

RALEIGH ORTHOPAEDIC

WELLNESS WORKSHOPS

We offer 60-minute educational and hands-on workshops on a variety of health and wellness topics. Workshops consist of a presentation, distribution of educational materials, and a short demonstration.

NUTRITION

5 Habits of Highly Healthy People

Practical strategies for developing healthy and sustainable habits.

Nutrition for When You Are On the Go

Strategies for staying on track when you don't have time to cook.

Virtual Grocery Shopping

Strategies for navigating the aisles of the grocery store.

Fueling for Performance

Basic nutrition principles to keep you performing at your best.

Nutrition for Stress Management

How to properly fuel our bodies to maintain function and recover from stressful situations.

Weekly Meal Prep

Planning simple and nutritious meals to get you through the week.

Weight Loss

Strategies for eating right and fueling up when you're trying to slim down.

PERFORMANCE / HANDS-ON

Deskercise

Addresses the benefits and effective strategies of applying simple yet efficient exercises that can be performed in the comfort of your own home, your office, or on the road!

Get Up Offa That Thang!

A warmup and circuit based program that combats the challenges of sedentary work environments

Pillar Power!

Strategies to address posture and stability to improve better core stability and strength to improve everyday performance. Much more than just "abs."

WD40 for Your Body

Functional mobility, flexibility and corrective exercises designed to decrease pain, recalibrate your movement patterns and improve quality of life.

Rev it Up! Metabolic Conditioning

How to drive your metabolism with interval training designed to help you burn more calories and maximize your workouts!

Performance Enhancement for Sport Specific Needs

Strategies to up your game. Tailored for sport specific groups (e.g. Strategies for cyclists; Strategies for Runners, etc.)

Tai Chi Qi Gong and Stress Reduction

This ancient practice is easy to learn and incorporate into your daily routine. The deliberate, meditative movements focus on deep breathing to help reduce stress. Different forms can be done anywhere, any time, even at your workstation. Progress through as few or as many as you need.

ADDITIONAL WORKSHOPS

Art of Change [Healthy Habits]

How to actually create positive change and sustainability

Optimize Your Sleep

Learn impactful strategies to improve sleep quality, increase your mental and physical recovery, and boost your vitality

The Mural of Movement

Learn how to effortlessly incorporate more enjoyable movement into your daily routine to maximize your mental and physical performance

Injury Prevention and Bone Health

Common injuries and how to prevent or reduce the severity before they occur. Unintentional vs intentional and how to prevent them

Osteoporosis: Avoiding Fractures

Strategies to implement in your 20s, 30s, 40s and beyond to improve your bone health

Arthritis: Uncovering the Myths

Diet and exercise strategies to prevent or ease the negative impacts of Arthritis