



CHPS CLASS VIDEO LIBRARY

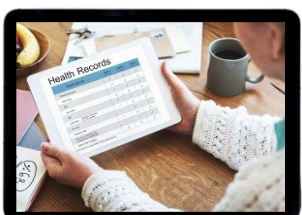
View our
Meditation
Series!



A Good Night's Sleep

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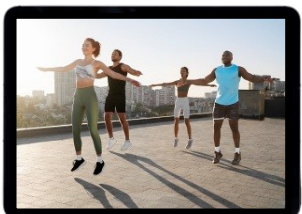
When thinking about health, often nutrition and exercise are first to mind – but sleep is just as important. Insufficient sleep is associated with many chronic health conditions and accidents while getting enough quality sleep at the right times can help protect mental and physical health, quality of 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.



Do You Know Your Numbers

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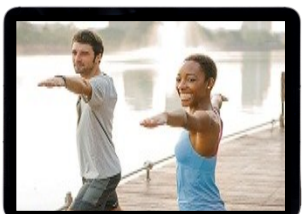
Cardiovascular disease is the leading cause of death in the United States. Fortunately, knowing your cholesterol, blood glucose, and blood pressure numbers can help you understand your risk for heart disease and help you to better monitor your health. Join CHPS to discuss heart-healthy foods, tips for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



Exercise Basics: Starting a Program that Works for You

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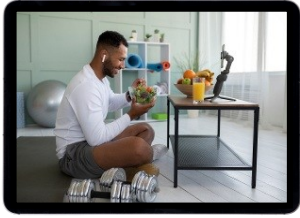
Are we ever too young or too old to exercise? Is it safe to exercise while pregnant, with a condition like diabetes, or after a heart attack? What are the different types of physical activity, and how much do we need? This class will review the basics of physical activity, recommended activity levels,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



Exercise During the Summer Months

[WATCH VIDEO](#)

Summer offers great opportunities for outdoor activity, stress relief, and overall health—but staying safe in the heat is essential. This presentation explores the benefits of regular exercise, safe ways to stay active, signs of heat-related risks, and best practices for preventing illness and injury while enjoying summer workouts.



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.



Get Up & Get Moving

[WATCH VIDEO](#)

Sitting for long periods can reduce the benefits of physical activity. Learn simple ways to get up and move throughout your day, and discover how staying active can be easily incorporated into your daily routine for better health.



Have a Healthy Heart

[WATCH VIDEO](#)

Heart disease doesn't happen overnight, and small choices can make a big difference. This session breaks down common risk factors for heart disease and heart attack and shares simple, practical ways to lower your risk. You'll see how nutrition, movement, and sleep work together to keep your heart strong—and walk away inspired to start with one small, doable change that supports better heart health over time.



Healthy Eating on the Go

[WATCH VIDEO](#)

Dining out and busy schedules can make healthy eating feel challenging. This session helps uncover common barriers to nutritious choices and shows how eating out can impact overall health. You'll learn simple, practical strategies for reading labels, managing portions, and making smart substitutions—so you can feel confident making healthier choices both at home and when dining out.



Healthy Habits for a Healthy Life

[WATCH VIDEO](#)

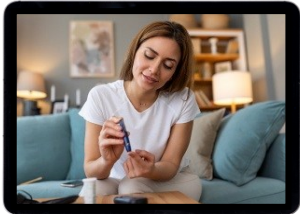
When it comes to wellness, small daily habits often have the biggest impact. Understanding how habits are formed and maintained can help improve physical and mental health over time. This presentation will explore the science of habit formation, key areas of healthy living, and strategies for building and maintaining positive habits. Participants will gain practical tools to increase awareness of their personal habits and take actionable steps toward a healthier life.



Heart Health Webinar

[WATCH VIDEO](#)

Learn about key aspects of heart health in this informative session with Dr. Mandira Mehra! Explore the causes and risk factors of heart disease—including genetics and lifestyle—along with prevention, treatment options, and strategies for living well with heart disease. Dr. Mehra is a double board-certified neurologist and interventional pain physician, medical journalist, and internationally recognized speaker. She is also the founder and host of the weekly podcast *Human Condition MD* and a frequent medical expert on Fox 5, NBC, CBS, and other media outlets.



Prevention & Management of Diabetes

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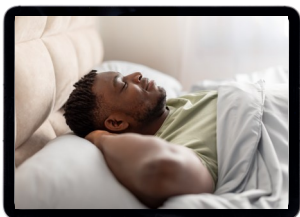
Take control of your health with our Diabetes Awareness session! Learn to recognize common symptoms and understand the different types of diabetes. You'll explore practical strategies to prevent type 2 diabetes, manage an existing diagnosis, and access valuable resources and support to stay on track with your health journey.



Processed Foods & Health

[WATCH VIDEO](#)

Processed foods are everywhere—but not all processing is the same. This session breaks down why foods are processed and how to spot the different types. You'll learn how to read nutrition labels and ingredient lists with confidence and see how national guidelines encourage more whole foods and fewer highly processed options, helping you make smarter choices that fit real life.



Sleep More, Stress Less

[WATCH VIDEO](#)

Welcome to the “Wellness on a Mission” series of presentations by CHPS, 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.



Stress Less

[WATCH VIDEO](#)

When thinking about workplace wellness, stress management is often overlooked – but it has a major impact on health and performance. Chronic or unmanaged stress can affect both physical and mental well-being, leading to burnout, illness, and reduced productivity. This presentation will explore different types of stress, how stress affects the body, and the causes and symptoms of job-related stress. Participants will gain a better understanding of stress and learn practical strategies to plan, prepare, and manage it effectively.



Summertime Safety

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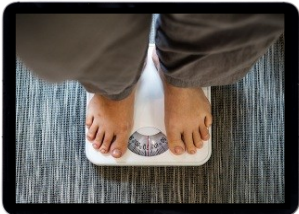
Spending time outdoors in summer boosts activity, reduces stress, and provides vitamin D—but it's important to stay safe. This health education webinar highlights sun, water, environmental, and activity safety. Participants will learn how to prevent UV-related skin damage, explore practical sun protection strategies, review common summer risks, and gain tips to avoid illness and injury while enjoying the season.



Understanding Body Composition

[WATCH VIDEO](#)

Body composition can greatly impact an individual's overall health and well-being. The scale doesn't tell the whole story, so this screening helps you see a clearer picture of your body and overall well-being. You'll walk away ready to take charge of your health and create a plan that supports your wellness journey.

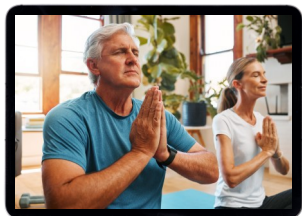


Weight Management for Health

[WATCH VIDEO](#)

Take charge of your health with our Weight Management for Wellness session! You'll explore how food choices, portion sizes, and daily activity all play a role in managing weight. Learn practical, realistic strategies to build healthier habits and support your overall well-being.

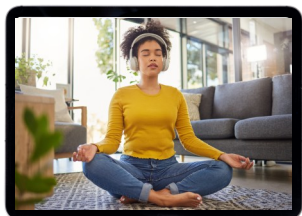
CHPS Meditation Series



Belly Breathing

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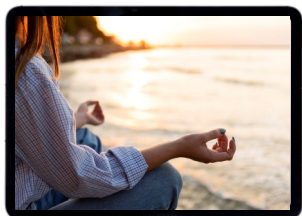
Reduce stress and tension with our Belly Breathing Meditation session! You'll learn how to use deep, calming breaths to relax your body, clear your mind, and bring a little more calm and focus into your day.



Emotional Agility

[WATCH VIDEO](#)

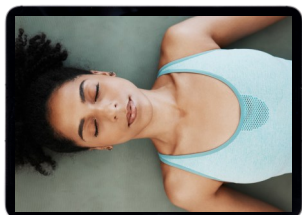
Feeling pulled in different directions by your emotions? Join our Emotional Agility Meditation from CHPS! You'll learn simple mindfulness practices to notice your feelings, respond with intention, and build resilience—helping you move through stress and change with more ease and balance.



Mindfulness

[WATCH VIDEO](#)

Need a quick reset during your workday? Try our Mindfulness Deskside Meditation from CHPS! You'll discover easy breathing and awareness techniques to calm your mind, reduce stress, and boost focus—right at your desk, no experience needed.



Progressive Muscle Relaxation

[WATCH VIDEO](#)

Ease tension and stress with our Progressive Muscle Relaxation meditation session! You'll learn how to systematically tense and relax different muscle groups to release tension, calm your body, and bring a sense of relaxation and focus into your day—perfect for a quick reset anytime, anywhere.