

NATURAL HEALTH & ERGONOMIC WORKSHOPS

21st CENTURY HEALTH CARE: An alternative approach to optimal health

This Powerpoint presentation has been delivered to audiences in clubs, gyms, civic groups, and dinner workshops. Created by Dr. Steve Hansen, the workshop addresses the high price of crisis-driven medical care. Reasons for symptoms are cited along with examples to demonstrate the frequent ineffectiveness of medication to “fix the problem.” Brief guidelines are offered for better nutrition, exercise, rest and positive mental attitude, followed by suggestions for natural solutions to health-related problems.

STRESS MANAGEMENT

This informative workshop assists participants in understanding how stress affects the body negatively, and provides simple solutions in stress and time management.

EXERCISE WORKSHOP:

A revealing look at the benefits of exercise, and a how to discussion on maximizing fat burning, optimizing the health benefits of exercise, while minimizing workout time.

NUTRITION WORKSHOP:

Learn how to eat like an elephant but look like a gazelle by following basic nutritional guidelines and timetables. Learn the “undiet” - no fad or trendy new diet - just information on how to eat the way we were intended to, keeping you healthy and fit.

SAFETY IN THE WORKPLACE & BEYOND: An ergonomic presentation

This 45 minute Powerpoint presentation, created by Dr. Steve Hansen, has been used repetitively by all types of businesses. The workshop is designed to inform participants how injuries - especially to the spine - lead to nervous system dysfunction and other health problems which incur expense to the injured and to the company. Methods to prevent injury in the workplace and at home are discussed, including ergonomics while sitting, standing, lifting and sleeping.

JOB SAFETY FOR CORPORATE AMERICA: An ergonomic presentation for corporate employees This 30 minute presentation is most appropriate for people who sit at a computer all day. Prolonged sitting causes unique postural and health problems that can be addressed effectively with the simple techniques taught in this class. Perfect for bankers, accountants, and other jobs requiring prolonged sitting.



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