




Wellness by
Oluchi

Work Well * Be Well * Live Well

**Health & Wellness
Services**

HEALTH & WELLNESS SERVICES OFFERINGS

Our program offerings are designed to improve the well being of the clients we serve by providing customized health and wellness programs specific to their needs. We provide an excellent value to our clients by creating an unmatched atmosphere that leads to the enjoyment and success of our programs.

We will plan and develop new programs and adapt current programs to meet clients' need. In addition, we will conduct frequent review of wellness programs to determine if they are effectiveness. We will tailor each program to the needs of each organization, taking into account corporate budget, space and demographics.

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Health Screening

“Know your Numbers” Health Screening

Serves as a health screening for cardiovascular disease and stroke. Participants are given results which they can take to their family physicians along with recommendations on lifestyle changes to prevent and control heart disease and stroke. We measure the following:

- Blood pressure
- Resting Heart Rate
- Waist Circumference
- Hip to Waist ratio
- Body Fat percentage



Ergonomic Assessment

Repetitive strain injuries are painful and potentially disabling injuries which affect mostly the wrists, back, shoulders and neck. Ergonomics can be defined as how well the employee and their physical workspace are compatible. Office tasks such as sitting at your computer for long periods of time, typing, using a mouse and using a telephone frequently, are all tasks that can lead to repetitive strain injuries. They may seem harmless but overtime, these tasks can cause your body pain and discomfort.

The ergonomic evaluation involves:

- Individualized assessments provided to each worker's workstation and necessary modifications determined.
- Information and brochures provided on proper ergonomics.
- Workstation modification made only with present equipment.
- Recommendations of proper equipment are made if necessary.



Physical Demands Analysis

A Physical Demands Analysis (PDA) is a systematic procedure to quantify and evaluate the physical, cognitive, and environmental demands of the essential and non-essential tasks of a job.

It is used for rehabilitation and return to work purposes, and proactively to prevent injury.

It is also used to:

- Communicate the requirements of a job to the WSIB and health care providers
- Provide data for use in job matching and accommodation of injured workers
- Identify suitable alternate work or modified work
- Assist in identification of jobs, work processes, and equipment that require further ergonomic analysis and intervention
- Assist in identification and prioritization of safety concerns
- Help to discover ways to modify jobs and tasks
- Provide information for hiring and training



Workplace Stretching Program

Our workplace stretching program is designed to educate and motivate the workforce to undertake a daily routine of workplace stretching. Compliance is achieved via education and training, group stretching sessions, and workplace safety posters and materials.

We coordinate and deliver workplace stretching sessions and train “Stretch Coaches” to deliver the program and be competent in identifying high risk work behaviours that may result in musculoskeletal and other workplace injuries.

If required, a workplace stretching manual can be made available that includes the following:

- The physiology of stretching and its important role in safety
- A step-by-step guide to training employee "Stretch Coaches"
- Illustrations and instructions for each stretch specific for every employee group.



On-Site Injury Rehabilitation

We offer on-site injury rehabilitation programs through our athletic therapy & kinesiology services. Our services fit perfectly with the Industrial Athlete as we transfer our knowledge of athletes performing specific skills into the industrial world and allow the workers to perform their skills at the highest level and pain free.

We place a great emphasis on prevention and work with the worker to prevent injuries from occurring. And when an injury does occur, an athletic therapist quickly evaluates the severity of the injury and provides the most appropriate treatment.

Assessing the root cause is integral to the prevention and treatment plans.



On-site Massage Therapy Services also Available!

Health Challenges

Fun and interactive health and fitness challenges for your workplace

Our range of Health and Fitness Challenges can complement an existing workplace health strategy or be offered as a stand-alone event to the employee group.

With registration and monitoring of results occurring via our online portal, all challenges are accessible globally, with this being especially valuable for those businesses with remote or regional work groups.

Our Health Challenges increase team morale and promotes friendly competitiveness in the workplace while encouraging maximum participation from the employee group. Challenge packages can be customised to suit each business, dependent on employee numbers, operational considerations and budget.

Challenges include:

- Walking for Health
- Winning at Losing
- Amazing Race



Fitness Activities

We offer customised group exercise classes and personal training services designed to suit the varying needs of an employee group.

Additionally, we offer comprehensive gym management services. We ensure the gyms are safe and well-managed, with a training environment that is friendly and welcoming.

Users have access to professional advice on fitness, training options and exercise programming. With regularly scheduled promotions and campaigns throughout the calendar year, the gym is an exciting place to be!



Seminars

Stress Management

A unique and interactive presentation going over the most common signs of stress and how it can affect a person's health. The seminar gives a non-drug, non-surgical solution to stress and various ways to handle it.

Back Care

In this workshop, participants will learn:

- Different causes of back pain
- Exercises to relieve and speed recovery from back pain
- Self-help program to treat back pain related to trigger points
- The common triggers and natural solutions to back pain

Stay Fit While You Sit

Stay Fit While You Sit: Ergonomics for a Healthier You

Millions of Canadians spend millions of hours a year sitting on the job. Managers, receptionists, computer operators and many others may be surprised to find that their health issues can be improved naturally. This lecture will educate the audience about how to best prevent problems like neck and back pain, and carpal tunnel syndrome by showing them how to sit properly without twisting or slouching. It will also give them exercises they can do during their breaks that will increase performance and productivity.



Commit to be FIT

We know that exercise is good for us! So why is it so hard to start and stick with a regular routine? The top three reasons why people don't exercise are....no time, no energy and no motivation and yet the paradox is...those who are active claim to have more time, more energy, and increased motivation. Learn how you can overcome these barriers and get started on better health and wellness

Get Fit at Home

Don't sit at home, get fit at home. Exercising at home saves you time, money and rush hour headaches. We will give you all the tools you need to build an effective exercise program at home and stay motivated. As well, we will explore the different types of at-home fitness equipment available on the market today

TravelFit

Does frequent travel have you feeling tired and sluggish? Do you find it hard to stick to your regular exercise and eating routine? Pick up some simple tips for staying healthy on the road. Learn strategies to:

- Get fit for flying
- Stick with your regular workout or take that first step to an active lifestyle
- Eat smart on the road

We guarantee you'll come away looking forward to your next business trip!

Winter Exercising—Get Up, Get Out, Get Active

Over the winter, when the temperatures are sub-zero, many of us tend to hibernate inside our homes. Regardless of what the thermometer reads, we need to stay active through all four seasons. Learn how to keep you and your family active and dressed appropriately in the winter months.



Weight Loss Tips and Tricks

“I keep trying to lose weight...but it keeps finding me” Do you ever feel like this? Losing weight can be frustrating. Join us as we explore 15 tips and tricks that will help you increase your odds at successful weight loss.

Why Weight

Exercise and weight loss go hand in hand. But how much is enough, and what is the best form of exercise when trying to lose weight? We will give you the tools you need to build an exercise program either at home or in a fitness centre.

As well, we will explore the four most common barriers to exercise and teach you how to overcome them.

Healthy Eating for People on the Go

As our lives get busier and time becomes more precious, healthy eating can be a challenge. During this interactive workshop, you will learn about:

- Making healthy choices
- Reading food labels
- The truth about “fat”

You will leave this session with a better understanding of portion control and how to get the most nutritional value from what you eat.



Keys to Abundant Living

This seminar is aimed at giving participants key tools to living a life filled with joy and abundance. They will leave with practical tools they can implement immediately that will set them on a road to living their best lives!

Finding balance Amidst Chaos

The world can sometimes leave one feeling out of control and out of balance. This seminar will provide participants with practical tools to harness their inner power, be proactive, and find meaning in this world. This seminar is applicable to all areas of life: money, career, relationships, health, and much more! It is aimed at helping participants look inwards for the answers to situations that may appear to be problems.

Following your Passion

This seminar is aimed at giving participants with tools to step out of their comfort zones and live a life they've always dreamed of. The simple and practical steps outlined in this seminar will take the fear out of the unknown and allow participants to gain the courage to take the leap and follow their hearts' calling.



Control your Habits, Control your Life

Habits control the world we see. The results we have in our lives are a direct result of the habits we have developed. This seminar will help participants uncover some of the habits that may be inhibiting their growth and development. But more importantly, it will give participants the tools to cultivate habits of empowerment that will lead to a more productive and empowered individuals in all areas of their lives.

Law of Attraction in Action

The Law of Attraction has become such a popular work in our language today. What really is the Law of Attraction and how does it work? Why does it work for some people and not for others? These and other questions will be answered in this seminar and will leave participants armed with a wealth of knowledge on how to use this powerful law to manifest their desires.

Overcoming Resistance to Abundant Living

This seminar focuses on addressing some of the resistances that develops as one embarks on the path to empowered living. This seminar will give participants the tools needed to help them overcome these resistances and stay on the path in order to generate their desired results.

Goal Achieving Made Simple

There is a big difference between goal setting and goal achieving. This seminar will help bridge the gap between the two and help participants stop wishing and start living the life they want, and get the results they dream of.



Natural Prevention of Colds and Flu

- The Benefits of Vitamin C
- The Immune system Diet
- Homemade cough syrup
- Natural remedy checklist to fend off colds and flu
- The magic of mushrooms

Heart Health

- Foods that love your heart (i.e. chocolate, green tea, herring, oatmeal) and how they work
- Natural supplements to protect your heart
- What is Blood pressure, Cholesterol, and Blood Sugar
- How to address potential health issues with Food, Herbs and lifestyle changes



Anti-inflammatory Diet: Putting out the Fires Within

- Inflammation is at the origin and progression of diseases
- Chronic underlying inflammation
- Foods that provoke inflammation (Standard American Diet)
- Foods that fight inflammation (A pantry full of medicine)
- Carbohydrates that reduce the body's inflammatory response
- Breathe deep
- Anti-inflammatory recipes

Foods to Fuel your Mood and Body

- How food affects your mood; the relationship between food and mood
- Foods to sharpen your mind and memory
- Rev up with energy boosting foods
- An explanation about **calming** foods and examples
- Power up your life with super food combos

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