**Julie Hansen Presentations**

1)    Energize your Work Day- What foods can provide energy? What habits make you tired? How can you get more energy?

2)    Energize and Take Control of your Life- a modified version of the talk above that focuses on disease prevention, corporate wellness and gives an overview of healthy habits that make a difference.

3)    Maximize your Metabolism- Aging does lower your metabolism.  How can we balance the effects of a lower metabolism with diet and exercise?

4)    Losing Weight without Losing your mind- how is this possible? First think about your goals, then your environment and let’s discuss a productive exercise and nutrition plan.

5)    Fueling Fitness- sports nutrition tips for the recreational athlete to a more serious competitor.

6)    A Hard Look at Family Habits: Tired of the food battles?  This talk can give you practical advice on teaching parents and kids to be healthy eaters.

7)    What is a Heart Healthy Diet?  Does anyone in your family have heart disease? Do you? This is a class designed to focus on the foods you should eat and the ones you should avoid.

8)     Strength Training 101: How do I start a weight training program and what equipment will I need?  Ideas to train at home.

9)    Nutrition and Fitness Jeopardy- just what do you know about these topics? This is a competitive, interactive presentation.

10) Intuitive Eating- You are entitled to the healthy body you were born with.  Stop the food obsession and learn to listen to what your body is telling you.  Eat when you are hungry and stop filling yourself when you are not.

11)  Cooking classes- Mediterranean cooking, quick dinners, healthy desserts, power foods.  A kitchen is not required; most classes can be pre-pared with skillets, microwaves and blenders.

12)  Dodging Dementia-  Dementia is on the rise, this talk will discuss a “to-do list” to prevent and delay dementia.  Based on information from the CDC’s Healthy Brain Initiative.

13) Secrets of being the Biggest Loser- what are some things we can learn from the Biggest Loser?  How can we incorporate them into our lives for real results?

14) Mindless Eating- how to change our environment to promote a healthier weight and healthier habits.

15) Specific Sports Nutrition topics for team sports.