

## Health Topic Talks (Exercises?) - Brown Bag Luncheons

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### HTBB Luncheons

A lecture series designed for the individual who wants to understand more about various health issues but not be overwhelmed by fancy terminology. These sessions would be very informal with an emphasis placed on educating NMSU employees and family members about topics that affect everyone. Both preventive and corrective aspects pertaining to topics will be covered.

- Encourage Q & A sessions
- Offered 2x a month to begin with (Maybe once to see if we get positive feedback)
- Tuesday or Thursday during the noon hour
- Advertise easy access and parking
- Encourage departments to send groups
- Bring lunch

### Health Topics - 45 minute topics

- Blood Pressure: Is this a real problem?
- High Cholesterol? A problem with heart disease
- Heart Disease? What is it? Seems like everyone is talking about it?
- Cardiovascular surgery? What did my doctor do in there?
- Obesity or Overweight? Is it really a problem?
- Fad diets? The physiological reason they don't work in the end?
- Body Composition Analysis (Practical analysis \$2.00 per person to cover disposable material costs)
- Cholesterol Analysis (There would be a cost associated with this however: \$16.00 for disposable disks)
- Diabetes: How serious is this?

Other specific topics can be addressed if interest exists. Additionally, more in depth overviews can be covered as well.

### Exercise

- Strengthening the Lower Body: Not fancy equipments or gyms (Hands-On Practical Session)
- Supplements & Ergonomic Aids: I read so much,
  - what "stuff" is correct? Is it bad?
  - Will they damage my health?
- Exercise? Hate it. Don't have time to work out 2 hours a day. It hurts. But I know I should? How much is enough (too much)?
- Exercise for older individuals: I am getting older, joints don't work so well, but the more I sit, the more they hurt.
- Ergonomics and exercise