



Blue Cross Health Coach Classes

When you register a team to participate in Win by Losing you can schedule a presentation with the Blue Cross Health Coaches. Select a topic from the list below and contact Catherine at winbylosing@bcbsm.com and provide the following information:

- Topic or demo you'd like the health coach to present
- First choice date and time with alternate dates and times in case your first choice is taken

We are excited to provide this opportunity to your team!

Blue Cross Health Coach Class Topics (20 to 30 minutes)

- Foods to Boost Your Body and Brain Health
- The Importance of Sleep
- Improving Your Physical Well-Being
- Living a Heart Healthy Lifestyle
- Managing Your Weight
- Prioritizing Health for Picky Eaters
- The Science of 10,000 Steps a Day
- Sugar Rush
- Tobacco: What You Need to Know

Blue Cross Health Coach Demos (15 minutes)

- Building a Salad in a Jar
- Healthy Smoothies