***Virtual Health Webinars for Corporate Wellness***

***How To Stay Healthy While At Home***

*Stress and lack of exercise can lower your immunity. This session gives you quick ways to sneak in exercise and make it a part of your daily routine. Plus learn how to start a meditation practice to reduce stress and anxiety in just 5 minutes a day.*

***Work stations that Work at Home***

*With everyone home alone together, you might find the kitchen or a bedroom is your new at-home office. Let’s take a look at the correct ergonomics for an an at-home office set up. It might seem like common sense, but many screen distance, hand position, chair height all play a role on your posture. Plus learn 5 simple stretches you should be doing everyday.*

***ZOOMING Picture Perfect***

*Much of business is taking place on camera, Celebrity host and TV producer, Andrea Metcalf, will share tips on looking your best on camera and how to set up a background screen to maintain a professional appearance. You can still keep on your pajama bottoms - but let’s set up your appearance properly.*

***How to Combat Stress Eating While Working from Home***

*Let nutritionist and best-selling diet book author, Andrea Metcalf share the skinny on snacking with the kitchen within grasp of your at home workspace.*

***Eating healthy with Simple Meal Plans***

*Let nutritionist and best-selling diet book author, Andrea Metcalf share what foods to keep on hand for simple, 30 minute or less recipe ideas. She will share what to keep on hand in your kitchen to have a variety of healthy options for you and your family.*

***How to Keep Your Energy Up by Eating Healthier***

*Let nutritionist and best-selling diet book author, Andrea Metcalf share tips on how to keep your energy up while working from home. What not to eat and how to sneak in exercise for better self care.*

*Andrea Metcalf is a celebrity fitness expert as seen on the NBC Today Show and [oprah.com](http://oprah.com). She is a best-selling author, nutritionist, an active aging specialist. She has over 35 years inspiring and coaching people to be healthier.*

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