



# COMMIT TO FIT LUNCH & LEARN TOPICS

Commit to Fit staff are able to provide lunch & learns on various topics pertaining to health and wellness. Each session can be tailored to better fit your organizations needs. Sessions can run 15-45 minutes, depending on your organizations desired length. Lunch & Learns can be in-person or virtual.

## HEALTHY SNACK AND EVENT PLANNING

Proper nutrition fuels student success but often school-day snacks or special event treats (e.g. for birthday or holiday parties) tend to be comprised of unhealthy, sugar-packed foods. This session will present quick tips and easily accessible resources to assist educators in finding healthy snacks and treats that students will enjoy.

## STUDENTS AND HEALTHY EATING

Students often resist healthy snacks and not all cafeterias provide and/or encourage healthy choices. Further, students learn not just math or science from educators but also eating and drinking habits. This session will present resources and strategies for helping students navigate the school food environment while also helping educational staff model healthy behaviors.

## STAYING ACTIVE DURING THE SCHOOL DAY

Schools often have little time for adequate recess and teacher shortages can significantly reduce students' time in gym class. This session will present resources and strategies for helping both students and educators remain active throughout the school day regardless of the weather, the space available or time constraints.

## HEALTHY MEAL PLANNING

There never seems to be enough time in the week to make a healthy meal, and we often times find ourselves running to the closest fast food joint to pick up lunch. Learn easy, accessible ways to plan and prepare meals for the week, and avoid wasting money on food that is bad for your health and waistline!

## MEAL PLANNING ON A BUDGET

Think healthy eating is not affordable? Think again! In this session you will learn tricks and tips to stretch your dollar further while learning about how to prepare healthy meals affordably!

## SIX DIMENSIONS OF WELLNESS

Did you know that there are six dimensions of wellness? And when one is out of whack, we feel unhealthy, unhappy, or just plan out of whack ourselves! Learn about each of the dimensions, as well as ways to achieve your own wellness.

## NUTRITION 101

Everyday we hear new health trends, but how do we know what is actually true? Learn the basics of nutrition so that you can learn to tell fact from fiction.

## STEPS FOR A HEALTHIER HOLIDAY

Food is a major part of the festivities during the holiday season. The temptations of sweets and high calorie foods are sometimes too much for someone who is trying to eat healthy to resist. Learn tips for a healthy holiday season.

**INTERESTED IN A TOPIC NOT LISTED ABOVE? CONTACT COMMIT TO FIT STAFF  
TO DISCUSS OTHER AVAILABLE OPTIONS.**

Email [commit2fit@flint.org](mailto:commit2fit@flint.org) or call 810.232.2228