

# Wellness Proposal

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Living Whole Health is committed to helping your organization and its employees move toward a healthier lifestyle. We have created a series of Wellness Workshops that address some of the most common issues today around health and wellness. We understand the impact optimal health has not only on the individual but on their contribution to the workplace as well.

### **Why Do Wellness Education?**

About half of all deaths in the U.S. can be attributed to preventable behaviors and exposures, according to a study in the Journal of the American Medical Association. While most of the major preventable causes of death declined or changed little since 1990, deaths due to poor diet and physical inactivity increased 33 percent, according to the CDC study.

***Recent research shows that over 50% of absenteeism is attributable to stress and stress-related illnesses. And it's no wonder stress contributes to many of the major health problems faced by nation's workforce including high blood pressure, heart disease, obesity, back pain, and more***

***Weight-related costs including healthcare, productivity, and absenteeism are costing employers approximately \$12 billion per year.***

***Dr. Vince Kerr, Director of Health Care Management at Ford, 2003***

Employees with poor eating habits generated 41 percent more health case claim costs and employees who were 20% above their normal weight range had hospital integration rates that were 143 percent higher than any other health risk group.

***Chrysler Corporation Employee Study, Missouri Western State College, Krueger, Wampler, Adams, 2003***

We can prevent many of these deaths and enhance quality of life for millions of people if we can help them exercise regularly, eat nutritious foods, avoid tobacco and excess alcohol, learn to manage stress, enhance social networks and economic conditions, clarify lifestyle values, and achieve a sense of fulfillment in their intellectual pursuits.

Studies have shown that employee wellness programs help companies reduce their healthcare costs an average of \$3.72 for each dollar invested. Additionally, companies average \$5.06 in reduced absenteeism for each dollar invested in a wellness program.

## **Option I. Wellness Series Workshops**

Below are descriptions of my most popular classes in ideal suggested order of delivery. Each class runs from 60-90 minutes. They are considered stand-alone in terms of content or as part of a Wellness Series. Class size is unlimited for these workshops.

### **Wellness Mini-Series Descriptions**

#### **Eating for Success and Energy !!**

Do you struggle to get out of bed in the morning? Do you yawn your way through the afternoon, struggling to stay awake at your desk only to be wide-awake at bedtime? The food you eat has a tremendous impact on how you feel. This session will help you understand how food affects you and will provide strategies for getting more energy. Food and Energy can impact your level of success, as food influences mood and energy and even your ability to communicate effectively.

#### **Purpose**

**To learn more about ways to bring more energy into your life and increase overall productivity and sense of well-being.**

#### **Outcomes**

At the end of the session, you will be able to:

- ☺ Identify foods that “give” energy and foods that “deplete” energy
- ☺ How to select and plan healthy breakfast meals and snacks
- ☺ Be aware of 10 Strategies for Getting More Energy

#### **Topics Covered**

- ☺ Discussion: Define and Explore Energy Issue
- ☺ Food and Energy: How food has great impact on energy levels!
- ☺ Strategies for Getting More Energy
- ☺ Questions

## **Wellness For Life and Optimal Health: The Intro/Overview**

Have you wanted a personal wellness coach and enjoy the group support?  
Do you wish you had more energy and vitality?  
Do you often wonder just what am I supposed to eat for optimal health weight, disease prevention and to slow the aging process?  
Are you conflicted and confused by all the “contradictory” nutritional information?  
You know diets don’t work but....  
Do you desire, a more balanced life?  
If you answered yes to any or all of these questions then this program is for you!

This takes my 6 Week Wellness for Life Program and condenses it down to an valuable 90 minutes to jump start you on your way to Optimal Health and Wellness!

## **Beyond Dieting: How to Lose Weight Without Even Trying!**

Many of the best weight loss tips are the simplest, the ones that take little or no effort. This workshop will help participants determine which simple weight loss habits work best for them and how to incorporate them on a daily basis. This class is about healthy lifestyle choices vs. quick or fad diet ideas. We will also address tips around holiday parties and meals.

### **Purpose**

**To learn more about the value lifestyle changes as opposed to quick fix dieting.**

### **Topics Covered**

- ☺ Tips to lose weight without trying
- ☺ Passive Exercise
- ☺ Why diets don’t work
- ☺ Portion control
- ☺ Breathing for weight loss
- ☺ Questions

## **Quick and Healthy Meals on a Working Schedule**

### **Purpose**

To show “hands on” how participants CAN fit healthy eating into a busy lifestyle

### **Outcomes**

At the end of the session, you will be able to:

- ☺ Feel more comfortable and confident about how to manage healthy cooking and food selection even on a working/traveling schedule!
- ☺ Learn timesaving measures in preparing, cooking and storing food
- ☺ Set goals on how to make healthy meals and snacks as part of the daily routine
- ☺ Know what resources to go to for tips, motivation and inspiration

### **Topics Covered**

- ☺ Discuss “the challenge” of eating healthy
- ☺ Discuss the 5 W’s and an H: Keys for healthy cooking
- ☺ Review fast cooking healthy foods/ meals
- ☺ Discuss seasonal eating and resources for inspiration
- ☺ Short hands on cooking demo and food sampling
- ☺ Questions
- ☺

## **Whole Food Store Tour (Limit 12)**

### **Purpose**

To help participants understand what healthy foods are available in a health food store, and where to find them. A fun inspirational and interactive field trip putting into practice what we have been learning in our classes.

### **Outcomes**

At the end of the session, participants will be able to:

- ☺ Feel comfortable in a health food store
- ☺ Describe various health tips and foods why organic
- ☺ Select the best produce, grains, beans and packaged goods
- ☺ Explain how to save money at the health food store
- ☺ Describe which foods and ingredients to avoid

## **A Balanced Approach to Stress Management for Optimal Wellness!**

### **Purpose**

The purpose of this session is to help participants understand the affects of stress in their lives and learn techniques for reducing the harmful impacts of stress through diet change, and the practices of yoga and meditation.

### **Outcomes**

At the end of the session, participants will be able to:

- ✧ Understand what stress is and the affects it has on their lives and their health.
- ✧ Track the patterns of daily personal stress.
- ✧ Identify how diet and lifestyle choices exacerbate the experience of stress
- ✧ Identify stressful foods in their diet and learn how to reduce or substitute them
- ✧ Understand the benefits of yoga and meditation for reducing stress
- ✧ Perform basic desk yoga movements.
- ✧ Perform basic meditative exercises.
- ✧ Create concrete steps for dietary and lifestyle change to reduce daily stress

Time: **This program is available in a one hour or half day format**

## **10 Simple Steps to Feeding Your “Whole” Family Healthy!**

Do you suspect that diet may affect your child's behavior/moods?

Do you want to learn how to get your child /family to eat healthier?

Are you concerned about the epidemic growth in diabetes and heart disease in children under 10?

Do you have the world’s pickiest eater (s)?

Do you need some motivation, ideas and support to get going?

Then this workshop is for you!

Attend this inspiring and energizing workshop to help you create and follow through with healthy and realistic health goals for your whole family!

## **Food as Medicine for a Healthier Heart!**

This class looks at the important impact on diet and heart health.

Participants will learn :

- ⊗ Which fats are heart healthy
- ⊗ The role of inflammation and heart health
- ⊗ What foods dramatically lower/raise cholesterol
- ⊗ Twelve way to eat like a Mediterranean

## **Super foods Rx for Disease Prevention and Slowing of the Aging Process!**

### **Summary**

Food impacts your level of success in building strong immunity and fighting disease and illness. By choosing to incorporate “super foods” in your diet on a regular basis, you can avoid common sicknesses, help to prevent disease and slow the aging process. Based on the popular book Superfoods Rx: Fourteen Superfoods That Will Change Your Life. The book is based on the simple but profound premise: some foods are dramatically better than others for our health and longevity...come learn what they are. Whether you are 63 or 23 now is the right time to start eating the Superfoods Way, and possibly avoid type II diabetes, hypertension, certain cancers, obesity and Alzheimer’s.

### **Topics Covered**

- ⊗ What are “superfoods”
- ⊗ Simple ways to bring superfoods into the diet
- ⊗ Tasty superfood substitutes
- ⊗ Superfoods vs. Junk foods
- ⊗ Boosting nutritional content

### **Materials**

- ⊗ Superfoods list
- ⊗ Easy Superfood recipes

## **REDUCE IINFLAMMATION NOW! Learn How to Prevent or Reduce Allergies, Arthritis, Alzheimer's , Heart Disease and More!**

### **Summary**

Millions of Americans suffer inflammatory disorders, such as allergies, asthma, cardiovascular disease and arthritis. Although everyone experiences inflammation at one time or another, chronic inflammation is a sign of health problems. This workshop will focus on diet through the lens of nutrition, looking at which foods create or reduce inflammation and how to manage inflammation in the body.

**Purpose:** To learn more about ways to reduce the “chronic” inflammation which can lead to heart disease and other illnesses.

### **Outcomes**

At end of this session you will be able to:

- ☺ Define healthy and “chronic” inflammation
- ☺ Define markers of high inflammation such as CRP
- ☺ Identify foods that create and reduce inflammation
- ☺ Have a set of steps to guide you to lower inflammation in the body

### **Materials**

- ☺ Inflammatory foods and Non-Inflammatory foods Hand Out
- ☺ Steps to Reduce Inflammation Hand Out
- ☺ Inflammation Food Quiz
- ☺ Goal Setting Worksheet

Investment: \$650 per class, master handout will be provided for copying prior to class. Classes are interactive and I will sometimes require a white board or flip chart and most classes have a power point.

The cost for 3 or more classes will be \$600 per class.

## **Option II. Group Program**

### **Wellness... For Life! Group Program (Max 15 per group)**

**This 12 week program, brought to you by Living Whole Health provides guidance for making appropriate lifestyle choices to reduce current health related issues and further risk of disease.**

This group program is designed for men and women who want to jumpstart their healthy eating habits and lose a few pounds along the way. You will discover the pathways to health as we explore the psychology of eating while learning new strategies. We will help each other make healthy eating choices a habit that sticks ... for life!

Class One: What is Food?/Goal Setting/ De-Mystifying The Food Pyramid

Class Two: Eating for Energy, Productivity & Weight Management

Class Three: Quick and Healthy Meals on a Busy Schedule

Class Four: Whole Food Tour

Class Five: Superfoods Rx: Foods that Prevent Disease & Slow the Aging Process

Class Six: Wheel of Life: Nourishment & Balance/The Fun Factor

The classes will be highly interactive. Each class will have an interactive exercise or activity and a homework assignment will be assigned each class. Each class participants will receive a notebook and handouts, as well as a current book on nutrition. Participants meet every other week.

#### **FEATURES:**

- Six one-hour group meetings (best spaced 2 weeks apart) time to integrate learning and experiment with changes
- 1 (30) minute individual coaching session
- A recipe collection, a cookbook and nutrition handouts
- Delicious healthy snacks to munch on
- Recommendation lists for books, cookbooks, and websites
- Unlimited email support
- Meditation/relaxation techniques
- Lifetime subscription to the "Living Whole Health" e-newsletter

#### **BENEFITS:**

- Clear up confusion around nutrition and fad diets
- Learn to prepare fresh, healthy meals
- Prevent those late-afternoon energy crashes
- Find your 'inner chef' once again!
- Have more energy for and vitality, create more balance, de-stress

Investment: \$600 per class, class size limited to 15.

## **Option III. Individual Health Coaching**

***Health coaching is a wonderful way to give your employees a more focused approach to their personal health and wellness goals. By meeting with a health coach on a regular basis at the workplace actual goals can be set and achieved for optimal health, weather it be weight loss, or disease prevention or to simply create a more balanced life with less stress.***

This work is about lifestyle changes, meeting individuals where they are and looking at all areas in their life that nourish and feed them and suggesting small steps to move them towards more optimal health and a more balanced life.

### **How Many, How Often?**

Even one session can be of benefit to help an individual begin to bring attention to their level of health and wellness. In 3-4 sessions positive changes can be implemented and clients can begin to see results, as they feel better, have more energy and begin to feel more confident about the path they are on and new choices they are making.

In the work environment I would suggest a 30-minute meeting every two weeks we could stretch them out to once a month with email support in between sessions.

### **Logistics**

I would suggest a schedule is set up on your end and emailed to me prior to my coaching day. Each participant will be asked to complete my online health history form prior to our first session. I am incredibly sensitive to the confidential nature of the information that will be shared with me and it will remain confidential.

I am available in half-day blocks so I could come in for a 3-hour block and see 5 individuals or a full day and see a maximum of 10.

My half day rate is \$750 my full day rate is \$1200

### **Some client testimonials:**

"The Nutrition & Wellness Program has been a wonderful addition to our Learning Program. We have always provided training on everyday skill development and ways to relieve life's stress, but when we incorporated the nutrition & wellness series, our employees could see how nutrition affected our day-to-day functions and productivity. Great program!!"

**Eunice Deras, Training Director, Nuclear Energy Institute**

"The wellness series was one of the best attended programs, and most highly regarded by both participants and management alike, which we have ever run at the Embassy. The program dispelled a lot of myths and provided the motivation, resources and tools for participants to make real changes in their health and well being.

The knowledge, approachability and communication style of the presenters was excellent and participants particularly appreciated the ability of the presenters to tailor the program and provide hints to meet their specific individual needs."

**Larissa Jolly, Human Resources Manager, Embassy of Australia**

**"Cheryl and her company, Living Whole Health, have conducted wellness workshops for us each month in 2005. We have a core group of participants who have really taken her information to heart. After each session, they are eager to apply their newly gained knowledge and to share their successes or challenges. The workshops are always well organized, have plenty of opportunity for questions and discussion, and include great handouts and recipes. Our employees find the presenters inspiring, encouraging, informative, and just awesome! Our group looks forward each month to the next topic!"**

**Cindy Marzullo, Director of Training, State Dept. Credit Union**

Feel free to call me if you have any questions or require additional information.

I have a more complete list of classes, which I have sent as a separate attachment, additionally I can develop and or customize to your specific needs.

In health!

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CHERYL MIRABELLA M.A., HHC

**Speaker\* Trainer\* Coach \*Trainer Broker**

Cheryl is a dynamic and lively presenter in the area of health and wellness. She enjoys the process of educating individuals on a full range of topic areas inspiring participants to consider their role in achieving optimal health in all areas of their life. She also runs a thriving human resources training business that she founded in 1992, Mirabella & Associates ([www.findtrainers.com](http://www.findtrainers.com)). Cheryl enjoys the process of “matching” the needs of companies with the varied talents of trainers and consultants, taking into consideration each companies unique culture and corporate vision.

*Some of her clients include, The Discovery Channel, Cable & Wireless, The United Way of America, The Department of Energy, The US Navy, Sato Travel and The American Plastics Council, Gannett, Acacia, Fannie Mae, Citicorp, US Treasury & IBM, Marriott, Carr America, EPA, GWSAE, Department of Interior, Ernst & Young, FAA, FBI, Lockheed Martin, Embassy of Australia & Nuclear Energy Institute, Pharmaceutical Manufacturers of America and The National Science Foundation.*

Cheryl received her Masters Degree in Psychology and Counseling from the University of Santa Monica in 1994. She was also certified by the Institute of Integrative Nutrition in NYC, in Holistic Health Counseling. For over 20 years she has pursued education in the field of natural health and complementary health care, this began her journey towards an understanding of holistic healing and how the whole person must be addressed when looking at preventing illness or creating wellness.

As founder of Living Whole Health, ([www.livingwholehealth.com](http://www.livingwholehealth.com)), she maintains a private health coaching practice located in Old Town, Alexandria as well as a wellness speaker and trainer doing work nationwide. A sample of Wellness topics are: Eating for Energy, Feeding the Whole Family Healthy, Life Balance, Stress and Nutrition.