

TO YOUR HEALTH PRESENTATIONS



1. **Goal Setting and Beyond** - Identify stages of change and how to progress through them making small changes to create realistic, lifelong healthy habits.
2. **Apps, Gadgets & Trackers** - Learn more about how technology can help you make better health and wellness choices.
3. **Family Fitness** - Review ideas and age appropriate exercise routines that involve all family members.
4. **Exercise: To Lose and Control Weight** - What does the term "exercise" really mean? Learn how meeting physical activity guidelines makes a difference on energy, strength, wellness, and weight control.
5. **Sleeping Better** - Learn ways to improve your bedtime routine and improve the quality of your sleep.
6. **Shop the Supermarket in a Healthy Way** - Take a virtual supermarket tour to learn how to navigate your grocery store, read labels and utilize phone Apps to make healthier decisions.
7. **Eat This, Not That** - Learn about healthy food swaps.
8. **How to Build a Healthy Plate** - Learn to use the website "www.myplate.gov" tools for selecting healthy foods and to help identify what changes you can make to plan a healthier meal.
9. **Stress Reduction** - Positive and negative stress is a constant influence in our lives. We will discuss how to maximize the positive stress and to minimize the negative stress.
10. **Music for Stress Management** – Learn to use music to heal, de-stress and make us better people and improve our quality of life.
11. **Intro to Health Coaching** – Learn about FHCP's telephonic coaching program to help you with your lifestyle changes (for FHCP members only).
12. **Now your FHCP Benefits** - Learn about FHCP benefits including Dr on Demand app, the FHCP member portal, Wellness Page, and telephonic coaching

Do you have a different topic in mind? Contact Carla to see if we can offer that topic.

INVITE A GUEST SPEAKER FOR
ONE OF YOUR WELLNESS
ACTIVITIES

ZOOM PRESENTATION

30 MINUTES
(TIME CAN BE ADJUSTED)

MAKE REQUEST A MINIMUM OF
2 MONTHS PRIOR TO DESIRED
PRESENTATION DATE

COMPLETE PRESENTATION
REQUEST FORM

QUESTIONS?

Contact Carla Cosio at
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