

Fitness & Diet

For Health and Weight Loss

This workshop may be offered as a ½-day program in 3-4 hours on its own or in conjunction with another program depending on individual group's requirements and interest. For more in-depth involvement, a full 8-hour day program is recommended. Options for evening sessions in either 2-2 hour classes or 4-2hour classes may also be available depending on location.

The program will include reference materials/handouts, interactive breakouts, group discussions and group fitness instruction from our Nutritionist and Certified Fitness Leader, Michelle Budiwski. Audio Visual presentations such as power points and videos may also be incorporated depending on availability.

Each participant will leave the seminar with a better understanding of nutrition, metabolism and fitness and will learn how it influences health and weight. Ideas will be shared on how to encourage healthier lifestyles for their children, families and communities breaking the cycle of obesity and obesity-related maladies such as Type-2 diabetes, heart disease and hypertension.

This Workshop will include but not be limited to:

- Calories and Base Metabolic Rate
- Weight Loss Facts & Fictions
- Carbohydrates, Proteins & Fat – good or bad?
- Meal Planning
- Healthy and Tasty Snacks
- Healthy Eating – Out!
- Intentional Exercise and increasing your output
- Leading by example in your home and your community

Family Nutrition:

Eating healthy while budgeting time and money

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The program will include reference materials/handouts, interactive breakouts, group discussions and personalized instruction from our Nutritionist and Certified Fitness Instructor, Michelle Budiwski. Audio Visual presentations such as power points and videos may also be incorporated depending on availability.

Each participant will leave the seminar with a better understanding of basic nutrition and the knowledge of how to implement healthier eating habits into the lives of their children, families and communities breaking the cycle of obesity and obesity-related maladies such as Type-2 diabetes, heart disease and hypertension.

This Workshop will include but not be limited to:

- Canada food guide – understanding the pyramid
- Weekly meal planning
- Cooking with a plan: Trading time and money for Nutrition & Taste
- Grocery Shopping Agendas
- Food and Leftover Storage
- Satisfying the picky eater
- Leading by example in your home and your community

Certification:

National Food Safety Training Program

This nationally recognized certification-training program is offered in conjunction with the Canadian Restaurant and Food Services Association. All food handlers are required by law to have safety training and this program is the most comprehensive of all available. Offered over an 8-hour single day course or 4- 3-hour evening courses, participants will be required to write and pass (minimum of 70%) a multiple-choice exam to receive their certificates, which are valid for 5 years.

The program will include a pre-session workbook with text, reference materials/handouts, interactive breakouts, group discussions and personalized instruction from our Certified Trainer, Michelle Budiwski. Audio Visual presentations such as power points, black light and videos may also be incorporated depending on availability.

Each participant will leave the course understanding food-borne illnesses, how they spread and how to prevent them as well as proper and safe cooking, storage, reheating and serving procedures, equipment and facility specifications and personal hygiene and safety while working with and for the public.

This certification program is essential for all:

- Restaurant, Bar and food stand owners and operators
- Commercial food handlers including wait staff, cooks, bus persons and cleaning staff
- Community Organizations that engage in food-related services
- Institutional Dietary staff including hospital kitchens and school canteens
- School Home Economics Instructors
- Job Hunters seeking employment in the food service industry.

Non-accredited food safety workshops may also be offered at a reduced cost in 2 or 4-hour sessions for those interested in promoting food safety and health food handling practices in their home and community. This condensed version of our certification program is perfect for:

- High school students
- Special interest Community organizations and volunteers
- Parents and expecting mothers
- Caregivers of immune-suppressed patients

Specialty Speaking:

One-Hour workshops to educate motivate & inspire.

These one-hour sessions are designed to share experience and knowledge with groups focusing on inspiration, motivation and education. They include time for questions and answers and are customized to serve the needs of the audience. Our seminars include humor and participant interaction to ensure maximum return on the investment of both time and money.

Groups that have contracted our services in the past include various support groups including survivor's of abuse, weight loss, addictions, mental health and survivor's of suicide; business development strategists; health and wellness providers; food services operators and staff; community organizations; aboriginal interests – just to name a few.

Session topics include but are not limited to:

- Worm, Cocoon or Butterfly? It's the same life – Choose!
- Food or Rent? Breaking the cycle of poverty from the inside.
- Surviving Suicide
- Motion changes emotion! Activities that change feelings - inside and out!
- Aromatherapy – how and why it works!
- Bison to Bologna – your food is killing you!!!
- Victim no More! Overcoming emotional, physical and sexual abuse
- Working from home: Being successful AND balanced.
- Mental Illness: Blessing or Curse? Challenging the stigmas.
- Asserting yourself: Talk so they WILL listen.
- Empowering the voice within.
- Weight Loss Facts & Fictions
- Negativity: The Lobster Effect – how to take back positivity
- Dream Weaving: Motivation to Movement

Fees

Workshop and Course fees for various seminars are listed below. Please note that mileage and accommodation fees are NOT included in the price and will be negotiated separately. A 50% deposit may be required upon booking to secure popular dates with a 7-day cancellation period, balance is due upon arrival.

General travel and accommodation rates start at \$0.40 per kilometer return and \$120.00/night. Discounted rates may apply depending on location and/or suitable accommodations provided.

Workshops and Seminars

1 -hour workshops	\$75.00
½ day Seminars (3-4 hours)	\$250.00
Full day Seminars (6-8 hours)	\$450.00

National Food Safety Training Certification

This program includes workbooks, texts, exams and wallet card (upon successful completion).

Costs are listed per person and do not include taxes, travel, accommodations or venue costs.

6 or more participants

8 hour course - \$125.00 per person

4- 3-hour courses - \$150.00 per person

5 participants or less

8 hour course - \$175.00 per person

4- 3-hour courses - \$225.00 per person

Discounted rates may be available for local and non-profit social groups, as well as those booking 2 or more sessions. Please contact us for a customized quote.