

Healthy Workplace On-Demand Support Package

GoodLife FITNESS®

Click on presenter's topic or
scan the QR code for each session below.

GUEST PRESENTERS & TOPICS - ENGLISH

WELLNESS SEMINARS



Maintaining A Healthy Brain

Dr. Colin O'Brien

Naturopathic Doctor & Corporate Wellness Speaker

With the unprecedented rise in dementia cases, our brain health is now more important than ever. Learn to support your ageing brain with healthy lifestyle adjustments to improve memory, critical thinking and cognition to maintain your quality of life.



Optimizing Sleep for Energy and Success

Nathalie Lacombe

M. Sc., VP of Fitness Industry Council of Canada

The crucial role of sleep in managing fatigue, stress and well-being is the focus of this workshop. Learn evidence-based strategies to optimize our sleep patterns and cultivate resilience in the face of demanding schedules.



Meal Planning for Busy People

Lisa Tsakos

Registered Holistic Nutritionist & Corporate Wellness Speaker

Learn practical strategies for maintaining a healthy diet while navigating a busy lifestyle. Explore efficient meal-planning techniques and grocery shopping tips, and streamline your meal preparation to make the most of your limited time.



FITNESS CLASSES



Flex and Flow

Kathleen Furse

Group Experience Divisional Manager & Group Fitness Instructor at GoodLife Fitness

Greet the day with balanced strength, postural alignment, flexibility and stronger core muscles. Have fun while improving range of motion and overall functional fitness.



Meditation/Yoga

Lilia Greatrix

Group Fitness Instructor at GoodLife Fitness

Meditation and yoga are grounding practices that allow for a heightened state of awareness. Through these guided techniques, you can soothe intense feelings and promote more relaxed sleep.



Dance

Marie-Eve Richard

BPhED & Group Fitness Instructor

Step into Low-Impact Dance and discover a fun way to move your body! Perfect for all fitness levels, this class combines upbeat, easy-to-follow choreography with energizing music to keep you smiling and having a blast.

