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### Mini Series Presentations

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# **Mini Series Program:** Snack N' Learn and Move N' Learn

Program implemented by Bobby Moody and Natasha Natraj



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# Rationale

- **Educate, Engage, and Empower** members



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# What did you do?

- Mini-series educational presentations
- Fifteen-minute presentations over 3 hours at both Emblem Health sites
- The Snack N Learn focus was reading nutrition labels and healthy snacking
- The Move N' Learn taught about sitting disease and demonstrating a desk workout

# Snack N' Learn

What does it all mean?

The actual Label

Snack ideas

Snack Attack

Good to Know Macros  
and Micros



Link to Prezi: <https://prezi.com/ulgui0tdms3f/label-me-healthy/>





# Move N' Learn

## 7 BICEP CURL HOLD

Tone biceps without dumbbells



**Tip:** Hold for 10 seconds and repeat 10 times.

## 9 CHEST WALL STRETCH

Stretch out front of shoulder and chest for improved posture at desk



**Tip:** Face palm to the wall to get best stretch.

## 8 STANDING TWIST

Increase mobility in the spine to increase wakefulness and improve back pain



**Tip:** Stand up tall before you twist.

## 10 STANDING QUAD STRETCH

Stretch quads and hip flexors that get tight from sitting all day



**Tip:** Glue knees together and remove arched back to improve stretch.

**Modification:** Place foot on chair if you cannot reach your foot.

  
EmblemHealth  
FITNESS CENTER

## DIY DESK WORKOUT



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# Move N' Learn

## 1 DESK PUSH-UPS

Strengthen your chest and core



**Tip:** Squeeze abs and keep hips parallel to floor.  
**Modification:** Try with hands on the wall, wrists in line with shoulders.

## 3 CHEST OPENER

Stretch your chest muscles and engage your back to improve lumpy office posture



**Tip:** Start doing this by standing upright and remember to pinch shoulder blades together.

## 5 SEATED CRUNCH

Tone and strengthen abdominals



**Tip:** Squeeze core by pressing belly button towards spine and keep back straight.

## 2 SQUAT

Improve lower body strength



**Tip:** Keep your weight in your heels and squeeze gluteus at the top of squat.  
**Modification:** Try squatting single leg with the other leg floating off the ground for added challenge.

## 4 STANDING LEG CURLS

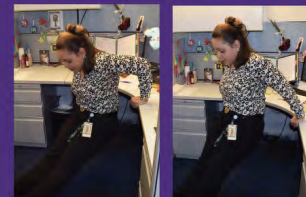
Tone hamstring muscles and gluteus



**Tip:** Keep knees together and maintain good posture so only the lower leg is bending.

## 6 TRICEP DIPS

Tone upper arm



**Tip:** Bend at the elbow to lower self down rather than just dropping hips.



# Goals and Objectives

- Engage employees and weight management program participants
- Share knowledge as a way to gain more membership to the fitness center.
- Each mini series had its own specific goals:  
Learning, participation, behavioral change





# Survey Responses

- 60 total participants (exceeding goal)
- Learning objectives exceeded
- Overall satisfaction with programs



# Outcomes

- 3 people joined the gym post Move N'  
Learn increasing membership
- Increased awareness of fitness center
- Increased engagement of Emblem and ACP employees



# The Legacy

- Proved to be valuable to Fitness Center staff and Company
- Planned to be re implemented in the future.
- Plans to reach out to upstate New York locations through Centrix or future fitness center Youtube channel to widen audience of EmblemHealth employees



# What we learned

- The value of engagement vs. participation
- 15 minutes > 30 minute lecture
- Interactive/conversational vs. formal presentation

