

EDUCATION SESSIONS AVAILABLE



Exercise for Mental Health*

Exercise is medicine and can help those experiencing poor mental health and/or managing anxiety, depression or PTSD. Learn how to use exercise to alleviate stress and have more energy for life after work. ****most popular***



Nutrition for Shift Work

Shift work can wreak havoc on your body, particularly if you're not eating well before, during and after your shift. Learn our top tips to help fuel your body for energy, focus and overall health.



Managing Sleep Issues

Insomnia? Interrupted Sleep? Sleep apnea? Nightmares? There are ways to help you get a more restful sleep. Learn how to manage sleep - shift work or not - and start getting more quality sleep.



Immunity for First Responders

As a first responder, your immunity is more greatly challenged than the general population. Learn how to improve your immunity and get a jump on avoiding illnesses that come along with the cold and flu season.

**CONTACT US TO SCHEDULE
YOUR FREE SESSION**

Email: lindsay@habitmed.com Call: 778-400-5200

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Win the Stress & Anxiety Battle Using Nutrition

Food is fuel - but did you know that it can also help manage your stress and anxiety? In this presentation you'll learn what foods can help you manage your stress and anxiety and what foods you should avoid.



Alcohol: The Good, The Bad, & The Reality

In this presentation we will discuss the effects alcohol has on the physical body and how even the smallest amount can impact your sleep, immunity, goals and overall health. We'll also discuss Canadian recommendations for alcohol consumption for first responders and will provide suggestions on how to cut back on consumption so your body and mind can run at peak performance.



Sitting - You Gotta Do It, So You Better Learn To Do It Well

Most first responders spend a lot of time either in their vehicles or at their desk. Those long periods of inactivity in a seated position are potentially taking a greater toll on your life than they have to. In this session, you'll learn important tips on how to stretch, move and sit so that you can avoid injury and be ready to move at a moment's notice.

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