



## **ASTHMA**

- | Asthma and allergies
- | Breath easier - tips on asthma

## **CARDIO**

- | Are you at risk for hypertension
- | Cardio aerobic
- | Cholesterol drugs:  
good, bad, or not for you
- | Hearthealth
- | Preventing diabetes
- | Preventing high blood pressure
- | Preventing high cholesterol
- | New diabetes diagnosis
- | Understanding heart disease

## **CANCER**

- | Toxins and cancer

## **EXERCISE TOPICS**

- | Diabetes and exercise
- | Exercise program; no gym required
- | Exercise at the desk
- | Exercising for life
- | Fitting in exercise and developing  
an exercise routine
- | Hypertension and exercise
- | My aching back
- | Neck and shoulder health
- | Staying mobile in the workplace
- | Starting an exercise routine

## **EXERCISE CLASSES**

- | Strength training
- | Boot camp
- | Pilates
- | Yoga
- | Functional training
- | Modified exercise for special  
populations
- | Zumba

## **MOTIVATIONAL**

- | Making the rest of your life the best

## **NUTRITION**

- | Anti-inflammatory foods
- | Balancing your macro nutrients
- | Benefits of bulding muscle
- | Choosing sustainable diets
- | Healthy cooking demo
- | Healthy eating
- | The hidden facts about sugar
- | Probiotics and your digestive health
- | Recipe makeovers - how to  
lighten up your meals
- | Smart goals for weight loss
- | Selecting nutritional supplements
- | Weight-mamanement
- | Whole health - finding balance
- | Whole nutrition

## **HEALTHY AGING MENTAL HEALTH**

- | Emotional eating
- | Integrative approaches to depression
- | Mindful eating
- | Mindfulness during the pandemic
- | Setting healthy boundaries while  
working from home
- | Stress in the workplace
- | Stress management

## **SLEEP**

- | Integrative approaches to insomnia
- | Sleep apnea

## **WOMENS HEALTH**

- | Understanding menopause

## **OTHER SERVICES AVAILABLE FOR YOUR ORGANIZATION**

- | Massage
- | Reflexology
- | Cooking demo or smoothie
- | Health Fair organization & management
- | Fitness Center design & management

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