

Lunch Learnings & Workshops



We Teach People Skills To Feel Good. Onsite, Live, Interactive & Practical.



Core SOULutions Fitness & Health.

Industry Experts. Serving Business & People For 25 Years.

We help organizations reach out to workers with practical, informative, hands-on lunch learnings, workshops, classes, phone coaching and coached skills sessions. Our unique training targets health risks that cost the most. We help people feel and identify why they and their bodies feel the way they do, and we teach them skills that work. See a return on your investment. Contact Core SOULutions Fitness & Health today.

INJURY PREVENTION. CORE STRENGTH. PAIN MANAGEMENT.

BACK TO "BACK" *

80% of the population will suffer some form of back pain in their lifetimes. Health claims go up. We know from experience that when companies require or strongly encourage participation, employee success rates improve. We teach people how to eliminate back pain with expert Pilates and physical therapy skills proven to strengthen, stabilize and balance a stressed back.

INJURY PREVENTION *

The work employees do exhibits itself in how they look and feel. Repetitive movements can lead to pain, discomfort and injury. We teach people why they feel the way they do and how to perform exercises that target the core, which consists of everything between the head, arms and legs. Our clients reports they experience substantial improvement when using learned skills to lift, sit, stand, push, pull, walk, weld, work on an assembly-line or computer.

OFFICE PILATES *

What is Pilates? Why the rave? Understand why Joseph Pilates' "method" works to improve physical geometry, daily living, sports performance and back, neck, and shoulder discomfort. We blend stabilization skills of physical therapy and Pilates with amazing results. Any fitness level, including professional athletes report, vast improvements with regular practice. We encourage people to integrate skills in everything they do from desk and assembly-line work to



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driving, lifting, packing, welding, painting, standing and sports. Pilates is a proven, natural method of self care that works.

NECK & SHOULDERS *

Shoulder and neck pain is as common as lower back pain. We help people understand the mystery behind their discomfort and how to improve it. We teach practical skills that provide immediate and long-term results with consistent practice.

SAVVY STRETCH *

Muscle tightness is a leading cause of injury, and joint and muscle pain. Stretch is a vital practice that improves tight, stressed muscles, reduces toxicity, improves circulation, relaxes the mind and prepares the body for the next day. The self help skills teach people how to relax and care for themselves in a yoga-esque setting.

HANDS & FEET *

Hands and feet are two of the most neglected areas. Repetitive use can aggravate feet, hands and wrists. Many activities such as standing, walking, writing, typing and holding tools and machinery can cause tight tendons and carpal tunnel. We teach people stretch and self-massage techniques to improve circulation, stiffness and pain in a calm, soothing setting.

*** For maximum return on investment we recommend 6 to 8, or continuous onsite coached training sessions, The goal is to instill proper technique while practicing skills proven to improve well-being with consistent practice.**

LIFE STYLE SKILLS.

EATING FOR ONE

Evaluate what it takes to lose, gain, or maintain weight. Do you eat too much or, too little, or do your choices and schedules provoke the inability to shed pounds? Weight loss gimmicks. Sticking to your goal.

THE PORTION GAME

Build a plate, name favorite foods and learn the value of true portions. Figure out how many calories you burn for various activities. Have fun playing our Portion Game, win motivational prizes while learning how to stay healthy by understanding what you eat and how to play.

LOSE TO WIN WEIGHT-LOSS PROGRAM

One definition of failure is, if you repeat the same thing three times and get the same undesirable result. Many people continue to focus on food, portions and diet restrictions only, when in fact, there is so much more that affects the ability to lose, gain, or keep weight off. We believe that if you have tried to lose weight before, no matter how many times, you have motivation. You just don't have the right plan.

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Lose To Win is currently and successfully offered at several large medical sites in the Minneapolis area, along with various other corporate client locations.

This three month program takes employees on a journey of food and portions, self discovery, positive self-talk, fads and facts, stress management, effects of foods and fitness, and more from the well known national health-fitness expert Evie Oberdorfer, Principal of Core SOULutions & Health. The focus is not just food. Participants will explore, learn and utilize realistic tools and skills that work. For instance, engaging in weekly activities, team building events and community giving by donating and article of clothing to a charity of choice. Everybody Wins. The participant, the team, the company and the community.

LIVE LIKE A CAVE-MAN

Learn how and why the life style of our cave-man ancestors is the framework for living well today. See how the evolution of modern society has impacted our health, and learn how to integrate caveman habits to restore and improve your health.

THE EIGHT KEYS TO HEALTHY LIVING

Once you become familiar with these controllable factors, you can reduce chronic stress and increase your longevity. *By Author, Deanna Reiter.*

STRESS MANAGEMENT. MENTAL ANALYTICS.

STRESS BUSTERS. FIND YOUR CALM.

Stress can be deadly if left unchecked. We help people learn skills to regroup and restore their mind and bodies for 5 minutes, or for as long as they can. People will learn breathing techniques, music, stretch and relaxation skills scientifically proven to diminish stress.

RELAXATION CLASS

Take a break out of your busy day and life to refresh and rejuvenate. Time spent in relaxation lets the body, mind and spirit recover from the hundreds of tasks we demand of ourselves. Just as athletes don't subject themselves to weeks of training without rest and sleep, neither should we downplay the importance of relaxation in our lives. One focus of this class will be on deeper, fuller, relaxed breathing and its benefits. We will also do some seated stretching for the neck, shoulders, chest and spine. Make a commitment to yourself and your health by carving out time to rest through guided relaxation to decrease stress and increase your efficiency and productivity.

BRAIN TRAINING FOR FITNESS

Mental training is learning to use your mind to help you consistently perform at your best. Whatever the situation, the more mentally prepared you are, the more likely you are to make the most of your skills. We examine the effect our habits have on personal health and longevity, and teach a full array of fun, analytic mind-body games to initiate self awareness and



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understanding. This counterintuitive training is fun, stimulates brain function, blood flow and cell regeneration to the brain.

ON-SITE PILATES, YOGA, STRETCH & MEDITATION CLASSES*

Our trainers are amongst the best in the industry. Participants learn to use the skills for a safe and sound body, and calm mind. You will find multiple reports from medical and health fitness professionals about the health benefits of Pilates, Yoga, Stretch and Meditation.

TODAY'S LEADING EPIDEMIC. TYPE 2 DIABETES.

FITDIABETIC*

Today's headlines reveal Type 2 diabetes as a leading epidemic and cause of death, stroke and heart disease if left untreated. This educational learning helps people understand what diabetes is, the differences between diabetic types and understand the cornerstones of successful living.