

What can I expect from a presentation?

The Speaker's Bureau was created to provide the community with the same quality of services and expert advice that we provide to our fitness center members. These educational lectures and activities are developed and led by a variety of our experts, primarily exercise physiologists and registered dietitians.

At Duke, we recognize that a healthy lifestyle encompasses all aspects of wellness, including a comprehensive exercise program, proper nutrition and effective stress management skills. Towards those goals, we offer a comprehensive array of topics from which to choose. We will also customize lectures or activities to meet the needs of your group or facility.

Wellness Education

One hour presentation: package: \$200
Non Profit Organizations: \$100

Package includes 50 minutes of lecture, 10 minutes question answer session, and materials for 15 participants as well as travel to site within a 10 mile radius of Duke Health & Fitness Center.

* We are flexible to meet you needs. Call for a quote if there will be more than 15 participants or the presentation site will be further than 10 miles from DHFC.

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Duke Health & Fitness Center
DUKE UNIVERSITY HEALTH SYSTEM

Speaker's Bureau



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Wellness Education





What is the Speaker's Bureau?

At the Duke Health & Fitness Center our mission is to help individuals achieve optimal health and quality of life. One of the many ways our professional staff encourages positive lifestyle changes is by educating our members in all aspects of health and wellness. As part of the Duke Health System, we recognize the need to provide the same valuable educational opportunities to our community and have created the Duke Health & Fitness Center Speaker's Bureau to provide these services.



Speaker's Bureau Topics

Fitness:

- Arthritis and exercise
- Beginning an exercise Program
- Exercise for improved health
- Fit kids
- Fitness at work
- Safe exercise for seniors
- Getting to the heart of the matter : Designing a cardiovascular training program
- Adhering to exercise
- Exercise at your desk

Health and Wellness:

- Health through diet and exercise
- Exercise and nutrition to fight disease
- Stress management at work
- Stress management
- The building blocks of good health
- Wellness principles

Nutrition:

- Eating on the run
- Nutrition for optimal energy
- Nutrition as medicine
- Weight loss puzzle
- Healthy food on a budget

Who will the Presenters be?

All of our fitness and nutrition staff are degreed and certified in their respective fields. Our diverse staff have extensive knowledge and years of clinical experience. You can be sure that your presentation will be delivered in a professional and engaging manner with the latest proven information available.

For more information or to schedule a presentation, please contact:

Wellness Services Program Coordinator
919-660-6811

