

Wellness Watch On-Demand

Monthly Seminars – 2025 & 2026

Boost Employee Wellness with **GoodLife's 30-minute On-Demand Monthly Seminars**
1 month of unlimited viewing for your team members

Seminars \$499.00 + tax each for 4 weeks' recording access in both English and French	
November Available for the month of November, 2025.	Seminar: Deskercise with Nathalie Lacombe The term deskercise refers to exercise that can be performed throughout your workday and even from your desk. Sitting for long periods of time during the day is detrimental to your health. Prolonged sitting can impair the body's ability to deposit fat, interrupt the functioning of HDL (the healthy cholesterol), and increase one's risk for cardiovascular disease. So even if you work out regularly, adding short bouts of cardiovascular, strength, and stretching exercises throughout the workday will help reduce sedentary behaviour and improve fitness levels.
December Available for the month of December, 2025.	Seminar: Holiday Season Stress Management with Nathalie Lacombe Thanksgiving through to and past New Years is typically considered the 'festive season'. Not only are the holidays a difficult time to watch what you eat and stick to a consistent schedule of workouts, it is harder to be healthy in wintertime. Short, grey days, and colder weather are generally enough to drive even the most optimistic of us into a bit of a funk. Add to that the festive season shopping, cooking and social gatherings and you have the perfect mix for seasonal stress. This session explores some strategies that will help ensure that you maintain good health and foster physical and mental resilience all holiday season long.
January Available for the month of January, 2026.	Seminar: Exercise in Colder Weather with Marie-Eve Ricard So, you don't like grinding out miles on the treadmill or power walking the malls, but you dread exercising during cold weather. Unfortunately, cold weather can discourage even the most motivated exercisers. And if you're not so motivated, it's all too easy to pack away your workout gear along with your warm-weather clothing. You don't have to let cold weather spell the end of your exercise routines. This seminar offers tips for exercising during cold weather, so you can stay fit, motivated and warm when the weather turns chilly.

- **Flexible:** Accessible 24/7, allowing all employees to learn at their own pace, with seminar handouts provided
- **Inclusive:** Content available in both English and French
- **Expert-Led:** Learn from Subject Matter Experts

Contact us for more information: workplacewellness@goodlifefitness.com