



Sample Mini Video Topics

- What Does Wellness Mean to Me?
- Longevity Lessons: Common Habits of Those that Live to 100
- Get Motivated to Get Moving
- Exercise is Your Magic Pill
- Boost Your Brain Power
- Brain Games
- Goodbye Back Pain*
- Strong Abdominal Muscles in Two-Minutes Per Day*
- Time for a Stretch Break*
- One Upper Body, One Lower Body, One Core Exercise and You're DONE (No equipment needed!)*
- Your Favorite Exercise Routine with Nothing but an Exercise Band!*
- Get Your Heart Pumping for 10 Minutes*
- Healthy Hearing
- The Top Tips for Falls Prevention
- Better Balance with These Five Exercises*
- Four Ways to Fight Fatigue
- Hydration Help
- Stress Rx
- Getting a Good Night's Sleep
- Deep Breathing for Relaxation
- Mindset Reset for Your Wellbeing
- Resilience: Thriving Despite Life's Stresses
- Weight Loss Tips for the Sensible, Long Term Approach
- Metabolism Magic
- Nutrition Nuggets and the Superfoods
- Protein Power
- Good vs. Bad Fats
- Benefits of A Plant-Based Diet
- The Energizing Breakfast
- Superpower Snacks
- Mealplan Makeover
- Three-Minute Energizer
- Self Care: You Deserve It!
- The Importance of Family Conversations about Your Wishes
- Top Ten Tangible Wellness Tips (can be done one tip per day)
- Managing My Blood Pressure
- My Doc Says I Have High Cholesterol, Now What?
- Osteoporosis Help is Here
- ...Your custom titles related to wellness. Just ask!

*All exercise demonstration topics are available in seated/lower intensity versions (the BOOM "Never Too Late" track) or floor/higher intensity versions (the BOOM "Never Too Early" track).