

# Healthy Break descriptions

Sessions last from 10–60 minutes. Additional topics may be requested.

<b>Chair Yoga</b>	This session focuses on traditional yoga poses and breathing exercises that you can do at your desk or in your seat for support. No need to change clothes.
<b>Exercise with Bands</b>	A fitness professional will bring various intensity exercise bands and review exercises you can do with them. No change in clothing necessary.
<b>Financial Wellness</b>	Financial wellness is understanding your financial situation and preparing for changes. Learn how to track where your money goes, build an emergency fund, and cope with financial pressures. (This is not intended as a personal money management or investment training.)
<b>Fitness Education</b>	ShipShape can deliver presentations on fitness trends, apps, websites, fads, myths, and general fitness education. A fitness professional can also review and demonstrate exercises and, upon request, get the team up and moving.
<b>Health Smart Rewards program</b>	A Vanguard benefits administrator can deliver a session on the details of the Health Smart Rewards program and highlight the wellness resources available at Vanguard.
<b>Meal planning tips and tricks</b>	Learn tips and tricks for healthy meal planning. You will leave with recipes and a plan.
<b>Men's or Women's Health</b>	Learn about the top threats that affect men's or women's health and at what ages you should have screening tests. We will also explore healthy lifestyle behaviors and review key nutrients to improve overall health.
<b>Mindful Eating Exercise</b>	Partake in this yummy exercise on what it means to eat mindfully. This exercise is ten minutes long and can be paired with another topic or stand alone.
<b>Mindfulness</b>	Learn to be more mindful and create more peace and presence in your life. Try basic techniques such as mindfulness meditation and identify ways to incorporate practice into your daily schedule.
<b>Relaxation Exercises</b>	Try relaxation strategies to counter the physical, emotional, and mental tension caused by too much stress. Strategies include visual imagery and progressive muscle relaxation.

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<b>Sleep</b>	Learn what sleep does for us, how it affects your health, and tips for getting a better night's rest. This session can be tailored to shift workers.
<b>Stress Management</b>	Are you concerned with how you are managing stress? Replace unhealthy stress relief with healthy behaviors that contribute to your well-being.
<b>Stretch and Learn</b>	ShipShape will demonstrate and review various at-your-desk stretches. A wellness professional will also review tips on moving more at work and resources available at Vanguard to help you feel better while you work.
<b>Team Building Activities</b>	Teambuilding activities are an active way for your team to work on their problem-solving, rapid-thinking, communication, and leadership skills through fun team building games! They are also a great stress reliever. All teambuilding activities are led by a ShipShape staff member.
<b>Three changes to a healthier you</b>	Find out what biometric values mean for your health—and how to improve them.
<b>Work/Life Balance</b>	Do you want to take control of your life and make more time for the things that matter? Examine how you currently spend your time and energy—then learn strategies to increase harmony between work and your personal life.

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