can enhance your productivity and well-being.

Boundaries 101

Set yourself up for success by learning the power of boundaries. Join Adita Lang as she clarifies how setting personal limits can free up time, reduce stress, and increase happiness. Discover how prioritizing your needs without guilt allows for more joy and balance in your day.

Mind-Body Daily Check-In

Recharge your body and mind with Adita Lang's 15-minute daily sessions designed for the busy professional. Monday, Wednesday, and Friday focus on desk-friendly workouts, while Tuesday and Thursday bring mindfulness activities that ease stress and enhance focus—all without breaking a sweat.

Mindfulness at the Office

Workdays can be overwhelming, but taking a moment for mindfulness can boost your productivity and energy. Join Adita Lang as she shares quick, easy habits to reset your mind and keep you energized throughout your workday.

Back Care in the Office

Sitting all day can wreak havoc on your back, but relief is possible! Join Adita Lang as she guides you through essential back care techniques to strengthen your back, prevent pain, and maintain comfort—so you can focus and stay productive at work.

4 & 6 Week Programs

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

Programs are an excellent way to instill lasting healthy habits within your workforce. Participants can engage directly with the presenter for personalized advice, fostering an interactive learning experience. All Lunch and Learn sessions can be expanded into 4-6 week programs, available in both English and Spanish.

Program Fees:

- Virtual: \$420 per participant (minimum of 5 participants)
- In-Person: \$520 per participant (minimum of 10 participants; travel expenses may apply)

Popular Program Options (Customizations available):

New Year, New You: 4-Week Kickoff Program

Start the year strong! In January and February, set the tone for a healthier year with 4 weeks of guidance on nutrition, exercise, and simple strategies for lasting wellness. A perfect reset from the holidays to launch your annual wellness initiatives.

Longevity Training: 6-Week Food Education Program

Engage employees in a fun, interactive challenge focused on longevity. Includes food education, kitchen tips, pantry clean-outs, and integrating health into busy lives. Optionally structured as a contest with coaching session prizes for top participants.

Family Kitchen Transformation: 4-Week Family Health Boost

Empower families to build a healthier kitchen. This program covers:

- Week 1: Nutrition 101
- Week 2: Debunking Food Myths
- Week 3: Fun Food Challenges
- Week 4: Effective Meal Planning Focuses on supporting children's growth, immune health, and mental clarity.

Office Health Coaching

Provide personalized health coaching to your team with virtual appointments on topics like meal planning, weight loss, pantry clean-outs, fitness recommendations, and more. Available 5 days a week. (Fees based on the number of employees; inquire for details)

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