HEALing Health:
Create Your Wellness Plan

Start creating healthy habits today!
The Health Fair Webinar information is available online at the QR below. Filled with resources to enhance your long-term wellness with healthy habits!

Browse through the fun and educational cooking demos, classes and other materials from a decade of partnering with your team!

HEAL
Healthy Habits Encourage Active Living

- **H** — **Healthy Habits** — Building sustainable habits for well-being
- **E** — **Encourage** — Motivation for positive lifestyle changes
- **A** — **Active** — Embracing movement every day
- **L** — **Living** — Creating a fulfilling, balanced lifestyle

Pick up a package of *Zenergy* tea from Kithen on Fire at the fair! Our herbal tea blend was crafted to enjoy hot or cool for a peaceful zen lift anytime of day

KITCHEN on FIRE
cooking school

Your webinar info and more here!

Healthy Habits **E**ncourage **A**ctive **L**iving

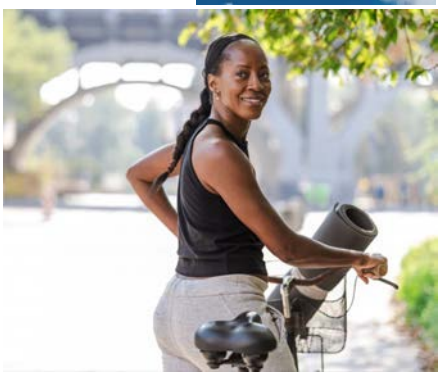
We're excited to help kick off your 2026 Open Enrollment!

Good nutrition and lifestyle choices can help us on our path to long-term health and happiness.

H-E-A-L

- Nutrition Consultant Lisa Miller from Kitchen on Fire will provide a roadmap to help us create and achieve our H-E-A-L goals one step at a time!
- Jeremy Yarrington at Airrosti, who will share simple, effective exercises to help ease common lower body pains and keep you moving with confidence.

A modern approach to living your best life



Objectives for Today – Embrace Healing Habits!

1. Build sustainable healthy habits
2. Motivate for positive lifestyle changes
3. Create a fulfilling life experience
4. Embrace daily movement
5. Set and achieve SMART goals

BONUS:
Raffle Prizes at the Health Fair!

Kitchen on Fire & Ocean View Nutrition

We bring people together through cooking, nutrition and a sense of community.

Public cooking classes
Corporate events
Individual consulting
Virtual & In-Person

- **BUY** seasonal, local, organic and GMO free when possible
- **COOK** using healthy cooking techniques
- **EAT** a variety of whole foods including herbs and spices
- **SHARE** and enjoy meals with friends and family
- **AWARENESS** of allergies and sensitivities

kitchen on fire cooking school

OCEAN VIEW NUTRITION

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Motivation for positive lifestyle changes

A **Active**
Embracing movement every day

L **Living**
Creating a fulfilling, balanced lifestyle

HEAL stands for Healthy Habits Encourage Active Living. It is a holistic philosophy that empowers individuals to adopt practices that boost physical health, mental wellbeing, and long-term fulfillment.

Build sustainable healthy habits

Healthy habits defined:

- Consistent actions and choices that positively impact your physical, mental, and emotional well-being.
- They form the foundation of a lifestyle that promotes longevity and vitality.

Share a habit!

Potential long-term benefits

- Longer lifespan
- Higher productivity
- Less or less pronounced chronic illness

☐ Lower blood pressure & cholesterol

☐ Improved cognition & memory

☐ Stronger disease resistance

Motivate for positive lifestyle changes

- Momentum - Small, repeatable actions build lasting change
- Positive reinforcement - Each healthy choice makes the next one easier
- Support systems - Social and environmental support is crucial

How long does it take to create a habit?

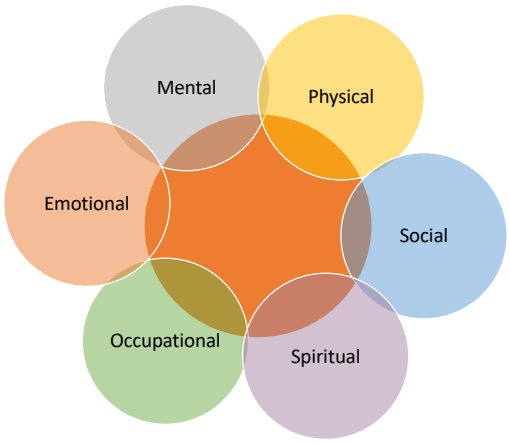
What is your go-to process for starting a habit?

Your healthy habits will influence others without saying a thing!

Create a fulfilling life experience

Healthy habits and physical activity don't just prevent disease— they enrich everyday life by enhancing all dimensions of wellness:

- Greater productivity and resilience
- Sharper focus and better stress management
- Improved relationships and self-esteem
- More energy for hobbies, work, and loved ones



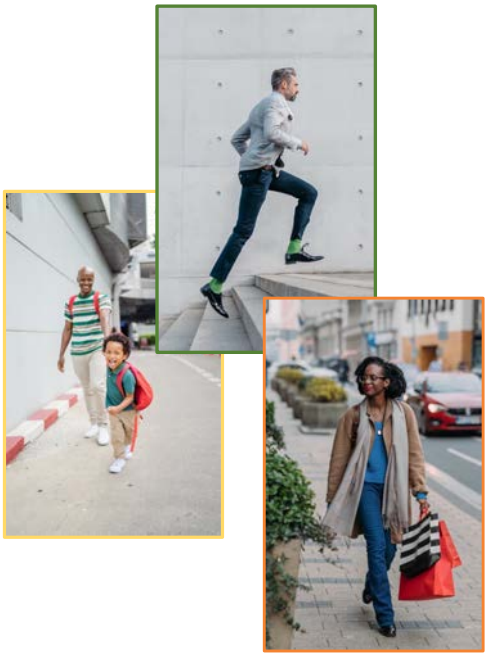
HEAL practices contribute to balance in all life dimensions

Embrace daily movement

Regular physical activity has numerous immediate and long-term benefits:

- Reduces risk of heart disease, diabetes, and some cancers
- Improves mood, energy levels, sleep quality, and cognitive function
- Potentially increase lifespan

Will you accept the challenge?
Target at least 150 minutes of moderate-intensity exercise a week
(25 minutes x 6 days a week)



Set and Achieve SMART goals!

An example: I will include 15g of protein in my breakfast 5 days/week starting Nov 1st

Specific
Measurable
take **A**ction
be **R**ealistic
Time-oriented

Every positive action helps. Set two goals today:

1. A goal related to nutrition!
2. A goal related to movement!

Start small. Set reminders.

See you on December 5th for a Virtual Happy Hour to celebrate your holiday season!

Stop by the Health Fair for your package of tea from Kitchen on Fire!

About us

- Kitchen on Fire Cooking School
  - For Home Chefs since 2005
  - Owned by Olivier Said (founder) & Lisa Miller
  - Hands-on Classes & Events In-Person and Virtual
  - Nutrition Education, Corporate Wellness, Individual Consulting
  - lisa@kitchenonfire.com
- Ocean View Nutrition Consulting
  - Owner & Nutrition Consultant, certified
  - Consultations, Classes & Public Speaking

  lisa@oceanviewnutrition.com

Link to today's presentation, demo info and more
https://www.kitchenonfire.com/heal-healthy-habits-2026/

New link for the Health Fair

kitchen on fire cooking school

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