

Wellness Watch On-Demand

Monthly Seminars – 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	
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.
February Available for the month of February, 2026.	Seminar: Heart Disease: What You Need to Know and Do with Renée Purdy Heart disease is a killer ... but it doesn't have to be. Prevention starts with knowing your risk. Almost 80% of premature heart disease and stroke can be prevented through healthy behaviours. That means that habits like eating healthy, being active and living smoke-free, have a big impact on your health. But what do you do when you or someone else may be experiencing a heart attack or cardiac arrest? Do you know what to do? This seminar will take a look at the risk factors for heart disease, signs and symptoms that we all should be familiar with and what to do in a cardiac emergency.
March Available for the month of March, 2026.	Seminar: Spring Into Healthy Eating with Lisa Tsakos and Sara Tarek How many of us could benefit from adding more fruit and vegetables to our diet? Join us as we navigate the benefits of seasonal eating and better understand the nutritional value of greens. Be inspired by simple ways to incorporate these health boosting foods into your meals with simple make-ahead sauces and dressings. Learn to grow your own herbs and sprouts and enjoy a Spring Rolls recipe on the handout.

- **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