



Class Curriculum

Company Background

Recess is a whole new animal. We have a fresh, innovative, personalized approach to wellness where working out doesn't have to feel like a work out and healthy food doesn't always mean "health food." And where fun is incorporated into everything we do, because if there's a choice why the heck not? Life's too short for diets, gyms and one-size-fits-all programs. It's time for a more exciting and realistic point of view. It's time for Recess!

We bring all of our services directly to our customers: at the worksite and at home and live online via interactive networking tools. We offer good old fashioned fitness and nutrition education - no supplements, products or useless gimmicks. We eliminate the hassle of having to join a gym or buy fancy equipment. We make staying healthy comfortable, easy and fun for our clients.

The Fine Print

I want what I want when I want it!

We do our very best to keep a variety of expert presenters in most major cities. Still, some experts seem to cluster in some locations and be missing in others. At various times of year, such as the holidays and summer, people tend to want to go on vacation - again limiting their availability. As such, all of curriculum that use live presenters are subject to availability. Of course, webcasts are always an option when the class you want can only be presented by an expert in another city.

We will always ask you to give us a number of potential dates for your presentations so that we can better try and secure the desired presenter on a day that works for you.

Does a minimum class time of 8 hours mean a day-long class?

Minimum class times do not necessarily mean consecutive hours. It simply means you must book at least as many one hour classes as is necessary to cover the minimum course time. Of course we are sometimes able to modify or create custom classes. Share your idea with your coordinator and let's see if we can make your idea work!

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Physical Fitness courses

Onsite fitness classes

The average American commutes 26 or more minutes, each way, to work and census reports show that commute times are growing as cities expand. What's more, according to the International Labor Organization, "US workers put in the longest hours on the job in industrialized nations, clocking up nearly 2,000 hours per capita in 1997, the equivalent of almost two working weeks more than their counterparts in Japan where annual hours worked have been gradually declining since 1980."

By the end of the day, most people don't want to add an additional commute to their day. Our surveys show that twice as many people prefer to work out from home or work than at a gym. Even those with gym memberships exercise at home about one third of the time. This might be part of the reason that more than 60% of adults fail to get enough regular exercise in their daily lives and it is estimated that obesity and sedentary lifestyle cost society over billions in medical expenses. Offering regular physical activity at the workplace makes staying physically fit easy and convenient for employees. The benefits of physical activity also translate into increased acuity and lower incidence of disease, but don't let the statistical mumbo jumbo make up your mind. Hear what employees have to say about our programs:

After working in a very demanding job for 4 months, I slowly but surely stopped working out. I had absolutely no time or energy at the end of the day and I had better things to do than to go to the gym. I decided to try out Recess' fitness boxing class in the Pearl on Monday at noon because it was very convenient.

My trainer is the most motivational, fun, and challenging trainer I've ever had. To top it off, she plays great music. I love the idea of taking fitness into the workplace. Not only am I getting in better shape, but I am happier and mentally recharged when I return to work. I think this class is even helping me to incorporate exercise more into my daily routines because every part of my body is getting stronger. I now bike to and from work and all over town. Truly, the class has helped me out of an exercise rut.

- Gina in Portland, OR

We offer the following types of classes onsite*:

- Yoga
- Pilates
- Athletic training
- Walking, jogging or running

*Classes are subject to availability and may not be offered in all locations

Exercise/Stretching in the workplace - seminar

Is sitting at a desk all day killing you? Maybe not, but after a long day it's challenging to find the energy, time or motivation to work out. On the flip side, prolonged periods of physical inactivity and stress can complicate physiological issues like weight and quality sleep.

Sitting also shortens certain muscles while over stretching others (e.g. piriformis, hip flexors) making you more susceptible to sciatica, low back pain, neck pain and headaches. Sound familiar? In this workshop, you will learn what muscles to lengthen and stretch and strategies for how to insert resistance and cardio exercises into your daily routine. We will review correct anatomical alignment as well and touch on ergonomic considerations. The first workshop will teach you exercises you can easily incorporate into the work day. The second workshop will teach you stretches and yoga moves that can be done at a desk or in the office.

So you want to do a Triathlon? - seminar

Triathlon Basics. Whether you've done multi sport before or not come to this lecture to learn what it takes to get going on triathlon training. This lecture will cover: goal setting, planning, training set development (for swimming, running and biking), training tips, gear selection guidelines and other do's and don't s for triathlon training. Anyone can learn to do a triathlon safely. Come and explore your options.

Lifestyle and Wellness courses

Communication and conflict resolution skills

Communication, like every other skill, is something that requires discipline, awareness and practice. Learn about the power that small changes in the way you communicate can have over your ability to build strong and healthy relationships in and out of work. This workshop can be done as a lecture or combined with breakout groups.

Six Steps to Better Health (min. 4 hours)

Everyone can be a little happier and a little healthier. Often it happens in subtle ways that are much easier to apply than you might think. The six steps cover basic, time-tested components of good health. The six steps does not shill a one size fits all plan. There are no fads, no pills, and no strict rules. The Six Steps look at every human being as operating within a social ecology and works to inform and empower people of all levels of health to optimize those aspects of their life that contribute to a sustainable, well-adjusted, healthy lifestyle.

Hydration - Up to 60 percent of the human body is water. Without water in our diets we could not digest or absorb the foods we eat or eliminate the body's digestive waste. Proper hydration is fundamental to the proper functioning and balance of all biological systems whose maintenance is key to good health and proper weight. While many weight loss programs mention the importance of hydration, its role in the success of a health program is often not emphasized strenuously enough.

Nutrition - Counting calories? Points? Limiting carbs? No carbs with protein? Nothing but grapefruit? Where do you begin? Proper nutrition might seem complicated, leading people to try all kinds of fad diet plans without sustainable results. But just as you don't need to be a certified mechanic to operate and maintain your car, neither do you need to be a doctor or nutritionist to have a healthy body. Come to find out way to prepare and eat flavorful, nutritious food and healthy snacks. Make eating right easy and tasty.

Exertion - Strength, Flexibility, and Cardiovascular health are key components to good physical fitness. Learn about each and easy ways to incorporate each into your day or your existing workout regimen to achieve maximum results.

Recreation - An important part of life is the ability to enjoy it. Establish techniques for reconnecting with your inner child and doing things for the fun of it. amazing that this can take practice, but in this fast paced world, being deliberate about enjoying life means catching those happy moments that might otherwise have passed you by.

Relaxation - Reducing worries associated with personal finances, family and work can go a long way toward improving health. Learn techniques to improve your ability to cope with stressor you cannot control and other ways to solve common stress-causing problems.

Relations - Studies show that, all other factors held constant, those with close bonds suffer fewer illnesses and rate themselves as happier than those without. Discover practical things that you can do in everyday interactions to deepen your relationships with loved ones, coworkers and friends.

The Diet to End All Diets (min. 1 hour)

Counting calories? Points? Limiting carbs? No carbs with protein? Nothing but grapefruit? Where do you begin? Proper nutrition often seems complicated, leading people to try all kinds of fad diet plans without sustainable results. But just as you don't need to be a certified mechanic to operate and maintain your car, neither do you need to be a doctor or nutritionist to have a healthy body. This seminar teaches the fundamentals of real, sustainable weight management and offers insights on how you can apply those lessons in your own life.

Just Say No to Diets - healthy lifestyle program (min. 8 hours)

Americans spend \$40-\$100 billion per year on dieting. Studies show that 95% of dieters will gain it all back. This eight week class informs, supports, and helps those who wish to lose weight create and practice healthy behaviors that they gladly maintain for life. From behavior modification and reward, to brain and neurotransmitter function, to nutritional support and emotional support, it tackles

the physical, chemical and psychological triggers that often trip people up in their attempt to lose weight. Classes alternate between lecture and interactive format with topics ranging from the physiological impact of diet and exercise, to tactical sessions that go over quick, easy and healthy ways to work good food and movement into your day. Participants will create customized plans for gauging and achieving healthy weight loss. Maximum 15 participants per session.

The Road to Health is Paved with Good Intestines (min. 2 hours)

We have heard that we are what we eat, but we actually are what we ABSORB. The digestive tract needs to be in good health to be able to perform its functions of defense, nutrient absorption and neurotransmitter production. This class is designed to teach the fundamentals of digestion and practical tools to improve this most important bodily system.

The digestive tract is like a delicate ecosystem, or garden. This garden has both friendly and unfriendly bacteria. Like any garden, if the weeds get out of control; the flowers don't have a chance to thrive. In your gut, the 'weeds' can easily get the advantage with the wrong foods (high sugar diet), antibiotics, pregnancy, steroids, stress and more. Symptoms of this imbalance, or dysbiosis, include; indigestion, heartburn, gas, bloating, yeast infections and irregular bowel movements. Come learn practical tools to get the digestive system back on track and flourishing in a balanced environment.

Materials charges may apply.

Help for Your Arthritis Woes- Natural Medicine for Happy Joints (min. 2 hours)

Sitting at a computer, working out, gardening or even getting up in the morning can send our joints screaming. Arthritis, while a natural process of aging, does not need to be part of your everyday life. This class will discuss the two most common forms of arthritis: Osteoarthritis (wear and tear) and Rheumatoid Arthritis (autoimmune). Together we will learn how to calm this inflammation and prevent further destruction.

A major contributor to the joint pain is the foods we eat. Enjoying an anti-inflammatory diet: filled with fruits, veggies, fish, nuts and more, can dramatically improve joint pain. The class material will include a yummy cookbook for healing inflammatory conditions (also helpful for fibromyalgia and chronic muscle pain). In addition, we will learn about natural remedies for pain reduction and simple exercise techniques to get those joints happy once again.

Materials charges may apply.

Nutrition

Nutrition Basics

Carbs are ‘bad?’ No, wait—carbs are ‘good??’ Huh? Nutrition might seem complicated, leading people to try all kinds of fad diet plans without sustainable results. But just as you don't need to be a certified mechanic to operate and maintain your car, neither do you need to be a doctor or nutritionist to have a healthy body. Come to find out way to prepare and eat flavorful, nutritious food and healthy snacks. Make eating right easy and tasty.

Stress and Nutrition

Why do we crave the foods that we do? What is the impact of foods on our emotions and moods? Come learn about brain neurotransmitters such as serotonin and endorphins and the role they play in stress and craving. Walk away with personal insights and tools to manage cravings stress eating and emotional balance

Food and Mood (min. 2 hours)

How does the food we eat effect our thoughts, feelings and intellect? Is there really such a thing as a smart food? Come learn about the impact of nutrition on neurotransmitters and the brain. Gain personal insights on how to use nutrition to enhance the way you think, feel and act.

Nourishing Your Health (min. 1 hour)

Tired of being tired? Sick of being sick? What is the role of antioxidants in health and energy? Can a pill fix a poor diet or a stressed body? Come learn about the latest science on strengthening the immune system and increasing energy levels and walk away with a plan to be healthier this year and the rest of your life

Nutrition and Recovery (min. 2 hours)

Can nutrition help battle the cravings for alcohol, chocolate or cigarettes? Come learn about the effect of nutrients on the pleasure centers of the brain and walk away with tools to increase your success in battling addictions

Nutrition in a Pinch (min. 1 hour)

Too tired and busy to manage feeding yourself 3 healthy meals a day? Much less for your kids and spouse? Come learn how to balance the demands of modern life by making meals that are both quick and healthy. This seminar teaches practical ideas to master speedy meal planning and preparation as well as healthy strategies for eating out.

So You Wanna Be a Vegetarian? (min. 2 hour)

Vegetarian doesn't necessarily mean healthier. A plant based diet can be healthy and nutritious, but requires planning and care to ensure that it meets your nutritional needs. Come learn about different types of plant based diets and how you can combine foods to ensure proper nutrition.

Does Plant-based Cooking Mean Sticks and Shoots? (min. 2 hour)

Do you like the idea of going meat-free but don't know where to begin? Do you live in a household with trenchant meat eaters and don't want to have to eat two separate meals? Come and learn how to cook delicious, plant-based foods that even the meat-eaters in the house will love.

Nature or Nurture? (min. 1 hour)

Are you being bounced around by the media's reporting of the latest nutritional research? Is it one diet fits all? Why do we hear in the media that one diet is good for one week and will kill us the next week? Learn how to make sense of the latest nutritional science and apply it to your own risk factors.

The Sweet Life (min. 1 hour)

Feel like you can't make it through the day without a few dips into the cookie jar? The short-lived boost from your mid-afternoon candy attack leaving you feeling tired and irritable? Come find out about managing the sugar in your diet, and walk away with effective tools to stay healthy for life and reduce risk for diabetes and other insulin related illnesses.

Arthritis - A Real Pain! (min. 2 hour)

Pills, supplements, anti-inflammation diets. Does any of this stuff really work? According to the Arthritis Foundation, "Arthritis is one of the most prevalent chronic health problems and the nation's leading cause of disability among Americans over age 15."

Nutritional research is still in its infancy as far as understanding how diet impacts osteo (OA) and rheumatoid arthritis (RA); however, the link between skeletal muscle on bone density is well known and aspects of a healthy lifestyle can certainly play a significant role in the onset and severity of these illnesses. How do you know if you are at risk? What is the difference between RA and OA? How does arthritis treatment impact health? Come and learn what aspects of health you can optimize to counteract the effects of arthritis on your life.

The Savage Cabbage (min. 2 hour)

The moving story of how a simple food became highly refined, and changed the face of a nation in the process.

Attack of the 2000 Calorie Burrito (min. 1 hour)

Many clients are surprised when we do nutritional analysis of their foods and two foods that look nearly identical on the outside (pasta with marinara vs. pasta alfredo, for example) are WORLDS apart in terms of fat, calories, and nutrients. Once a client gets over his or her sense of shock and awe we go on to talk about how

to change a delicious, but unhealthy, meal into a delicious, but healthy, meal. It's simple and there is almost never a sacrifice in terms of taste.

Small changes in the way we prepare food can avoid huge amounts of unnecessary fats and calories. This workshop covers a few simple recipes that are big on flavor and nutrients, skinny on fat and calories, and can be prepared quickly (to avoid that post-work case of the munchies that ruins even the healthiest intentions).

Cooking classes

Cooking with Grains - instructional session includes recipes

Cooking with Greens

Cooking with Sweets

Attack of the 2000 Calorie Burrito

Cooking demonstrations

If you wish to add a demonstration and tasting of food to your cooking class we may be able to accommodate your needs should a qualified chef be available at your location. In addition to the cost for the lecture, materials fee may apply. Other healthy cooking classes are available in some cities. Please contact Recess to learn more about onsite cooking demonstrations for your location.

Family Nutrition

Nutrition in a Pinch (min. 1 hour)

Too tired and busy to manage feeding yourself 3 healthy meals a day? Much less for your kids and spouse? Do you catch yourself eating your kids' Fruit Loops and grilled cheese sandwiches? Sick of cooking two meals at a time - one for the kids and one for the adults? Come learn about children and adults' different nutritional needs. Learn strategies for making meals, buying foods, and creating eating habits that will support your family's health for generations to come.

So you Wanna Be a Vegetarian? (min. 2 hour)

Remember the days when your child happily ate your homemade meatloaf? So what do you do when that same child decides to become a vegetarian, or, a vegan? A plant based diet can be healthy and nutritious, but requires planning and care to ensure that your child receives the nutrients they need to grow and mature. Come learn about different types of plant based diets and how you can empower your child to make smart, nutritious decisions about what they eat.

Does Plant-based Cooking Mean Sticks and Shoots? (min. 2 hour)

Are some members of your household meat-free or wanting to be vegetarian? Don't know how to cook vegetarian food? A plant based diet can be healthy and nutritious, but requires planning and care to ensure that your child receives the nutrients they need to grow and mature. Come and learn how to cook delicious, plant-based foods that even the meat-eaters in the house will love.

The Teen Pizza Diet? (min. 2 hour)

Parents and teens can find plenty of reasons to disagree. Meal time is no exception; however, who ultimately "wins" with regard to food can impact both your health and your teen's. Young people and adults' physiology, brain development and social pressures around eating differ.

In addition to the obvious physical changes during adolescence, teens face changing and tough social norms around academic and extracurricular accomplishment as well

as appearance. On the other side of the fence are stressed-out, time-crunched parents. Moms and Dads don't want to have to cook two meals to appease a persnickety palette, but they also worry that if they give their kids the freedom to choose their own meals that it will end up being pizza and cookies every day.

This engaging seminar offers tools to help teens and parents create meals that help nourish healthy brains and bodies. Parents should expect to walk away with a greater understanding of your teen's nutritional needs and confidence that you can safely allow your children to seek out or prepare healthy meals. Teens will learn ways to improve mental and physical performance for school and sports as well as strategies for coping with the pressure of eating disorders - yours or your friends.'

This seminar is very popular and availability may be limited.

Stress Management

Effective organizational stress management combines organizational and individual efforts to promote workforce health and productivity. The Centers for Disease Control National Institute for Occupational Safety and Health states:

As a general rule, actions to reduce job stress should give top priority to organizational change to improve working conditions. But even the most conscientious efforts to improve working conditions are unlikely to eliminate stress completely for all workers. For this reason, a combination of organizational change and stress management is often the most useful approach for preventing stress at work.

Be Well Basics (formerly Stress and Health 101)

Let's start where we are. We all have stress: life stress, work stress, both chronic and acute stress. How can we juggle our lives, families, and jobs while maintaining internal balance? Come to this 1 hour session and walk away with simple and sustainable strategies for staying healthy and grounded.

The Physiology of Stress

So we know how stress feels and that it can impact our health in a multitude of ways, but what *is* stress, exactly? And what purpose does it serve? Gain an understanding of the body systems that affect how you feel, and walk away with foundational knowledge and realistic strategies to manage your stress.

Stress Recess: Organizational stress management (min 20 hours)

Employers are increasingly faced with more competition in the market, labor shortages, growing expenses and the general need to do more with fewer resources for a dwindling share of the market. Outside of the work environment, family, friends, communication technology and civic organizations demand more of every individual's time. That is to say that employees already come to work with a lot on their plate. Perception of stress and lack of control in our lives can lead to or worsen anxiety, depression and disease. Roughly 60% of doctor visits stem from stress related illnesses, costing U.S. employers millions of dollars per year in medical expenses and absenteeism.

You need every employee to be happy, healthy and at work. You've done ropes courses, change management classes and team building but nothing seems to work. How do you systematically create a work environment that enhances the mental well-being and productivity of your workforce while still contributing to the growth and prosperity of your business?

Using methodology recommended by the Centers for Disease Control National Institute for Occupational Safety and Health, this curriculum facilitates a process where company leaders, managers, and employees build a plan to systematically create a work environment where employees, and the company itself, can thrive.

Stress Recess: Stress management for employees (min 8 hours)

Lecture portion - framing the issue:

Is stress bad or good? Is calling it good or bad even the right question? Applying pressure to ourselves can be a source of motivation and achievement; however, each of us is wired differently to deal with stress. What is more, many people come to work with plenty of their own environmental and life stressors. Anything more can feel overwhelming. Perception of stress and lack of control in our lives can lead to or worsen anxiety, depression and disease. Roughly 60% of doctors visits stem from stress related illnesses.

The good news is, studies show that the physiological impacts of stress are often tied to our perception and can therefore be similarly impacted through learning to both manage the stressors that we can control and to find healthy coping strategies for dealing with those stressors we cannot change. Come to learn about some of the common sources of stress and ways that you can help minimize their negative impact in your life.

Interactive portion - building skills to cope with stress:

Stress, regardless of the cause, is normally managed in two main ways:

Building awareness of stressors and which ones are controllable - seeking to eliminate those negative stressors that *can* be eliminated (methods for working efficiently, such as list making, planning and scheduling, are good examples of this).

Coping with those stressors that are out of your control - otherwise known as coping mechanisms, or, increasing your capacity to handle stress. Research supported methods for doing this second part are two-fold.

In the first group are developing the following skills:

- Reframing issues and building contextual understanding
- Managing time, planning and scheduling
- Honing communication skills
- Seeking more information
- Journaling
- Cultivating personal interests, hobbies
- Seeking, building, and nurturing social support groups

In the second group are relaxation techniques such as:

- Physical activity
- Yoga
- Tai Chi/ Qi Gong
- Meditation (Centering)
- Diaphragmatic breathing
- Progressive muscular relaxation
- Guided mental imagery
- Music, art or other forms of therapy

The interactive portion of this curriculum practices skills associated with both groups moving each participant toward a greater understanding of how to apply these principles in both their own life and within the context of a team or work group.