

DVDs on Healthy Living

The lifestyle presentations on DVD are made by Don Hall, DrPH, CHES. Eight presentations are based on the latest Eight Weeks to Wellness™ program, an up-to-date, ready-to-use, common-sense health outreach package that promotes a positive lifestyle. Two additional DVD presentations are Heart Health and Diabetes. Together, the ten DVDs comprise the Healthy Living Series.

The 40-50 minute DVD presentations can be used for outreach in homes or in small groups. The menu includes the presentation complete as well as divided into nine parts. Supportive print materials are available at a website address in the DVD. Listeners benefit from Dr. Hall's inspiring presentations of health research outcomes. Graphics reference scientific research reported in world-renowned journals and guidelines from the National Institutes of Health.

Health Topics:

- ◆ Developing a healthy lifestyle
- ◆ Becoming more physically active
- ◆ Choosing healthy fats
- ◆ Choosing healthy carbohydrates
- ◆ Achieving and maintaining a healthy weight
- ◆ Enhancing mind-body connections
- ◆ Coping with stress
- ◆ Getting appropriate health checks

DVD Menu Options:

- ◆ Dr. Hall's Presentation
- ◆ Questions and Answers
- ◆ Research Graphs
- ◆ Scene Selection
- ◆ Contact Us
- ◆ Quiz

Requirements

- ◆ A DVD player or computer with DVD player - *no additional hardware needed*
- ◆ For print materials, access to the Internet is required.

About LifeLong Health

LifeLong Health is a registered product line of health ministry resources for community health outreach. Resources are offered by Wellsource, Inc., a leader in corporate health assessment and prevention systems for 20 years. The LifeLong Health® product line is based on current evidence-based scientific research, and is designed for volunteer health leaders to use as effective lifestyle improvement facilitators. The product line includes ready-to-use health assessment software, health presentations, and attractive printed materials. Each resource is based on population research and offers common sense, applicable recommendations.

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Set of 8 DVDs or Individual DVDs

Individually by Title

Set: EP2010

For information or to order, call

800.862.4395



Tools & Training for Effective
Health Outreach

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