

# WELLNESS WAYS

*Wellness Services That Enhance Your Lifestyle*

The Methodist Hospital, Corporate Wellness • 713-702-4711 • [methodistcorporatewellness.com](http://methodistcorporatewellness.com)

## Wellness Affairs Booths

These interactive, educational displays offer a great opportunity for participants to “look and learn” important health and wellness information. Each booth comes with accompanying handouts and a wellness expert who can answer questions.

**Ask the Dietitian**—With all the nutrition misinformation and diet gimmicks in the news, it's easy to be confused about what's best for you. Here's an opportunity to talk to a Registered Dietitian about your concerns and your personal needs. Participants will review their daily eating habits through a fun, interactive activity.

**Butter It Up**—Would you eat a stick of butter? Probably not! But you may not realize that you often do! This display will put the fat content of common restaurant fare in a unique perspective. Participants walk away with a new barometer for gauging the fat and calorie content of popular restaurant meals.

**Lost in Translation**—Are you confused by all the health claims on packaged foods? This booth will reveal the truth about those claims. Participants will learn to decipher health claims on packaged foods so that they can make wiser choices.

**Know Your Numbers**—We know our phone number, PIN number, and stock market numbers, but what about the numbers that say something about our health? Participants will learn how to interpret their own numbers—cholesterol, LDL, HDL, triglycerides, blood glucose, blood pressure, waist girth and body fat. They will also find out what they can do to improve their numbers.

**Sleep — Getting Your ZZZZZZZZZZZZZZZs**—The links between sleep, health, and longevity are stunning. Not surprising that sleep science is one of the hottest new topics in health and wellness. The benefits of proper sleep extend far beyond what we once knew. Participants will discover how much is enough, how to improve the quality and quantity of their sleep and what to do if they suspect they have a sleep disorder.

**Puzzled About Exercise?**—What are the components of exercise? How do I fit them into my busy life? This booth provides an opportunity to explore simple ways to use a few pieces of equipment to get in a well rounded exercise routine. Suggestions for taking these good habits with you when you travel will be explored.

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**Rate Your Plate**—Based on a nutrition rating system developed by researchers at Yale University, this interactive booth enables participants to rank the foods they eat. Participants will receive a new nutrition tool to guide them in making healthier food choices.

**Health Risks: Extending Your Warranty**—Everyone knows that if you want to make your car last longer you take extra good care of it. You might even purchase an extended warranty. Participants will learn the top 10 things they can do to extend the quantity and quality of their lives.

**Super Foods**—Some foods are so good for us that they work like medicine? Find out what's in your kitchen that could be adding years to your life and life to your years.

**Out to Lunch**—Let our dietitians survey the nearby restaurants and give you the skinny on what's available in your local eateries. We'll give you the low-down on what's best and worst and suggestions for making it better.

**Diabetes**—Nearly everyone is affected by this rapidly-increasing health problem. Find out your risks for developing diabetes, how to reduce your risk and what to do to maintain your health and well-being if you or a loved one have been diagnosed with diabetes or pre-diabetes.