









2027

Employee Wellness Program

SEMINARS, CLASSES, AND EXPERIENCES CATALOG

Adita LANG

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Introduction

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 its employees.

Your 2027 Wellness Game Plan Starts Here!

At AditaLang.com, we specialize in empowering your workforce with seminars, classes, and experiences 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 ADITA LANG?

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.

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.

It's Always Adita: Every session, coaching call, and keynote is led personally by Adita — not a rotating roster of junior facilitators. Your team gets 40+ years of real expertise, every time.

IN HER OWN CLIENTS' WORDS

> "Adita has successfully delivered numerous health education seminars and webinars for Cigna clients over the past 5 years. She has continually received positive feedback on her presentations and knowledge in various health and wellness topics. She is an engaging and dynamic speaker and a pleasure to work with."
>
> — Juliet Romeo Tabbara, M.S., FMCHC, NBC-HWC

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 herself. 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. All offerings are available in English and Spanish.



Virtual Signature Experiences

SUPERPOWERS SESSIONS

Less lecture. More "aha." Real life tips, lived in real time.

These are the sessions people talk about after — built to get employees moving, laughing, and actually feeling the difference, not just listening to it. All experiences below are designed for Adita to run solo, whether you book virtual or in-person.

The 3-Minute Reset (30-45 min)

Feel better before your next meeting.

A live experiment in stress relief — a quick self check-in, a few science-backed techniques tried in real time, and a personal 3-minute reset routine every employee builds and keeps.

FEE: **$550**

Health IQ Live (30-60 min)

How healthy is your health IQ?

A fast-paced, game-show-style session where your team competes on real health questions — some obvious, some designed to trip you up. Adita reveals the science behind every answer.

FEE: **$550**

Ask a Wellness Expert (ongoing, weekly)

A live Q&A your team can log into and ask Adita anything about their health and wellness goals. Two sessions a week — one midday, one evening — so everyone can find a time that works.

FEE: **$30/person/month (minimum of 20 participants), or $3,000/month for 100+ employees**

Office Health Coaching (15-minute appointments, virtual)

One-on-one coaching, scheduled ahead of time. When employees book their appointment, they complete a short questionnaire so Adita has a general idea of their goals before they meet. Together they talk it through, and afterward each employee receives supportive material to keep them moving forward.

FEE: **Upon request, based on number of employees**



In-Person Signature Experiences

(SOUTH FLORIDA)

NEW

Wellness Café (90 min, flat group rate)

Drop in, stay as long as you like.

Adita cooks up something delicious right in front of your team — think chai latte smoothies or coconut protein balls — talks through the ingredients, and answers questions as people flow in and out. Some employees stay five minutes; some leave with a full health game plan.

FEE: **$1,000 (flat group rate)**

Hands-On Cooking Class (60-90 min)

Your team and Adita, building real recipes together start to finish — using simple, no-cook preparations (think assembly, blending, and no-bake techniques). No kitchen required, so it fits easily into a boardroom, cafeteria, or open office space. Tailored to your group's size — from salads to batch cooking to healthy holiday spreads.

FEE: **Starting at $900**

Move, Eat & Reset (60 min)

Three things your body needs every day.

A mini workout, no-cook cooking, and a mindful activity — Adita's Four Pillars of Wellness, brought to life in three 15-minute rounds. **Move:** a short, functional mini-workout. **Eat:** a hands-on, no-cook build-your-own-snack activity using provided ingredients, with Adita teaching the reasoning behind each choice. **Reset:** a closing breathing and mindfulness activity. No kitchen required — something your team experiences together instead of just hears about.

FEE: **$850**

Office Health Coaching (15-minute appointments, in-person)

One-on-one coaching, scheduled ahead of time. When employees book their appointment, they complete a short questionnaire so Adita has a general idea of their goals before they meet. Together they talk it through, and afterward each employee receives supportive material to keep them moving forward.

FEE: **Upon request, based on number of employees**

> "Adita Lang's professionalism, expertise, and passion for wellness is outstanding, contagious, and undeniable. This is why we continue bringing her for our wellness initiatives. Recommended 100%."
>
> — Astrid Cobeleda, Ocean Bank (active customer since 2020)



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 *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!

> “Thank you, you are amazing and all of your knowledge is truly amazing. I love it!”
>
> — Consuelo Jordan, Integrated Home Care Services, Inc.



Making a Plan

FREQUENTLY ASKED QUESTIONS

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

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

2. Can I host a webinar or virtual seminar?

Absolutely! All of our seminars, classes, and experiences are available in webinar or virtual formats. We use Zoom for a seamless experience, and can handle setup on our end, or you can use a platform of your choice.

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

Please reach out to Adita 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 classes and programs can be recorded for an additional licensing fee, so you can revisit the content or share it with team members who couldn't attend live.

5. Are your events available in other languages?

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



Wellness Event Success

We aim to simplify the planning process and ensure your event is impactful and seamless.

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.
- Consider scheduling events at times that accommodate employees' work and home lives.

2 Let's Collaborate on Event Promotions

- 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

3 Complete Housekeeping and Logistics

- **Scheduling:** Book at least 30 days in advance to allow ample time for setup and promotion. Last-minute bookings accepted as availability allows.
- **Technology Needs (in-person events only):** The host location is responsible for providing microphones, projectors, and any other necessary technology.
- **Promotion:** Use internal communications, such as email and newsletters, to promote the event multiple times in the lead-up.

1-2 Weeks Prior

- Confirm event address / virtual link and platform details.
- Send reminder notices to registered participants.
- Double-check all equipment requirements.

Day of Presentation

- Verify address/parking or double-check meeting link access.
- Send final reminder email; open last-minute sign-ups if space allows.
- Final equipment check for smooth, uninterrupted delivery.



Virtual Offerings

CORE CLASSES AND PROGRAMS,
AVAILABLE IN ENGLISH AND SPANISH

Lunch and Learn (30 min or 1 hour)

Engaging, entertaining lectures on a variety of health and wellness topics, including stress management, nutrition, ergonomics, and more.

FEE: **$325 (30 min) / $550 (1 hour)**

Stretch and Learn & Mindful Moments (15 min, virtual)

Your daily 15-minute reset — choose your focus. **Stretch and Learn:** exercise, stretching, and a health tip. **Mindful Moments:** stretching, mindful activities, and a health tip. Sold in weekly packages of 5 sessions; individual sessions also available at a premium for one-off bookings. See pages 14 and 15 for the full Exercise & Fitness and Office-Specific offerings this pairs with.

FEE: **$550/week (package of 5) | $120 per individual session**

Movement and Mindfulness Classes (30 min or 1 hour)

Yoga, Mat Pilates, Strength Training, Balance and Stability, Full-Body Workouts, Cardio, and more. Full class list on page 14.

FEE: **$325 (30 min) / $550 (1 hour)**

Nutrition and Food-Oriented Programs

Virtual Cooking Classes, Virtual Meal Prep, and Virtual Kitchen Organization. Want the full hands-on version? Smoothie Break (page 15) brings this experience to your office in person.

FEE: **Starting at $700**

Virtual Keynote

Adita inspires audiences with relatable stories and easy-to-implement tips for leading a healthier lifestyle.

FEE: **Starting at $4,500**

4-6 Week Health and Wellness Programs

Comprehensive programs covering a variety of topics, from mindset to lean living. Full options on page 16.

FEE: **Starting at $420/participant**



In-Person Offerings

SOUTH FLORIDA, AVAILABLE IN ENGLISH AND SPANISH

Lunch and Learn (1 hour)

Dynamic and entertaining lectures covering stress management, ergonomics, and other health-related topics.

FEE: **Starting at $850 per class, travel fees may apply**

Movement and Mindfulness Classes (1 hour)

Yoga, Mat Pilates, Strength Training, Balance and Stability, Full-Body Workouts, Cardio, and more. Full class list on page 14.

FEE: **Starting at $850 per hour, travel fees may apply**

Hands-On Cooking Classes

Tailored to your group's size and needs. See page 5 for our flagship in-person food experiences, Wellness Café and Move, Eat & Reset.

FEE: **Starting at $900**

Keynote Presentations

Adita captivates audiences with relatable stories and practical, easy-to-implement tips for leading a healthier lifestyle.

FEE: **$5,000 plus travel expenses**

4-6 Week Health and Wellness Programs

Customized programs designed to tackle a range of wellness topics. Full options on page 16.

FEE: **Starting at $520/participant**

Stress Management & Mental Health



> "Thank you for today's session, I feel so much more relaxed after the meditation."
>
> — Liliana Gutierrez, Claro Enterprise Solutions

All events available in 30 or 60-minute formats unless otherwise indicated.

The Creative Edge: Using Calm to Spark Innovation — Discover how calm fuels creativity! Practical tools to quiet mental clutter, reduce stress, and open the door to fresh ideas and innovation.

Refill Your Tank: Everyday Habits for Energy & Focus — Simple self-care habits that restore energy, reduce stress, and sharpen focus.

Everyday Resilience: How to Manage Stress Before it Manages You — The science of stress and simple, effective strategies to stay calm under pressure and build lasting resilience.

Self-Care 101 — Simple self-care practices to boost energy, enhance focus, and promote relaxation.

Everyday Moments for Mindfulness to Increase Energy, Productivity, and More — How simple mindfulness practices can boost clarity, enhance energy, and improve productivity.

Boundaries 101 — How setting clear boundaries can help you reclaim your time, reduce stress, and find more joy in everyday moments.

Dreams to Reality: A Vision Board Workshop — Craft a personalized vision board that brings your dreams to life — a clear visual roadmap toward your passions and long-term goals.

Health and Happiness: A Perfect Union for Optimal Health — Simple, actionable habits that enhance your wellbeing, leaving you smiling and energized every day.

Change Your Health, Change Your Sleep — The strong link between health and sleep, and practical strategies for improving your nightly rest.

SuperPowers of a Healthy Human — Boost your immunity and wellbeing with easy-to-implement habits! Based on Adita's book, *SuperPowers*. Add a signed copy for each participant for an additional $15 per person (groups of 15+).

Weight Loss 101 & The Stress Connection — The link between stress and weight gain, and effective strategies for managing both.

Mindfulness at the Office — Simple, effective mindfulness habits to reset your mind, increase productivity, and boost your energy.

Health, Happiness, and a Stress-Free Day! — Practical tips for navigating daily chaos, reducing stress, and finding your Zen. Can be tailored to your industry.



Food & Nutrition

All events available in 30 or 60-minute formats unless otherwise indicated.

Whole Food Nutrition: The Power of Plant-Based Eating — Simple ways to enhance your diet by adding or transitioning to more whole, plant-based foods.

Food Planning 101: Trend Breakdown and Practical Guidance — Demystifying Intermittent Fasting, Keto, and Food Combining.

Pantry Clean-Out 101 — Organizing your pantry, fridge, and freezer to stock fresh, nutritious ingredients.

Fuel Your Vibe: 4 Steps to a Healthier You — Adita's Four Pillars of Wellness: stress management, nutrition, movement, and rest. See Move, Eat & Reset on page 5 for the hands-on, no-cook live experience version.

What's in Your Food? Understanding Additives and Labels — How to spot harmful additives and make smarter, healthier food choices.

How to Break the Sugar Habit for Energy, Health, and More — The mind-body connection to sugar cravings, and practical steps to restructure your diet.

How to Boost Your Immune System — Easy, actionable tips on cooking, dining out, and snacking.

Nutritional Education for Healthy Living — Debunking common nutrition myths, and selecting foods that boost energy, enhance performance, and support weight management.

Nutritional Basics — The core value of different food groups, and how essential nutrients fuel the body.

How Foods Can Help Alleviate Health Challenges — Specific foods that strengthen the body and help alleviate common health issues.

Meal Prep 101: Quick and Healthy Tricks for the Kitchen — Kitchen organization and efficient cooking habits for quick, healthy meals.

Nutrition 101: Holiday Eating for a Healthy New Year — Balancing indulgence and nutrition through the holiday season.

'Tis the Season to Eat Smart! — Simple strategies for eating smart during holiday parties and celebrations, so you can savor every bite and start the new year feeling your best.

Food Classes & Cooking Classes

Supermarket Tour | Kitchen Organization | Meal Prep | Salads | Batch Cooking | Main Meals | Smoothies | Healthy Holidays



Men & Women's Health

FOR BOTH MEN AND WOMEN

Breast Cancer Prevention: Living Healthy from the Inside Out — Science-backed strategies focused on nutrition, exercise, stress management, and sleep.

Take It to Heart — Common heart health challenges, and everyday tips to strengthen your heart through diet, exercise, and stress management.

One Beat at a Time — How the heart works, and practical steps to strengthen it through nutrition, movement, and lifestyle habits.

Stress, Sugar, and Cancer: How to Break the Connection — How stress and sugar team up to impact your health, and cancer risk.

Strong Bodies, Smart Choices: Breast Cancer Prevention for Everybody — How lifestyle choices, nutrition, and self-care can help reduce breast cancer risk — for both men and women.

Healthy Aging Habits for Life — Practical strategies for healthy aging — nutrition, movement, and stress management to stay energized and productive.

FOR WOMEN

SuperPowers for Women's Health — Practical ways to boost energy, manage stress, balance hormones, and build lasting strength. Based on Adita's book, *SuperPowers*. Add a signed copy for each participant for an additional $15 per person (groups of 15+).

Women's Health from the Inside Out — Clear, actionable tips on nutrition, exercise, and daily habits tailored for women.

Menopause & Midlife Health at Work — A candid, judgment-free session on what's actually happening in the body during perimenopause and menopause — and practical strategies for the sleep, focus, and energy symptoms that affect performance. One in ten women miss work due to symptoms; most workplaces have never addressed it.

Women's Health and Breast Cancer — How heredity, lifestyle, and stress contribute to cancer risks, and proactive steps for a healthier future.

FOR MEN

Men's Health from the Inside Out — Simple yet impactful changes that can significantly enhance overall wellbeing.

Prostate Health Through Healthy Habits — The best foods, exercises, and daily habits that support prostate function and long-term wellness.



Exercise & Fitness

Exercise 101 — Exercise basics — proper form, technique, and how to safely engage in different fitness activities.

Cardiovascular Conditioning Made Easy — How the heart works, and easy, effective ways to boost endurance and overall heart health.

Stretch and Learn & Mindful Moments — 15 min, virtual. Two flavors of the same daily reset — Stretch and Learn (exercise, stretching, and a health tip) or Mindful Moments (stretching, mindful activities, and a health tip). Sold in weekly packages of 5, with individual sessions available at a premium. See page 9 for pricing.

Meditation for Wellness — Simplifying meditation practices to create a personalized approach to mindfulness.

Back Care on the Road — Managing and preventing back pain while traveling.

Yoga Recharge — A desk-friendly yoga session to refresh mind and body. Available as a 30 or 60-minute class.

Workouts on the Road — Effective, space-saving workouts from a hotel room or any small area.

Stress Free Power Hour — A movement session combining stress education, yoga, and meditation.

Exercise Classes

- Exercise 101 Movement Session
- Cardio and Strength Circuit
- Resistance Training
- Resistance Bands Workout
- HIIT
- 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. See Move, Eat & Reset on page 5 for our flagship fusion experience.

Company Gym Equipment Guide

Have a gym in your office? Adita will come on-site and create a custom instruction manual for your equipment, so employees know exactly how to use each machine safely and effectively.

FEE: **Available upon request**



Office-Specific Topics & Events

Back Care in the Office — Essential back care techniques to strengthen your back, prevent pain, and maintain comfort — so you can focus and stay productive at work.

Mindful Moments and Stretch and Learn — 15 min, 5 days/week. A daily reset your team can do right at their desks. Stretch and Learn pairs exercise and stretching with a quick health tip; Mindful Moments pairs gentle stretching and mindful activities with a health tip. Sold in weekly packages of 5, with individual sessions also available. See page 9 for pricing.

Ergonomic and Health Essentials for the Ideal Office — Practical tips on setting up your workspace and body for success, including smart strategies for snacking and meal planning at your desk.

SMOOTHIE BREAK (30-45 min, in-person)

Sip, sample, and get your questions answered.

Adita mixes up a delicious recipe live, walking through every ingredient and why it matters, and answers your team's health questions as they come in.

FEE: **Starting at $950**

GROUP HEALTH COACHING (GREAT FOR HEALTH FAIRS)

A 60-minute open health Q&A where employees can bring their questions directly to Adita. Your team can stay for the entire session or drop in and out as their schedules allow.

FEE: **Starting at $950**

2027 Challenges

Step Up Challenge — Increase daily movement by tracking steps.	4 WEEKS.
Mindfulness Minute Challenge — Improve focus and reduce stress through daily mindfulness exercises.	3 WEEKS.
Hydration Challenge — Boost energy and productivity through proper hydration.	2 WEEKS.
Healthy Lunch Swap Challenge — Promote nutritious eating habits during the workday.	4 WEEKS.
Stress Buster Challenge — Reduce stress through daily relaxation and physical activities.	3 WEEKS.

Tracking logs available for all challenges. Pair any challenge with weekly Stretch and Learn (see above; pricing on page 9) for a bundled multi-week package.

Challenge Design & Handoff Package (virtual only)

Real programming your team runs on their own.

Want the structure and content without booking Adita to run it live? This package hands your HR team everything they need to launch and run any challenge above independently: a virtual kickoff call walking through exactly what it entails, custom handouts and educational material for employees, and a branded tracking log. A virtual mid-challenge check-in keeps things on track.

FEE: **$450 per challenge, or $1,800 for the full 5-challenge bundle (over 20% savings)**



4 & 6 Week Programs

TAKING THE KNOWLEDGE FROM OUR TOPICS AND EXPANDING IT INTO NEW LIFESTYLE HABITS

Programs are an excellent way to instill lasting healthy habits within your workforce. Participants engage directly with Adita for personalized coaching. All Lunch and Learn sessions can be expanded into 4-6 week programs, available in 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)

New Year, New You: 4-Week Kickoff Program

Establish sustainable, healthy habits covering nutrition, movement, and overall wellness — setting the stage for a year of vitality and well-being.

Family Kitchen Transformation: 4-Week Family Health Boost

Based on Adita's book, *SuperPowers of the Family Kitchen* (add a copy for every family enrolled). Covers:

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

Longevity Training: 6-Week Food Education Program

Food education, kitchen tips, pantry clean-outs, and integrating health into busy lives. Optional: structure as a contest with coaching-session prizes.

VIRTUAL: **$520 per participant (minimum of 5 participants)** IN-PERSON: **$620 per participant (minimum of 10 participants)**