Preventive Health Screenings & Seminars

2012 & 2016 Pennsylvania Award Winner

2018 APA Honoree

Psychologically Healthy Workplace Awards

Psychologically Healthy Workplace Honors
WHO WE ARE

AREUFIT Health Services, Inc. was established in 1992 as a sole proprietorship and then incorporated in 1996. With 25+ years of experience, AREUFIT has been at the forefront of worksite health promotion and disease prevention services before “wellness” became a buzz word. A pioneer in designing mobile health screening vehicles, AREUFIT is founded on the principle of providing outstanding service to others and is committed to achieving excellence in the quality of its services. We strongly believe that the achievement of these goals are dependent upon the excellence of our employees and a supportive environment that AREUFIT provides.

The professional AREUFIT staff consists of Health Educators, Exercise Physiologists, Certified Paraoptometric Technicians, Massage Therapists, Health Coaches, Interns, CPR/First Aid Instructors, and support staff.

WHAT WE DO

AREUFIT Health Services, Inc. is the leading provider of preventive health screenings, health education, and wellness services to area companies as well as individuals. We offer preventive health screenings, seminars, health fair planning and implementation, CPR, wellness consulting services, and much more.

We provide services to companies of all sizes and budgets and will work with the individualized needs of your company. When it comes to wellness, one size does not fit all! AREUFIT’s service area includes Philadelphia and the surrounding counties, Berks and Lancaster counties, Delaware, and New Jersey, and the Lehigh Valley.

OUR CORE COMPETENCIES

Preventive Health Screenings
Mobile Health Screening Vehicles
Health Education
# TABLE OF CONTENTS

**AREUFIT PREVENTIVE HEALTH SCREENINGS**  1-13

## BASIC BIOMETRICS
- Blood Pressure: 2
- Cholesterol: 2
- Glucose: 2
- BMI: 2
- Obesity: 2

## ADVANCED BIOMETRICS
- A1C: 3
- AAA Ultrasound: 3
- Electrocardiogram (EKG): 3
- Metabolic Syndrome: 3
- Peripherial Arterial Disease: 3

## PHYSICIAN LED SCREENINGS
- Cardiovascular Risk Review: 4
- DRE (Digital Rectal Exam): 4
- Onsite Physical: 4
- Skin Cancer: 4

## HEALTH SCREENINGS  5-7
- Anemia: 5
- Blood Typing: 5
- Body Composition: 5
- Bone Density (Osteoporosis): 5
- Carbon Monoxide: 5
- Cotinine: 6
- Dermascan: 6
- Diabetic Foot: 6
- Hearing: 6
- Pulmonary Function: 6

*indicates new Health Screenings*
Pulse Oximetry 6
SLUMS Memory Examination 6
TSH (Thyroid Stimulating Hormone) 7
Vision 7
Vision Simulator 7
Optometry Consultations 7
Vitamin D 7

**FITNESS ASSESSMENTS** 8-9
BodPod Body Composition 8
Resting Metabolic Rate (RMR) 8
Falls Prevention 8
Flexibility/Strength Measurements 9
Functional Movement Screening 9

**EDUCATIONAL DISPLAYS** 10
Colorectal Cancer 10
Fatal Vision/Intoxiclock 10
Germ Powder 10
**Nutrition** 10
Men’s Health 10
Stress Buster’s Tool Kit 10
Women’s Health 11

**ADDITIONAL SERVICES** 12-13
Ask the Expert program 12
Cooking/Juicing Demonstration 12
CPR AED/Pet CPR and First Aid courses 12
Healthy Lifestyle Counseling (Wellness Coaching) 12
Seated Chair Massage 13
**Seated Hand Massage** 13

*indicates new Educational Display/Service
<table>
<thead>
<tr>
<th>AREUFIT SEMINARS</th>
<th>16-29</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXERCISE AND PHYSICAL ACTIVITY</strong></td>
<td>17-18</td>
</tr>
<tr>
<td>Beyond the Basics</td>
<td>17</td>
</tr>
<tr>
<td>Exercise and Aging</td>
<td>17</td>
</tr>
<tr>
<td>Exercise is Medicine</td>
<td>17</td>
</tr>
<tr>
<td>Exercise Prescription for Special Populations</td>
<td>17</td>
</tr>
<tr>
<td>Exercising in the Heat</td>
<td>17</td>
</tr>
<tr>
<td>Guidelines for Exercise Training for Healthy Adults</td>
<td>17</td>
</tr>
<tr>
<td>Maximize Your Workout</td>
<td>17</td>
</tr>
<tr>
<td>“So What’s Your Excuse for Not Getting Enough Exercise?”</td>
<td>18</td>
</tr>
<tr>
<td>The Science of Sedentary Behavior</td>
<td>18</td>
</tr>
<tr>
<td>Weighing in on Resistance Training</td>
<td>18</td>
</tr>
<tr>
<td><strong>NUTRITION AND WEIGHT MANAGEMENT</strong></td>
<td>19-20</td>
</tr>
<tr>
<td>Body Composition – What Are You Made Of?</td>
<td>19</td>
</tr>
<tr>
<td>Eating for Energy</td>
<td>19</td>
</tr>
<tr>
<td>Feed Your Head</td>
<td>19</td>
</tr>
<tr>
<td>Healthy Eating on the GO!</td>
<td>19</td>
</tr>
<tr>
<td>Healthy Meals for the Busy Professional</td>
<td>19</td>
</tr>
<tr>
<td>Metabolism...What’s it all About?</td>
<td>19</td>
</tr>
<tr>
<td>Portion Distortion</td>
<td>19</td>
</tr>
<tr>
<td>The “Buzz” on Energy Drinks</td>
<td>19</td>
</tr>
<tr>
<td>Myths and Facts About Fad Diets</td>
<td>19</td>
</tr>
<tr>
<td>Superfoods</td>
<td>19</td>
</tr>
<tr>
<td>Tackling the Triple Threat to Health</td>
<td>19</td>
</tr>
<tr>
<td>The Low Stress Diet</td>
<td>19</td>
</tr>
<tr>
<td>Vitamins in Physical Activity and Health</td>
<td>19</td>
</tr>
<tr>
<td>What’s On Your Plate? Smart Food Choices for Healthy Aging</td>
<td>20</td>
</tr>
<tr>
<td><strong>STRESS</strong></td>
<td>21</td>
</tr>
<tr>
<td>Don’t Worry, Be Happy</td>
<td>21</td>
</tr>
<tr>
<td>Manage Stress and Build Resiliency</td>
<td>21</td>
</tr>
<tr>
<td>Mindfulness</td>
<td>21</td>
</tr>
<tr>
<td>Physiological Response to Stress</td>
<td>21</td>
</tr>
<tr>
<td>Yoga</td>
<td>21</td>
</tr>
</tbody>
</table>
## GENERAL HEALTH AND WELLNESS 22-24

- 4 Keys to Optimal Health 22
- Bloodborne Pathogens 22
- Climate Change and Health 22
- Concepts of Wellness 22
- Concussion in Sports 22
- Financial Wellness 22
- Germs, Germs, Germs; the Good, the Bad and the Ugly 23
- Healthy Back 23
- Is It OK If I Take This? 23
- Medicine Cabinet Safety 23
- Osteoporosis 23
- Sleep Awareness 23
- Stages of Change 23
- Too Hot? Too Cold? 24
- What’s All the Fuss About Wellness? 24

## CARDIOVASCULAR HEALTH 25

- Atherosclerosis – What You Need To Know 25
- Atrial Fibrillation 25
- Cardiovascular Risk Factor Education 25
- The Diabetes Dilemma 25
- His and Hers Heart Disease 25
- Know Your Numbers 25
- Signs and Signals 25
- Tell A Friend (PCNA) 25

## WOMENS’ HEALTH 26

- The Female Athlete Triad: Disordered Eating, Amenorrhea and Osteoporosis 26
- Just for Women 26

## MENS’ HEALTH 26

- Just for Men 26
CANCER
Ovarian Cancer
Skin Cancer
Colorectal Cancer

VISION
Eye Anatomy
Refractive Errors
Adult Eye Disorders
Low Vision
Home Safety
Workplace Safety
Sport Safety
Healthy Living, Healthy Vision

*CAll Seminars can be customized to fit any audience or topic

COURSES
Balancing your Wellness Wheel
Diabetes at Work – National Diabetes Education Program (NDEP)
National Diabetes Prevention Program (NDPP)

HEALTHY LIFESTYLE COUNSELING (HEALTH COACHING)

WELLNESS PROGRAM CONSULTING

THE AREUFIT DIFFERENCE
How Can Local Service You Better?
Corporate Cares Program
Inquiries
Preventive Health Screenings
Blood Pressure
Hospital-grade automated blood pressure cuffs are used when checking individual blood pressures. Known as the silent killer, nearly 1 in 3 adults have hypertension, yet they don’t always know it because the condition has no symptoms. Hypertension (high blood pressure) increases risk for heart attack and stroke. Each technician can see approximately 12-16 individuals each hour.

Cholesterol
This simple test is done with a finger prick to obtain a small sample of blood for testing. Heart Disease is the #1 cause of death in the United States for both men and women. Participants screened per hour are dependent upon complexity of screening chosen. Cholesterol options include total cholesterol (TC) only; TC, HDL, TC/HDL ratio (non-fasting); lipids panel (fasting); Triglycerides/HDL ratio (fasting). The ratios are the best indicators for the risk of developing heart disease.

Glucose
This screening is done by taking a drop of blood from a finger prick on the screened individual. Diabetes is a serious condition in which the body cannot properly produce or efficiently use insulin, a hormone needed to convert blood sugar into energy. Left untreated, diabetes can lead to complications such as blindness and heart disease. Fortunately, diabetes is treatable and in some cases preventable. We can screen approximately 15-20 individuals each hour.
It is recommended that participants with elevated glucose readings or diabetes also have a hemoglobin A1C test done. See description on following page.

BMI
Body mass index (BMI) is a measure of relative size based on the weight and height of an individual. BMI ranges from underweight to obese and is commonly used to predict health outcomes. Athletes, who tend to carry more muscle, may have a BMI that is misleading.

Obesity
Methods of assessing obesity consist of a combination of measurements: BMI, waist circumference, and waist-to-hip ratio. High BMI, waist circumference and waist-to-hip ratio alone and especially in combination have been shown to increase the risk for developing hypertension, heart disease, high cholesterol, and diabetes. Each technician can see 12-16 individuals each hour for the obesity screening.
A1C
A1C represents the average blood glucose level over a period of 2-3 months. Compared to daily blood sugar measurements - which can be greatly affected by recent dietary intake - A1C is a more accurate, long-term measure of diabetes control. We use a portable HbA1C unit that is lab accurate, National Glycohemoglobin Standardization Program certified and CLIA waived. In addition, we use the A1C Now+ machines for onsite testing of blood glucose levels. The American Diabetes Association recommends that the A1C test be the primary test used to diagnose prediabetes, type 1 diabetes and type 2 diabetes. This instrument requires very little blood and will have results ready in 7 minutes.

Abdominal Aortic Aneurysm (AAA) Ultrasound
AAA is a condition in which the lining of the aorta is enlarged within the abdomen. Risk factors for developing an AAA include smoking, hypertension, high cholesterol, male gender, emphysema, genetic factors, and obesity. This type of aneurysm can be avoided with proper preventive care. This screening is painless. It is recommended that a participant wear a button-down shirt that opens in the front. This test will require a physician to read the results.

Electrocardiogram (EKG)
Used by cardiologists to detect many heart problems, the EKG is a simple, painless test that records the heart’s electrical activity. According to the National Institutes of Health, an EKG shows how fast your heart is beating, the rhythm of your heartbeat, and the strength and timing of electrical signals. This screening is performed by a registered nurse, then interpreted by a cardiologist. This screening must be done as a package with other biometric screening(s). This test will require a physician to read the results.

Metabolic Syndrome
Metabolic syndrome is the name for a group of risk factors that raises your risk for heart disease and other health problems, such as diabetes and stroke. These risk factors include a large waist circumference, high triglycerides, low HDL-cholesterol, hypertension, and high fasting blood sugar. Your risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors you have. The risk of having metabolic syndrome is closely linked to overweight and obesity and a lack of physical activity. This screening combines obesity, blood pressure, and cholesterol and glucose screenings.

Peripheral Arterial Disease (PAD)
PAD refers to a narrowing of the peripheral arteries. PAD is most commonly found in the legs, but can also be found in other peripheral arteries including the stomach, arms and head. This screening detects arterial disease in the lower leg. People affected with PAD can experience leg pain, soreness or cramping while walking and have a greater risk for heart attack and stroke.
Cardiovascular Risk Review
Knowing one’s risks for developing cardiovascular disease is crucial to prevention of disease. The more one knows about their risk factors the better chances they will have to manage and prevent disease. The physician will assess an individual’s biometrics to provide a physiological review of factors that could increase their risk for developing cardiovascular disease. The physician will educate the individual on how to change certain behavioral and environmental factors to prevent disease.

Onsite Physical
Offering Onsite Physicals at the workplace will ensure the health and safety of employees. These physician led physicals can be tailored to meet the needs of any employer based on job requirements and risk levels. The standard Onsite Physical Protocol includes: review of medical history, blood pressure, height, weight, pulse, vision, and physical examination.

Prostate-Specific Antigen (PSA)/Digital Rectum Exam (DRE)
The purpose of screening is to detect prostate cancer at its earliest stages, before any symptoms have developed. Typically, prostate cancer that’s detected by screening is in the very early stages and can be treated most effectively. Physicians can screen for prostate cancer quickly and easily using two different screenings: The PSA blood test and the digital rectal exam (DRE). During a PSA test, a small sample of blood is drawn from a fingerstick and the level of PSA is measured. During a DRE, a physician inserts a gloved, lubricated finger into the rectum and examines the prostate for any irregularities in size, shape, and texture.

Skin Cancer
Regular Skin Cancer Screenings help for earlier detection of skin cancer and more effective treatment. In a private setting, a physician will conduct a full-body visual examination of the skin. The screening will take 10 minutes and will be followed up with a formal education on the findings by a Health Educator. This is not a diagnostic screenings, further tests will have to be done if an abnormal result is found.
HEALTH SCREENINGS

Anemia
Individuals who are being screened will have their finger pricked, so a drop of blood may be analyzed for number of red blood cells per unit of blood. Red blood cells carry oxygen throughout the body. The lack of oxygen to your body is what causes the fatigue associated with anemia. Many people are not even aware that they suffer from anemia. Women and those with chronic diseases are at the greatest risk for developing anemia. Each technician can test 12-16 individuals per hour.

Blood Typing
Individuals who are being screened will be asked to have their finger pricked, so a drop of blood may be analyzed for blood typing. Although most Americans do not know their blood type, it is important to know especially in the event of an emergency. In the case of a transfusion, a person's blood type needs to be compatible with the donor's blood type. If not, an allergic-type reaction can occur resulting from the immune system of the recipient attacking the incompatible donor blood cells as invading organisms. Each technician can see 8-10 individuals per hour.

Body Composition
Body composition analysis looks at the proportion of fat mass to muscle, bone, and organ mass a person has currently. This measurement reflects the results of the individual's current physical activity and nutritional practices. This screening uses the Futrex machine, which measures your percent body fat by infrared light. A wand is placed on the bicep muscle and emits infrared light, which differentiates muscle vs. fat depending on the speed the light travels. Each technician can assess 10-12 individuals each hour.

Bone Density (Osteoporosis)
Bone density refers to how hard your bones are. This screening is done by measuring the bone mineral density (BMD) of the heel bone (calcaneus) through ultrasound. Although osteoporosis can affect anyone, 80% of those diagnosed are women. Your BMD is then used to determine your risk for osteoporosis by making comparisons based on age, gender and race. Each technician can see approximately 10-12 individuals per hour. Participants will need to remove shoes and socks to have this screening done.

Carbon Monoxide
Carbon Monoxide (CO) is an odorless, colorless, toxic gas that is present in car exhaust fumes, faulty gas boilers, and tobacco smoke. When tobacco smoke is inhaled, CO is absorbed into the blood from the lungs. When CO is absorbed into the blood instead of oxygen, your body is being deprived of oxygen and all of your organs are affected. This screening measures extremely small amounts of CO levels in the blood through exhaled breath. Additionally, this screening measures the percentage of red blood cells carrying CO instead of oxygen. This screening is best used in conjunction with tobacco cessation programming.
Cotinine
The iScreen® OFD - Cotinine device is a rapid, oral fluid screening test that can be performed anytime via proper saliva collection. The participant will actively swab inside of mouth and top of tongue for 3 minutes. The test detects elevated levels of cotinine (nicotine metabolite) in oral fluid for accurate determination of smoking status. Staff can conveniently administer this screening to obtain reliable results for the presence of cotinine within 10 minutes.

Dermascan
The Dermascan is an interactive tool, which is used to teach participants about sun safety. This screening allows both the participant and technician to view sun damage on the participant’s face. Information on skin cancer and sun safety is provided. Each individual can see 16-18 individuals per hour.

Diabetic Foot
This screening is performed by a registered nurse (RN) who is familiar with the foot and able to perform basic strength and sensory testing on individuals with diabetes. It is used to detect nerve damage which can create conditions in the foot that produce secondary problems such as deformity and foot ulceration, and may lead to amputation in diabetics. This screening takes approximately 10 minutes per participant, including education. Each RN can see 6 individuals per hour. This screening pairs well with the Diabetes Dilemma seminar.

Hearing
The hearing screening is conducted by having the participant respond to pre-selected tones at varying intensities. Each technician can see approximately 10-11 individuals per hour. A separate quiet room from other screenings or health fair activities is required.

Pulmonary Function
The purpose of this screening is to assess the subject's lung condition and provide early detection of abnormalities associated with lung disease. The participant will breathe into a machine at varying intensities during this screening. Measurements include Forced Vital Capacity (FVC) and Forced Expiratory Volume (FEV) in one second. Each technician can see approximately 5-6 participants per hour.

Pulse Oximetry
A pulse oximeter probe is placed on the participant’s finger to measure the oxygen saturation of the blood. This screening pairs well with pulmonary function and carbon monoxide screenings.

SLUMS Memory Examination
The Saint Louis University Mental Status (SLUMS) examination is used for detecting dementia and mild cognitive impairment (those not yet experiencing dementia). More sensitive than the Mini-Mental Status Examination (MMSE), this easy examination is administered by a registered nurse and takes approximately seven minutes per person. This test is best for group of 65 years and older.
Thyroid Stimulating Hormone (TSH)
The TSH regulates various functions within the body. The TSH measurement reflects the sufficiency of thyroid hormone in the body. Too much TSH in the blood can result in hypothyroidism and too little TSH in the blood can result in hyperthyroidism; both conditions have different effects on the body and the person may experience extreme fatigue, weight loss/gain, cold intolerance or anxiety to name a few. This screening is completed with a simple finger stick. A blood sample is collected on a cassette and takes about 10 minutes to determine the level of TSH. This screening takes approximately 20 minutes per participant. Education is provided on thyroid disease.

Vision
The vision screening is used to assess whether the client is in need of a more in depth eye examination by an eye doctor or if their vision does not need correction. Using the Titmus 2 Vision Screener, staff will assess visual acuity (near and far), color perception and muscle balance. Each technician can see approximately 6-8 individuals per hour. This vision screening can be performed alone, or paired with Optometry consultations. This screening is best used in combination with one or more of our vision seminars.

Vision Simulator
This demonstration is used to help sighted persons develop a better understanding of what it is like to live with vision impairment. Goggles are used to stimulate different vision impairments as the participant attempts to perform various everyday tasks while wearing the impairment goggles. Impairments demonstrated include 20/200 vision (legal blindness), 20/400 vision (blindness), macular degeneration, floaters, retinal detachment, and retinal pigmentosa (tunnel vision). Each technician can see approximately 10-11 participants per hour.

Optometry Consultations
Performed alone, or paired with the vision screening, an Optometrist is available for individual consultations. Our staff also includes CPOs (certified paraoptometrics). Paraoptometrics are allied health personnel who extend the optometrist's capabilities by assuming routine and technical aspects of vision care services.

Vitamin D
Vitamin D deficiencies have been shown to have a negative effect on cognitive function, inflammation in the body and bone health, and have been linked to heart disease, depression and Alzheimer’s disease. This simple test requires a small finger prick. Results have to be sent out to a lab, and techs can screen 12-18 people each hour.
BodPod Body Composition
Body composition analysis looks at the proportion of fat mass vs. lean mass a person has currently. Over time, people tend to gain fat and lose muscle without an obvious change in their weight. Even though we need a certain amount of fat in our bodies to insure good health, excess body fat has been found to increase the risk of many diseases. The BodPod is based on the same whole-body measurement principal as hydrostatic weighing, but using patented air displacement technology instead of water. The subject sits comfortably inside the BodPod while computerized pressure sensors determine the amount of air displaced by the person’s body. Testing is highly accurate, safe, and quick, with a complete analysis in about 5 minutes. Only by accurately measuring body composition will you learn the amount of fat and lean tissue that makes up your weight, enabling sensible decisions regarding nutrition and exercise programs. It’s the best way to get the “whole picture” of what’s really going on in your body. Pre-test instructions include fasting for at least 4 hours; abstaining from caffeine or tobacco use for at least 4 hours; no exercise the day of the test; water is okay.  *(conducted at AREUFIT office only)*

Resting Metabolic Rate (RMR)
Resting Metabolic Rate (RMR), or how many calories your body burns at rest, is measured with a Body Gem device. If you are embarking on an exercise program or beginning to count calories it is important you know how many calories your body needs to maintain weight. Pre-test instructions include fasting for at least 4 hours; abstaining from caffeine or tobacco use for at least 4 hours; no exercise the day of the test; water is okay. Knowing your individualized RMR will help to personalize your weight management, basic nutrition and/or overall health program and allow you greater success in reaching your goals.  *(conducted at AREUFIT office only)*

Falls Prevention
The Falls Risk Assessment was developed to assist in identifying fall risk factors and overall body strength among older adults and to increase public awareness of measures that can help to prevent falls. Each test is used to assess physical fitness in older adults. The assessment takes approximately 20 minutes per participant including education. The tests include:

- Functional Reach
- Timed Get Up & Go
- One Leg Stand
- Truck Rotation
- 2-Minute Step In Place
- Grip Strength
Flexibility/Strength Measurements
Examples of flexibility and strength measurements may include and are not limited to the following:

- **Sit-and-Reach** is used to determine hamstring flexibility.
- **Shoulder Flexibility** adequate range of motion in the shoulder is important for injury prevention and physical performance.
- **Grip Strength** is measured by using a hand dynamometer that measures overall upper body strength and compares right and left grip strength.
- **Push-ups** are a good way to test your upper body muscular strength and endurance.
- **Shoulder Flexibility** adequate range of motion in the shoulder is important for injury prevention and physical performance.
- **Squat Test** squats build muscle, burn fat, maintain balance, prevent injuries, & tighten the core.
- **Wall Sit Test** measures lower body muscular strength and is a simple test to assess lower body endurance.
- **Trunk Rotation** measures movement of the spine which is used in performing many daily activities.
- **3-Minute Step Test** provides a submaximal measure of cardio-respiratory fitness; the total one-minute post-exercise heart rate is the subject's score for the test.

The Functional Movement Screening (FMS)
The FMS is a quick and easy way to screen for fundamental movement. If we have poor quality of movement, we are at a much greater risk of injury. The FMS looks at fundamental movements, motor control within movements, and basic movement patterns. Its job is to discover and detect any asymmetry in our movement patterns. FMS is not a diagnostic tool; however, it is a proven tool that is able to objectively look at the quality of our body motion.

There are seven tests associated with FMS, and they require a balance of mobility, and stability. These tests are widely used by health care professionals for patients with the desire to be more athletic, fitter, and stronger. However, FMS is completely relevant to determine the quality of fundamental movement for our activities of daily living (ADL’s).
EDUCATIONAL & INTERACTIVE DISPLAYS

Colorectal Cancer
Formed in the colon or rectum, colorectal cancer can be successfully treated with early detection. Although the second leading cancer killer in Pennsylvania, it is one of the few cancers that can be prevented. Since there are often no symptoms in its initial stages, early screening and detection is vital. This service includes education and display table along with the distribution of a Fecal Blood Screening Kit that is used in the privacy of one’s home.

Fatal Vision/Intoxiclock
The Fatal Vision/Intoxiclock Program was developed to educate people on the dangers of drinking and driving. The Fatal Vision program involves the participant to wear goggles that simulate elevated blood alcohol levels. The Intoxiclock demonstrates how a person’s level of intoxication changes with increasing levels of alcohol ingestion and the rate at which the body metabolizes it. This program helps to educate individuals about impairment and Blood Alcohol Content (B.A.C.). Each technician can see approximately 10 participants per hour.

Germ Powder
Hand washing is the first defense against germs. The Germ Powder screening allows participants to view how easily germs can build up on everyday objects and to analyze their own hand washing tendencies and technique. This screenings emphasizes the importance of proper hand washing and is appropriate for all ages. This demonstration takes approximately 5 minutes per participant and each technician can see approximately 10-12 participants each hour.

Nutrition
In today’s society, the portion sizes of meals and the hidden ingredients added into some of our favorite foods is causing increased risks of Heart Disease. AREUFIT provides in-depth education showing how to measure portion sizes, what to look out for on food labels and visuals of popular foods. This interactive display will encourage your employees to make healthier eating decisions, which will make a big difference in the long run.

Men’s Health
Men and women look at health differently. This display will show how lifestyle can affect all aspects of health. It also highlights common misconceptions about health for men, and health topics specific to men. It also gives men the tools and resources to age healthfully.

Stress Buster’s Tool Kit
Unmanaged stress can impact the productivity and effectiveness of your workplace. Stress is also highly contagious! With the Stress Buster’s Tool Kit, AREUFIT’s Health Educators will show your employees how to manage stress at work with simple activities as well as how to promote stress management within the office.
Women’s Health
Men and women look at health differently. This display will show how lifestyle can affect all aspects of health. It also highlights common misconceptions about health for women, and health topics specific to women. It also gives women the tools and resources to age healthfully.
Ask the Expert Program

AREUFIT’s Ask the Expert program encompasses individual or group mini sessions with the “experts” of your choice in the health and medical profession. Popular professionals include (but not limited to) registered dietician, registered nurse, exercise physiologist, healthy lifestyle counselor, and optometrist.

Cooking/Juicing Demonstrations

Our cooking demonstrations include a real time demo and sampling of one or two recipes; cutting edge whole food nutrition; farm to table education, as well as seasonal, local food info and sourcing. We will talk about whole food, locally sourced ingredients, their origins, the impact on your body, plus offer quick, easy ways to prepare whole foods in this and other recipes. Juicing demonstrations are also an option. Pricing is based on the number of tastings, the number of people expected to attend, and the number of hours.

CPR AED, Pet CPR and First Aid Courses

Time Saver, Life Saver! AREUFIT offers CPR training!

- BLS for Healthcare Providers
- Heartsaver CPR AED
- Heartsaver First Aid
- Pet CPR
- **CPR AED Education & Evaluation**
  1. Classes are recognized by the American Heart Association
  2. Schedule a CPR Education & Evaluation session with AREUFIT at your workplace (minimum 10 people)
  3. Flexible, Easy, & Affordable

Healthy Lifestyle Counseling (Health Coaching)

A more advanced form of health coaching; AREUFIT’s Healthy Lifestyle Counseling is a series of face to face, one-on-one sessions with one of our health professionals to assist individuals in achieving their health and wellness goals. It consists of an initial consult and subsequent follow-up visits. Our HLC program is based on the fundamental health promotion principle of empowerment. AREUFIT strives to facilitate and motivate individuals to accomplish voluntary and long-term behavior change by providing them with the knowledge and tools they need to succeed. In addition, individuals will be matched with a counselor that will match the counselor’s expertise with the individual’s goals.

*See page 31 for more information*
Seated Chair Massage or Hand Massage
Massage is a very effective way to reduce stress, alleviate muscle fatigue, and increase circulation. Seated chair mini-massage can be done at the workplace by a licensed massage therapist, leaving employees feeling refreshed and invigorated. No disrobing or oils are used, making it ideal for the worksite. Each massage therapist can see approximately 6 individuals per hour.
Seminars
Seminars are a great way to introduce your staff, students, colleagues, and friends to current health-related topics, or keep current with the latest research and health recommendations. We offer a broad range of seminar topics. Only highly qualified staff lead the seminars and deliver the most recent and accurate information available. We hope that you will consider AREUFIT for your next seminar!

How will seminars be provided?
- Most seminars will be presented via PowerPoint or Prezi.

What do I need to provide for presentations?
- Please provide:
  - conference room
  - projector and screen
  - tables and chairs
  - internet access
  - access to power

Do I need a laptop?
- Laptops are optional. We will provide our own if necessary.

How many people need to be in attendance to hold a seminar?
- There is not a minimum number of participation. However, the more participants the better.

How long will the seminar be?
- Each seminar is typically 45-50 minutes in length. There will 10-15 minutes left at the end for questions.

Who will be delivering the seminar?
- This will depend upon the content of the seminar. Some seminars will be delivered by Physicians, PhDs, Exercise Physiologists, Health Educators, Registered Dieticians, RNs, and other health professionals.

How much does a seminar cost?
- Seminars vary in price depending on who will be presenting them. (see list above for presenters)
Beyond the Basics
A review of the basic guidelines for exercise training is great but you want more! Learn how to maximize your time in the gym and how lifestyle and how both diet and training techniques can either enhance or hinder all your hard work.

Exercise and Aging
The senior population needs physical fitness programs just as much if not more than any other age group. Exercise can not only decrease the number of visits to the doctor, but can be vital for emotional health and independent living. This seminar discusses how exercise and program goals are different as we age.

Exercise is Medicine™
Exercise is Medicine (EIM) is a collaborative effort through the American College of Sports Medicine and the American Medical Association on how exercise can be used to treat and prevent over 40 chronic diseases and improve quality of life. Presented by Jeannine L. Stuart, a PhD Exercise Physiologist, the EIM program will also highlight available resources and toolkits to assist in starting an exercise program and develop a strategic plan for exercise adherence.

Exercise Prescription for Special Populations
For the exercise or general health professional, it is important to be knowledgeable about common health issues that may affect individuals and their exercise routine. This seminar focuses specifically on asthma, hypertension and diabetes, the physiological effects that they have on the body, and the adaptations that can be made to help individuals with these ailments exercise safely.

Exercising in the Heat
We all know that exercise is great for the body. It keeps the mind sharp, heart pumping, and muscles and bones strong. This presentation will highlight precautions for exercising in the heat, what nutrients are important and how to stay properly hydrated. This seminar is perfect for the warm weather athletes.

Guidelines for Exercise Training for Healthy Adults
This presentation is based on established exercise guidelines developed by the American College of Sports Medicine. Through medical and exercise science research, this program emphasizes the importance of a well-rounded training program for disease prevention.

Maximize Your Workout
This workshop discusses benefits of exercise, common pitfalls of setting up your own exercise program, and the proper way to go about starting an exercise routine. Topics covered include: goal setting, fitness testing, exercise equipment, and progression.
"So What's Your Excuse for Not Getting Enough Exercise?"
The seminar addresses favorite excuses as to why people are not getting enough exercise and ideas to overcome those barriers...both real and perceived. This seminar also addresses basic information on the benefits of regular exercise, how to begin an exercise program, and common barriers to exercise.

The Science of Sedentary Behavior
Are you an “active coach potato”? Do you meet the daily physical activity guidelines yet are at risk for disease because you sit too much? This presentation introduces a new way of thinking about physical inactivity and emphasizes the health consequences of sedentary behavior. Inactivity physiology is a new field that studies sitting for long periods of time and the adverse physiological ramifications. Learn how small, yet effective changes in daily behavior can offset the metabolic consequences of sitting too much.

Weighing in on Resistance Training
Strength training can help you build and tone muscle, boost your metabolism, and control your weight. This presentation outlines the benefits, facts, and myths on resistance training. It reviews the different types of resistance training and highlights a variety of exercises to consider when implementing a fitness program.
Body Composition – What Are You Made Of?
This seminar breaks down and discusses the major structural components of the body: muscle, bone and fat. All components are essential to living, and there are many ways to test someone’s body composition. This presentation describes in detail the ways to analyze body composition, which are most accurate, most affordable and why it is important to know your body composition.

Eating for Energy
It’s incredibly important that we properly fuel our bodies for the daily grind. This seminar is full of tips and tricks, plus it explains the science behind eating to maintain energy levels throughout the day, especially those who are active.

Feed Your Head
We have all heard the saying “You are what you eat” or what to eat to fuel your body for athletic competition. But what about eating to enhance brain function? Feed Your Head is a seminar that will identify foods to help you stay motivated, maintain focus, protect your brain, energize you and boost your mood. Perfect for the audience that wants to stay sharp and increase their mental strength.

Healthy Eating for the Busy Professional
Mindful eating might be your last priority when deadlines are at stake and you are working late at the office. This seminar will help those busy professionals find resources and tools to help incorporate more healthy food habits into their busy life. Whether it be quick healthy meals on the go or ways to prepare for a busy day our Registered Dietician will show you the way to a more healthy lifestyle.

Healthy Eating on the Go!
Who says you have to eat fast food when you are constantly on the move? And, who says all “fast food” has to be unhealthy? This seminar highlights important considerations when eating on the go. Concepts such as portion control and healthy portable food options are outlined along with some comparisons of traditionally consumed portable foods to healthier options. Included in this seminar are recipes and how physical activity plays a role in calorie balance.

Metabolism…..What’s It All About?
This presentation reviews metabolism basics, daily energy expenditure, resting metabolic rate and ways to jump start your metabolism.

Portion Distortion
This presentation illustrates how portion sizes have grown over the years and how consuming these “extra” calories contribute to growing obesity problem in this country. This interactive presentation challenges the audience to “guess-timate” how many calories certain foods are and how much physical activity needs to be done to burn those excess calories.

The “Buzz” on Energy Drinks
This presentation highlights the audience on the common sources of caffeine and additives (herbs, chemicals, vitamins and sugar) found in energy drinks. Also discussed are healthy alternatives to energy drinks, dangers of mixing energy drinks and alcohol, and ways to boost energy at work.
Myths and Facts About Fad Diets
Fad diets are everywhere! This presentation outlines and explains the types of fad diets, why people think they work, potential dangers and how to diet safely and successfully.

SuperFoods
SuperFoods – the 14 foods that will change your life. Outlines the amazing health benefits, lists the substitutions for each SuperFood to have a variety of options, and lists kitchen tips on different ways to prepare your SuperFood. These nutrition powerhouses will give you more energy, a greater protection against disease, and a healthy lifestyle.

Tackling the Triple Threat to Health
Health is not improved with one simple solution; instead it takes a multi-faceted approach to see change. This seminar created by the Center for Disease Control will explore three threats to our current population’s health and ways to tackle them. An ever growing problem in the nutrition of the US population is sodium intake. If sodium intake is reduced to 2300 mg per day the instances of hypertension could be reduced by 11 million. This would save almost 18 billion dollars in health care costs. By the end of this program individuals will not only be knowledgeable about current health issues regarding nutrition, physical activity and obesity but will have a creative spark to brainstorm changes on a personal level as well as solutions to a nationwide problem.

The Low Stress Diet
Feeling stressed? Wouldn’t it be great to eliminate stress through what you eat? Often times when we are stressed we grab the most convenient foods available, yet feel more stressed! This seminar goes over what to eat throughout the day to combat stress and its harmful effects on the body.

Vitamins in Physical Activity and Health
This program provides an overview of basic vitamin and minerals and the roles that they play in physical fitness and health. Basic nutrition, dietary and lifestyle factors can put an individual at risk for poor nutritional status. This seminar is great for groups who are novices to physical activity or regular partakers. It is well known that exercise uses up specific vitamins and minerals, but many do not know enough about vitamins and minerals to make an educated decision about supplementation. How vitamins and minerals may compliment the benefits of physical activity are also presented in the seminar.

What’s On Your Plate? Smart Food Choices for Healthy Aging
The Dietary Guidelines for Americans present a general outline for a healthy diet. But, as you age, some foods may be better than others for staying healthy and reducing your chance of illness. This presentation includes the following topics: important nutrients to know, plans for healthy eating, healthy lifestyle, shopping tips, and food safety. MyPlate for Older Adults highlights the unique nutritional and physical activity needs of people as they age.
Don’t Worry, Be Happy
This seminar outlines the power of a positive atmosphere at work and at home. It presents the research behind hope, happiness, resilience, courage, and strength and the benefits of how individuals prosper in everyday life.

Manage Stress & Build Resiliency
How do you define Stress? The results of any change requires adaptation, we look at the internal factors of stress, the “Fight or Flight” response. How Stress affects us in the workplace and how you can shift the stressors, and change your perception. We give you tools to develop new ways to build resiliency in managing stress. This seminar is led by an accomplished clinical and consulting psychologist and board certified coach with more than 25 years of experience providing behavioral health services, crisis management, and specialized consultation for a variety of corporations, management groups, and individual clients. Uniquely qualified to blend exceptional consultation and coaching skills with a keen understanding of organizational dynamics to promote employee health and wellness, support executive and management development, and maximize personal and professional performance.

Mindfulness
Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. This seminar discusses the benefits of mindfulness for body and mind and ways to reduce pain and stress in our everyday life. Learn different types of mediation and tools to help calm the mind.

Physiological Responses to Stress
Everyone handles stress differently. This program reviews the chronic effects of stress on the immune system, the digestive system, the nervous system and the brain, as well as the metabolic systems. It concludes with a review on tips for managing stress.

Yoga
This presentation examines the science behind why yoga is good for the body and the brain. It highlights the benefits of yoga and the meditation for the body and mind. Learn easy breathing techniques for stress reduction and renewed energy.
4 Keys to Optimal Health
This workshop discusses 4 elements that are key components of maintaining a healthy state. The keys discussed are exercise, nutrition, sleep, and personal time. While each could be an entire talk on their own, an overview of each key is discussed in this talk.

Bloodborne Pathogens
Health professionals in a variety of work settings are at risk of exposure to bloodborne pathogens. Bloodborne pathogens include HIV/AIDS and Hepatitis B and C, and are a concern in today’s health field. It is an OSHA requirement of any employee who may potentially be exposed to bloodborne pathogens that they complete a bloodborne pathogens training program each year. Target audience for this seminar are healthcare employees, dentists and their staff, housekeepers in healthcare facilities, tissue and blood bank personnel, firefighters, funeral home employees, tattoo artists and body piercers, personal trainers, fitness instructors, clinic employees, any employee who is responsible for rendering CPR or First Aid as part of their duties.

Climate Change and Health
The Earth’s climate continues to change. This seminar will take in depth look at how the changing climate could affect cardiovascular health and extreme temperatures. It will review the emphasis on air pollution and the quality of air that we breathe, as well as the endangerment of human health and well-being. It will highlight how climate change can increase the numbers of disease carrying insects and ticks and the aftermath of extreme rainfall and drought.

Concepts of Wellness
This seminar is an exploration of the various dimensions of wellness: physical, social, emotional, intellectual and spiritual. In looking at the 5 dimensions of wellness, high level wellness clearly goes beyond the absence of disease and optimal fitness. Wellness incorporates components such as fitness, proper nutrition, stress management, disease prevention, social support, and much more. To create that fluid, balanced wheel, we must first understand the various dimensions of wellness and how they relate to our own life.

Concussion in Sports
Sport-related concussions continue to be a serious public health concern, as approximately 1.6 to 3 million concussions occur annually in the United States. Injury and damage to the brain causes the concussed athlete to experience a wide variety of symptoms and cognitive difficulties. Each sport-related concussion should be treated individually. Concussions can be a serious injury if mismanaged, but with proper education and precautionary measures, concussed athletes can experience a full recovery and return to participation. This seminar will provide a general overview of the signs, symptoms, management, and treatment of sport-related concussions.

Financial Wellness
Your physical and mental health may be dependent on how you manage your finances. Financial insecurity can lead to stress related ailments. We have a variety of financial health topics to choose from. For example, learning to create a smart savings plan; learn how to be a strategic with your spending; basic principles of cash management, importance of having a financial blueprint. Are you financially fit?
Germ Germs Germs; The Good, the Bad and the Ugly
This seminar reviews the many kinds of germs; both good and bad. It also reviews how you can protect yourself from those nasty little bugs and avoid spreading diseases and infection.

Healthy Back
This seminar teaches steps to achieving a healthy back: including proper posture, muscle tone, flexibility, stress management, and proper back lifting techniques. Most people do not think about proper back care until something goes wrong. Eighty percent of us have experienced back pain at some point in our lives. This seminar helps to lower the odds by raising awareness on proper mechanics.

Is It OK If I Take This?
How many times have you ever wondered, is it OK to mix my prescription drugs with over the counter (OTC) medications? After all, if they were dangerous then the OTC wouldn’t be so readily available, right? How about vitamins and mineral and herbal supplements? Is it OK if I take them at the same time? This seminar will address common OTC medications, vitamins, minerals and herbal supplements and their potential impact and safety when mixing with prescription medications. This seminar is presented by a Pharmacist.

Medicine Cabinet Safety
No one ever really thinks about how dangerous the medicine cabinet can be. It’s where we keep items like bandages, creams, and toothpaste. But it’s also where we keep prescriptions and over-the-counter medications; from decongestants and cough syrup to pain killers and high blood pressure medications. If you have young children, teens or even elderly parents living in your home, this can present a potentially dangerous situation. Learn how to protect those you love by learning medicine cabinet safety tips. This seminar is presented by a Pharmacist.

Osteoporosis
Osteoporosis is a major health problem that affects over 25 million Americans. Half of the women over age 50 and one-third of men over age 75 will develop osteoporosis. Osteoporosis will cause more than 1.3 million debilitating fractures a year; hip fractures alone account for an estimated 50,000 deaths annually. While there are treatments that can slow or stop bone loss, currently the only cure for osteoporosis is prevention. This presentation is designed to educate the audience on: what osteoporosis is, the risk factors associated with osteoporosis, and osteoporosis prevention.

Sleep Awareness
According to a National Sleep Foundation’s Sleep Poll the majority of Americans are not getting enough quality sleep. This program will review the results of this national survey, identify the 5 sleep personality types and the impact that poor sleep habits has on your health.

Stages of Change
This program is great if your workplace is embarking in a new health program. The participants will be able to self monitor changes, progress and what to do if there are personal setbacks at any point within the program.
Too Hot? Too Cold?
This lecture discusses the potential hazards of too much fun in the heat and in the cold. Topics include fluid replacement guidelines, heat emergencies, allergic reactions to bees and bites, poisoning, water safety, sunburn, and heat stress. On the other side of the spectrum, topics include signs of frostbite and hypothermia, insulation, safety gear, sunscreen, trench foot, chilblains, and hydration.

What’s All the Fuss about Wellness?
This program defines wellness, reviews the economic impact of select health conditions and how unhealthy lifestyle choices impact us financially. Also addressed are 3 questions often asked by senior management about wellness: (1) will it save me money? (2) will it decrease my cost to do business, (3) how long will it take to see a return on my investment?
CARDIOVASCULAR HEALTH

Atherosclerosis – What You Need To Know
Get the inside facts about arteries. This seminar provides information on what atherosclerosis is, the risk factors for this condition, what you can do to improve your cardiovascular health, and if the progress of atherosclerosis can be slowed.

Atrial Fibrillation (a PCNA Presentation)
AFib is an irregular, often rapid heart rate that commonly causes poor blood flow. This seminar provides insight about what happens during AFib and identifies the types of AFib. It also outlines the symptoms, management, and evaluation of AFib.

(Cardiovascular Nurses Association)

Cardiovascular Risk Factor Education
This presentation highlights several of the prominent cardiovascular risk factors, what the numbers mean, how to reduce these risk factors and potential treatment plans.

The Diabetes Dilemma
Learn what the differences are between Type I and Type II diabetes; what it means to be insulin resistant, and how to reduce your risk factors for diabetes.

His and Hers Heart Disease
This presentation reviews that after almost 2 decades of gender-based research, it’s becoming increasingly clear that gender differences should guide many aspects of heart disease prevention, diagnosis and treatment.

Know Your Numbers
Have you ever gotten your blood pressure taken or blood-work back from the physician and not know what the numbers mean? This presentation explains what those numbers mean, what they should be and how they affect your health. Terms discussed are cholesterol, heart disease, glucose, metabolic syndrome, and blood pressure.

Signs and Signals
This seminar informs you of the risk factors and warning signs of heart attack, stroke and transient ischemic attacks, and which signs would signal or prompt immediate action. This seminar is a must for anyone!

Tell a Friend (a PCNA Presentation)
If one person tells a friend about heart disease, soon the whole world will be educated! Heart disease affects everyone but is the number one killer of women. This seminar details the causes of heart disease, and what can be done to prevent. Be proactive, tell a friend!

(Cardiovascular Nurses Association)
The Female Athlete Triad: Disordered Eating, Amenorrhea, and Osteoporosis
Based on information developed by the American College of Sports Medicine, this presentation identifies each component of the "Female Athlete Triad" – bone loss, disordered eating and menstrual disturbances - and means of prevention. This lecture is suitable for any audience including athletes, coaches, athletic trainers, school administrators, parents, and the public at large.

Just for Women
Women and men have different health concerns. This presentation defines health and how exercise, nutrition and smoking habits can affect your physical, mental and social aspects of health. It also highlights health concerns specific to women and tips for healthy aging.

Just for Men
Men and women look at health differently. This presentation defines health and how lifestyle can affect all aspects of health. It also highlights common misconceptions about health for men, and health topics specific to men. It also gives men the tools and resources to age healthfully.
**Cancer**

**Ovarian Cancer**
This seminar discusses ovarian cancer in depth. After participating in this seminar, one will be able to understand what happens physiologically with ovarian cancer, certain risk factors, where and how to get screened, stages of ovarian cancer and additional resources for those interested in more information about ovarian cancer.

**Skin Cancer**
This seminar highlights the types of skin cancer, where and how they develop, risk factors, prevention methods, and common myths associated with sun exposure. This seminar will also give participants the tools to detect any unusual or suspicious looking spots on the skin, as well as any symptoms associated skin cancer.

**Colorectal Cancer**
Colorectal cancer is the third most common cancer in men and women, and is preventable! This seminar explains what colorectal cancer is, symptoms to look out for, and prevention methods. The addition of a screening kit that is used in the privacy of one’s home is optional.
Eye Anatomy
This seminar highlights the functions of the parts of the eye. 90% of our sensory perception is visual. The eye is a small but intricate organ with several components working together. Each component has its own function as light passes through the eye into the brain where the visual information is processed. It is helpful to understand the areas and functions of the eye because disorders are specific to a particular part of the eye.

Refractive Errors
This seminar discusses refractive errors that impact visual acuity and how they are corrected. Refraction is the focus of the light rays. For perfect vision the light rays should focus on the macula of the retina in the back of the eye. Refractive errors are the most common eye problem generally known as nearsightedness and farsightedness, most people will need vision correction at some point in their lives. Even with 20/20 vision, the ideal standard for visual acuity, the aging process does impact the shape of the eye and flexibility of the lens. Around age 40 to 50 close-up tasks such as reading become more difficult to see.

Adult Eye Disorders
This seminar discusses the risk factors, manifestation, and prognosis of eye diseases and disorders that primarily affect adults. Under age 40, the primary causes of blindness are childhood disorders or accidents. The aging eye poses new challenges; however, it becomes vulnerable to medical conditions happening elsewhere in the body, such as diabetic retinopathy, or the natural “maturing” of the eye itself as with cataracts.

Low Vision
This seminar breaks down beliefs about vision loss and provides resources that are available. Visual acuity in the clarity or sharpness of vision. Normal vision acuity is generally identified as 20/20 vision. This level of acuity allows one to comfortably perform everyday tasks. Vision acuity; however, has a wide range of acceptable and/or manageable strengths from perfect vision of 20/12 to legal blindness of 20/200. Vision tools and/or treatment can improve daily living for those with vision loss greater than 20/200. Low vision experts specialize in providing services such as education and rehabilitation, as well as work and social integration.

Home Safety
This seminar discusses that accidents happen quickly and teaches you how to minimize injuries. Preparation is the only safeguard. Approximately 2 million eye injuries occur each year with about 42,000 of those injuries requiring hospitalization. Common household products alone cause 125,000 eye injuries every year. 90% of these eye injuries could have been prevented through understanding, safety practices, and the use of proper eye protection.
Workplace Safety
This seminar discusses that accidents happen quickly and demonstrates how to minimize injuries. Despite OSHA precautions, the workplace accounts for approximately 2,000 eye injuries every day. Each year, nearly 100,000 of these injuries will be disabling, resulting in temporary or permanent vision loss. Being conscious of potential hazards and being proactive about securing the environment are essential to assure vision safety.

Sport Safety
This seminar breaks down the risks associated with sports and the beliefs of wearing appropriate eye protection. Whether with an organized league, or simply a neighborhood pick-up basketball game, protective eyewear should be worn. Hospital emergency rooms treat over 33,000 sports-related eye injuries every year. Eye injuries are traumatic and pose a serious threat to vision health, even to the point of blindness. Simple precautions can keep you safe while you enjoy a healthy lifestyle.

Healthy Living, Healthy Vision
Good health is an important part of good vision. The healthier you are, the better chance you have of avoiding risks to your eyes. You can lower your risk of eye disease and vision loss if you avoid smoking, eat healthy food, stay active, control your blood pressure, and protect your eyes from the sun.
Balancing your Wellness Wheel

When one area gets out of balance, it usually affects the other aspects of your life, whether you realize it or not. There are multiple aspects of wellness to consider: physical, emotional, spiritual, social, occupational, environmental, and intellectual health. The Wellness Wheel represents the collaborative effort of the programs and services AREUFIT has to offer.

Diabetes at Work – National Diabetes Education Program (NDEP)

Diabetes at Work is a resource of the National Diabetes Education Program. This resource is specifically designed to address the management of diabetes in the workplace. The course provides information on the following material:

- Understanding Diabetes
- Managing Blood Sugar
- Healthy Eating
- Being Active
- Managing Stress and Emotional Wellbeing
- Diabetes Complications
- A Healthy Heart
- Working with Your Health Care Team

National Diabetes Prevention Program (NDPP)

The National Diabetes Prevention Program reduces the growing problem of pre-diabetes and type 2 diabetes. If you have pre-diabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change! AREUFIT is part of the National Diabetes Prevention Program led by the Centers for Disease Control and Prevention (CDC). This course features a trained life coach with a CDC-curriculum, and includes 16 weekly meetings (90 minute session), with 6 monthly follow-up meetings. By improving food choices and increasing physical activity, pre-diabetics can cut their risk of developing type 2 diabetes.
ABOUT THE PROGRAM…

AREUFIT’s HLC is a series of one-on-one sessions with one of AREUFIT’s health professionals to assist individuals in achieving their health and wellness goals. It consists of an initial consult and three subsequent follow-up visits. However, the HLC can be tailored to any company large and small, based on their specialized needs. Our HLC program is based on the fundamental health promotion principle of empowerment. AREUFIT strives to facilitate and motivate individuals to accomplish voluntary and long-term behavior change by providing them with the knowledge and tools they need to succeed. In addition, individuals will be matched with an AREUFIT Healthy Lifestyle Coach that will match the counselor’s expertise with the individual’s goals.

The 45 minute initial consult consists of the coach and client reviewing the individual’s biometrics and health risks, goal setting, identifying barriers, and developing a plan of action to overcome those obstacles. The goal of HLC is to assist the client in addressing, assessing and striving for progress during three 30 minute monthly sessions to help achieve overall well-being in all areas of life.

ABOUT AREUFIT HEALTH COACHES…

AREUFIT Health Coaches have been certified by some of the leading programs for Health Coaching, such as ACE and Wellcoaches. Each coach brings a different energy and focus to their sessions and they will be matched appropriately to the needs of the client. Our Health Coaches continue to expand their repertoire through continuing education courses that allow them to explore areas like nutrition and exercise more in depth to better fit the clients.
With years of expertise in the health wellness industry, AREUFIT can assist any organization with planning and implementing a wellness program. We can assist with a needs assessment and program design. AREUFIT has many tools in it’s “Tool Box”; such as bringing the right tech tools, partners and verified vendors to the table to enhance your programming as well as tons of educational resources! Let AREUFIT make your job easier and your programming more effective. Remember, when it comes to wellness, one size does not fit all.

AREUFIT can also assist with health fair planning and implementation. We can help secure additional exhibitors. Exhibit categories may include fitness centers, hospitals, health departments, chiropractors, dentists, day spas, dieticians and much more.

Looking for technology to enhance your wellness program? AREUFIT has partnered with a variety of Online Wellness Portals that can be catered to any budget. The following are potentially helpful components of an online wellness portal that will be tailored to meet your needs.

- Fitness and Nutrition Dashboard
- Device and App Integration, including Fitbit compatibility
- Appointment System
- Recipes and Grocery Lists
- Health Risk Assessment
- Dedicated Wellness Team
- Comprehensive Reporting
- Monthly Wellness Newsletter
- Incentive Management
- Challenges

Online wellness portals are designed to manage an incentive strategy and engage employees in healthy behaviors in and out of the workplace. We can develop a simple or a robust tracking system to monitor employee participation and rewards. These systems can be tied to an Online Wellness Portal and give employees the opportunity to see what they have participated in throughout the year and the incentives they have earned.
THE AREUFIT DIFFERENCE

How can LOCAL service you better?

*Buy fresh, buy local;* it’s not just for produce! What can AREUFIT offer you that a national wellness company can’t? What makes AREUFIT different from the rest? More businesses are buying goods and services locally; here is why your company should:

- Over 25+ years of providing quality service
- Professionally qualified staff; Registered Dieticians, Health Educators are Certified Health Education Specialists (CHES) and Certified in Public Health Professionals (CPH), Exercise Physiologists; other professional certifications and organizations staff belong to include: the American College of Sports Medicine (ACSM); certified Paraoptometric technicians (CPO); American Public Health Association (APHA); National Society of Physical Activity Practitioners in Public Health (NSPAPPH); National Wellness Institute (NWI); American Council on Exercise (ACE); Wellcoaches.
- AREUFIT staff undergoes extensive training on all screening equipment, testing protocols and quality assurance measures
- Staff professionals are CPR certified through the American Heart Association
- Staff completes annual OSHA Standard Bloodborne Pathogens training program
- All staff complete HIPAA & PHI awareness training
- AREUFIT staff have a variety of expertise and expanded knowledge base
- Fully insured by “A rated” insurance carriers
- Maintains Clinical Laboratory Improvement Amendment (CLIA) – waived certification to conduct finger sticks
- Maintains a documented Quality Control program
- Voluntarily participates in a proficiency testing program to assure that our testing equipment is accurate.
- AREUFIT was the 2012 and 2016 Pennsylvania Psychologically Healthy Workplace Award winner and 2018 American Psychologically Healthy Workplace Honoree.
- Knowledgeable about regional resources
- Utilized by regional and national companies
- We are involved in our community! AREUFIT staff regularly volunteers in the community. Examples of our community efforts include: Community Volunteers in Medicine; Chester County Food Bank; Chester County Pet Food Pantry; Lundale Farm; Soles4Souls; Wands for Wildlife.
- AREUFIT ownership and staff are vested in the success and development of our community and our profession.
**Corporate Cares Program**
*Local Business, Loyal Partners, Community Investment...*

AREUFIT’s owners and employees are vested in the success and development of our community. We support the Local Living Economy and make an effort to promote local organizations with similar values. Visit AREUFIT’s website to learn more about our Corporate Cares program.
We are always adding to our repertoire. Please ask our Team if there is anything new!

Please contact AREUFIT to schedule an event or for further questions.
For inquiries about our services, email: info@areufithealthservices.com

www.areufithealthservices.com
Phone: 610-993-9123

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