

Health Powered By You, LLC

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At Health Powered By You, we offer presentations centered on the philosophy that sustainable health and wellness are attainable when one is healthy spiritually, appropriately active and nutritionally sound. Our 5 presentations include the following:

PREScriptions WITHOUT PILLS: THE 4 KEY ELEMENTS OF LIFELONG HEALTH

Prescriptions without Pills is a health concept centered on the core principles of Health Powered By You. During this interactive session, we explore the 4 key elements of lifelong health, and discuss strategies for sustaining a healthy and happy lifestyle. As a result of this session, you will be able to:

- Describe the 4 key elements of lifelong health.
- Understand your basic health stat.
- Describe the 5 benefits of physical activity for overall health.
- Understand the Multisport lifestyle and its benefits.
- Describe the 5 benefits of a healthy diet.
- Describe the relationship between positive thinking and overall health.

BRINGING THE NON-ATHLETE INTO THE MULTISPORT WORLD

Participating in triathlons can be an intimidating prospect for many people; however, it doesn't need to be. The world of multisport is accessible to everyone, from school aged youngsters to retired adults. Only desire and commitment are needed to be a part of this exhilarating world. This session will help you confront your fears and introduce you to the world of triathlon. Specifically, as a result of this session, you will be able to:

- Understand the 4 different triathlon disciplines.
- Appreciate the time and effort needed to complete a sprint triathlon.
- Describe the 5 benefits of multisport training.
- Decide if you are a candidate for triathlon coaching.
- Describe the equipment needed to participate in a triathlon.

AN APPLE A DAY: MAKING THE SWITCH TO HEALTHY FOOD

Food is the fuel of our bodies, so it's critical to make it count. When you begin to appreciate the benefits of healthy living, it becomes obvious why healthy food choices are essential. The good news is eating well doesn't mean eating foods you despise. Healthy eating can and should be fun. During this session, you will learn the value of different foods and their purpose in the human body. You'll also discover that healthy dining can be both exciting and satisfying.

In addition, as a result of this session, you will be able to:

- Understand the 10 benefits of eating healthy food.
- Describe the 5 reasons people have difficulty eating a healthful diet.
- Apply 5 strategies for analyzing a food label.
- Apply 5 healthy cooking strategies.
- Identify food swaps that will lead to a healthier diet.

WHY OBESITY IS EVERYONE'S PROBLEM

So much talk today surrounding body weight. What is a healthy weight? What is a healthy BMI? How is this determined and why is it so important? What are the critical health issues surrounding obesity and why is it so very important for society to invest in strategies to combat the problem? As a result of this interactive program, you will be able to:

- Understand what "healthy weight" means.
- Use a Body Mass Index chart.
- Describe the importance of healthy weight for children.
- Understand the impact of obesity on society.
- Describe the 5 biggest health dangers of obesity.

THE POWER OF POSITIVITY

Positive people lead happier and more productive lives. They enjoy more benefits in the workplace, in their relationships and in everyday life. Without question, it behooves each of us to have a positive outlook. So what strategies can be helpful in developing a positive attitude? In this session, we will explore the positivity of different people and see if it inspires you, motivates you and challenges you. As a result of this program, you will be able to:

- Identify 10 reasons to strive for positivity.
- Apply 5 tips to assist in positive thinking.
- Gain personal inspiration through positive quotations from famous people throughout our history.

THE COACH



Dr. Suanne Kowal-Connelly, MD, F.A.A.P, is a board certified pediatrician who has spent nearly thirty years in a group private practice serving children and their families. Having majored in both Biology and Psychology at the State University of Stony Brook, it was fitting that she chose to focus heavily in the area of Early Childhood Development. For 10 years, Dr. Kowal-Connelly served as Co-Chair for the Medical Advisory Committee to Child Care Council, and was recently elected to the Board of Directors.

Because of her strong interest in Community Medicine, Dr. Kowal-Connelly has served as the District Physician for several School Districts on Long Island for over 25 years. She is a trainer in the Child Abuse and Neglect system and travels throughout New York State instructing personnel on an exhaustive list of topics.

Throughout her career, Dr. Kowal-Connelly has held voluntary staff privileges at all of the local hospitals, but most recently she has joined the Faculty Staff of Nassau University Medical Center, in East Meadow, NY, where she serves as a preceptor of pediatric residents.

Dr. Kowal-Connelly has always been an active individual and in 2006 she began training and competing in the sport of Triathlon. Her successes as an Age Group Athlete compelled her to achieve certification as a Level I USA Triathlon coach as well as certification as both a Youth and Junior coach. With this added expertise, Dr. Kowal-Connelly has embraced both the field of medicine and the athletic world of multisport to create a program that helps families and individuals develop and maintain a healthy lifestyle.

Dr. Kowal-Connelly has developed a heartfelt sense of responsibility to contribute to some of the most challenging medical issues facing our society. There is no health concern today more daunting and pervasive than obesity and its serious related complications. Because of this, Dr. Kowal-Connelly has created Health Powered By You, which is an innovative program bridging years of medical expertise, athletic expertise, nutritional education and psychological support. Her primary goal is to educate and coach families to a healthier existence where they can sustain a level of wellness and joy throughout their lives, hopefully without the need of medicinal support.