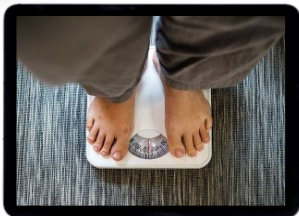




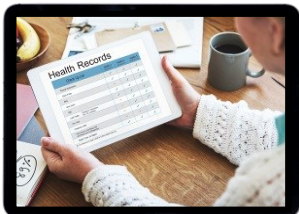
# CHPS CLASS VIDEO LIBRARY



## Weight Management for Health

[WATCH VIDEO](#)

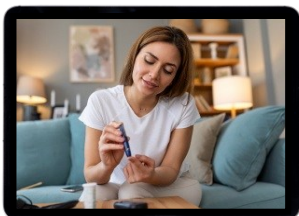
Learn about the factors that influence weight management and the impact on your health. Discuss portion control and the steps towards creating healthy eating habits. Review the types and impact of physical activity.



## Do You Know Your Numbers

[WATCH VIDEO](#)

Cardiovascular disease is the leading cause of death in the United States. Fortunately, knowing your cholesterol, blood glucose, and blood pressure numbers can help you understand your risk for heart disease and help you to better monitor your health. Join CHPS to discuss heart-healthy foods, tips for maintaining weight, recommendations for physical activity, and the effects of stress, tobacco, and alcohol on your heart.



## Prevention & Management of Diabetes

[WATCH VIDEO](#)

Review the common symptoms and types of diabetes. Discuss ways to prevent type 2 diabetes and learn how to manage a current diagnosis. Discover valuable resources and know where to find support.



## Understanding Body Composition

[WATCH VIDEO](#)

Body composition can greatly impact an individual's overall health and well-being. The scale doesn't necessarily provide a full picture, so screening for body composition can help someone better understand their health status. After today's presentation, it is hoped participants will feel ready to schedule a Body Composition screening with the CHPS staff.

This will not only enhance individuals' understanding of their body composition but also empower them to create a plan for their wellness journey.



## Heart Health Webinar

[WATCH VIDEO](#)

Discuss various important topics related to heart health, including understanding heart disease, its causes and risk factors. Topics will include genetic and lifestyle risk factors, prevention, treatments, and living with heart disease.

Dr. Mandira Mehra is a double board-certified neurologist and interventional pain physician, & medical journalist, internationally renowned speaker on medical matters. Aside from being the founder and host of a weekly podcast called the 'Human Condition MD', she is also regularly seen on Fox 5, NBC, CBS and other media outlets as the medical expert.

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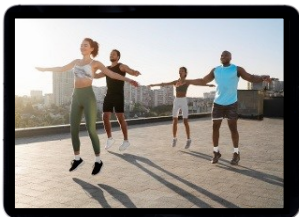


## Get Up & Get Moving

[WATCH VIDEO](#)

Sitting for extended periods can diminish the positive effects and health benefits of physical activity. Get up and get moving with our new class from CHPS! You'll discover the importance of staying active and learning how to incorporate physical activity into your daily routine for better health.

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## Exercise Basics: Starting a Program that Works for You

[WATCH VIDEO](#)

Are we ever too young or too old to exercise? Is it safe to exercise while pregnant, with a condition like diabetes, or after a heart attack? What are the different types of physical activity, and how much do we need? This class will review the basics of physical activity, recommended activity levels, and the benefits of exercise across the lifespan.

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## Wellness on a Mission 4: Sleep More, Stress Less

[WATCH VIDEO](#)

Welcome to the "Wellness on a Mission" series of presentations by CHPS (Civilian Health Promotion Services), a dedicated partner in helping individuals achieve and maintain a healthy weight for a long, healthy life. This program provides participants with essential knowledge and tools through sessions on weight management, nutrition, physical activity, and sleep & stress management. With practical tips and ongoing support, CHPS assists individuals in making informed choices and taking proactive steps toward their health and wellness goals, guiding them every step of the way on their journey to a healthier, happier life.

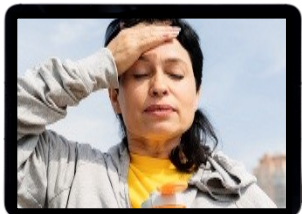
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## A Good Night's Sleep

[WATCH VIDEO](#)

When thinking about health, often nutrition and exercise are first to mind – but sleep is just as important. Insufficient sleep is associated with many chronic health conditions and accidents while getting enough quality sleep at the right times can help protect mental and physical health, quality of life, and safety on and off the job. This presentation will explore sleep in more depth, the importance of sleep, and the relationship between sleep and health. Participants will gain greater understanding of sleep and learning tips for improving sleep quality.



## Summertime Safety

[WATCH VIDEO](#)

Spending time outside during the summer is a fantastic way to stay physically active and reduce stress. While enjoying the benefits of fresh air and soaking up vitamin D, it is crucial to stay safe, especially when it comes to protecting the skin from excessive UV exposure. This health education webinar covers essential topics such as sun safety, water safety, environmental safety, and summer activity safety. Participants will: learn how overexposure to UV rays can lead to skin cancer; discover easy and effective ways to protect the skin from sun; review common summertime risks; and understand how to prevent illness and injury while enjoying the summer season.

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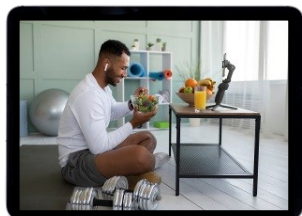


## Exercise During the Summer Months

[WATCH VIDEO](#)

Summer is the perfect time to embrace the outdoors and get active! The sunshine, fresh air, and extended daylight hours provide fantastic opportunities for physical activity and stress relief. While enjoying the benefits of being active outdoors, it is also important to consider the risks that may come with exposure to the sun and the heat in the summer season. This presentation covers health benefits, risks, and best practice for summer exercise. Participants will: understand the immediate and long-term benefits of regular exercise; learn ways to stay active and safe during the summer months; identify symptoms of heat-related health risks; and discover best practices for exercising in hot weather to prevent illness and injury while enjoying the benefits of physical activity.

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## Fueling for Performance Webinar

[WATCH VIDEO](#)

Gain valuable insights into the role of nutrition in your fitness journey. Whether you're looking to improve your diet, boost your performance, or simply learn more about exercise nutrition, this session is for you! This special session, facilitated by a Registered Dietitian, is designed to help you optimize your nutrition for better exercise performance and overall health.