

The Power of Feeling Your BEST

This high energy, humorous, and interactive style presentation will engage and motivate your audience and leave them wanting to know more about what does "Feeling your BEST", feel like? A poor food environment, coupled with the demanding pace of modern-day life, continues to a downward spiral of health. The *Power of Feeling Your Best* offers focused strategies to achieve positive results. Exercise, healthier eating habits, and a good night's rest all contribute to higher performance. This presentation offers practical tools that will guide you to take immediate action.

Stress & Immunity

When everything around us is out of control, what can you control? There is obvious fear and uncertainty in these times, and this creates stress. We will always have setbacks, road bumps, corrections and periods where things around us are out of control. The truth is we have a lot of control over our stress level and how strong our immune system is and the crazy thing is they are both related. Create more stress for yourself, you will have a weaker immune system. This presentation is for YOU, it's for you to take control of what you can control to handle the chaos around us!

How to Age Well (New for 2021)

How long do you want to live and what do you want the aging process to look like? Does your mind and body function like you are younger or older than the age on your driver's license? This session explores the human potential of aging and talks about how to avoid the aging gap. Your behavior really does matter. Learn how to age well and live your best life!

The Power of Sleep (New for 2021)

What is sleep? Why is our world sleeping less? This session explores the rhythm of sleep, serotonin, melatonin, magnesium and more. Are sleep, hunger and weight gain related? Learn the top 5 habits for a better night's sleep and experience that sleep is the greatest performance enhancement drug!

The Source and Solution to your Stress (New for 2021)

What is stress? 80% of today's health care costs can be linked directly to stress. Learn common mistakes we make when it comes to stress and how to balance the gas pedal at the brake. Learn about personality and temperament and how to change your self-talk. YOU are the source and solution to your stress. Learn how to quiet your mind and relax your body.

The Power of Food

Today more than ever before we have become fascinated with the subject of nutrition. Keto, Paleo, Intermittent Fasting, Apple Cider Vinegar, Probiotics, Turmeric, Supplements, GMO's, Organic, Calories—the list is long and continues to grow! This engaging, fun, and educational presentation will teach you how to navigate the confusing world of nutrition and develop an eating plan that you enjoy and makes you feel and be your best!

Capacity

Burnout, low engagement, and overwhelming stress are jeopardizing organizations' ability to scale and win. CAPACITY shows you how to build and protect your most valuable asset - YOUR PEOPLE. Think about the organizational impact if your workforce were given fresh capacity to perform, lead, and grow. Learn what top performers need to produce their very best work; Discover the biggest factor influencing your FOCUS + ENERGY + DRIVE; Adopt a strategy of expanding human capacity to exceed your high-performing goals.

Decoding Your Health

- Problems sleeping?
- Acid Reflux?
- Type-2 diabetes?
- High Blood Pressure?
- Chronic pain?
- Low testosterone?
- Thyroid issues?
- Weight gain?
- Stress?
- Overmedicated?

Your doctor ordered a blood test, do you understand the numbers? If you answered "yes" to any of the above questions, now is time to understand what makes the human body healthy. Your body is always talking to you, are you listening?

Eating for Better Mental Health

How would you rate your mental health? How would you rate your nutritional habits? In this fun and educational presentation, you will learn the fundamental steps it takes to improve **thoughts | mood | focus**, as it relates to what you “do” or “do not” put in your body!

Mindfully Delicious

Diets are so unsexy. Plant based foods may be in fact be the new processed food. Fasting all day is nuts. Nightshade vegetables will not kill us. Ancient grains are not causing our obesity epidemic. Fruit is not the same thing as cane sugar. Dead foods (powders, pills, packages) weaken our immune system. If you can't read it, you shouldn't eat it. This presentation will help you make eating simple and fun again while teaching you how to live healthy without making sacrifices.

Hungry for Happiness

Today more than 450 million people struggle with mental health issues placing mental health disorders as the leading cause of illness and disability. This presentation will help you use food to combat mental health issues by addressing the power of the gut-brain connection. From mental health to physical health, this session covers everything you need to build your whole self from the inside out, top to bottom.

Finding your Flow

In today's business climate, demands are increasing, human capacity is shrinking, and stress is at an all-time high. We are running out of space at work and in our lives. It is time to intentionally reprogram our human capacity to do more, give more, and use our advanced resources to thrive instead of fizzle. In this presentation we will teach you how to combine mindfulness, food, and movement to live your best life and flow into a state of peak performance.

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