



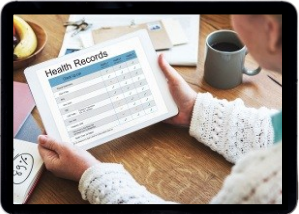
CHPS CLASS VIDEO LIBRARY



A Good Night's Sleep

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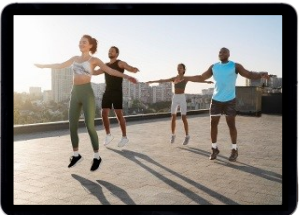
When thinking about health, often nutrition and exercise are first to mind – but sleep is just as important. Insufficient sleep is associated with many chronic health conditions and accidents while getting enough quality sleep at the right times can help protect mental and physical health, quality of 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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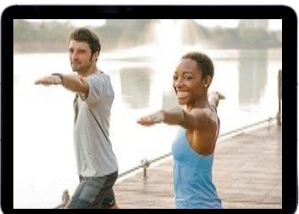
Cardiovascular disease is the leading cause of death in the United States. Fortunately, knowing your cholesterol, blood glucose, and blood pressure numbers can help you understand your risk for heart disease and help you to better monitor your health. Join CHPS to discuss heart-healthy foods, tips for 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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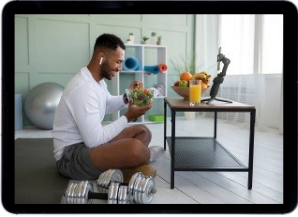
Are we ever too young or too old to exercise? Is it safe to exercise while pregnant, with a condition like diabetes, or after a heart attack? What are the different types of physical activity, and how much do we need? This class will review the basics of physical activity, recommended activity levels, and the benefits of exercise across the lifespan.



Exercise During the Summer Months

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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

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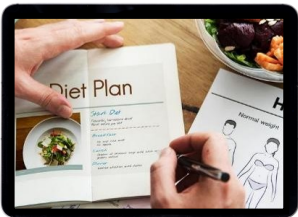
Gain valuable insights into the role of nutrition in your fitness journey. Whether you're looking to improve your diet, boost your performance, or simply learn more about exercise nutrition, this session is for you! This special session, facilitated by a Registered Dietitian, is designed to help you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



Get Up & Get Moving

[WATCH VIDEO](#)

Sitting for 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.



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.

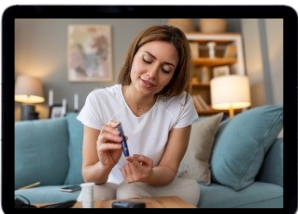


Heart Health Webinar

[WATCH VIDEO](#)

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.



Prevention & Management of Diabetes

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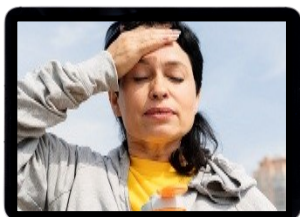
Review the common symptoms and types of diabetes. Discuss ways to prevent type 2 diabetes and learn how to manage a current diagnosis. Discover valuable resources and know where to find support.



Stress Less

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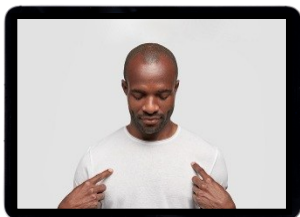
When thinking about workplace wellness, stress management is often overlooked – but it has a major impact on health and performance. Chronic or unmanaged stress can affect both physical and mental well-being, leading to burnout, illness, and reduced productivity. This presentation will explore different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



Summertime Safety

[WATCH VIDEO](#)

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.

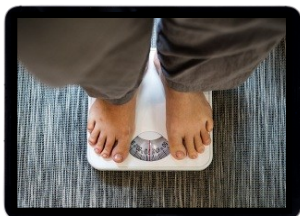


Understanding Body Composition

[WATCH VIDEO](#)

Body composition can greatly impact an individual's overall health and well-being. The scale doesn't 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.



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.



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.