



# UP YOUR HEALTH GAME

LEARN STRATEGIES TO  
IMPROVE EATING,  
EXERCISE, SLEEP & MORE  
FROM YOUR HEALTH  
CHEERLEADER,  
HOLISTIC HEALTH COACH

*Amy Ballantyne*

WEBINAR: 30-40 MINUTES

*Amy Ballantyne*

*Your Health Cheerleader ...cheering you on from beginning to end*

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## **Up Your Health Game**

### **PROGRAM DESCRIPTION**

In this 30-40 minute webinar, Amy Ballantyne shares her holistic approach to improving health.

### **PROGRAM GOALS**

The goal of this program is to provide much needed guidance, support and information about health topics which include eating, exercise, supplementation, sleep, water intake and mental health.

### **BENEFITS**

The participants will be encouraged to take specific actions following the webinar to improve their health. Amy is a highly energetic and entertaining presenter, which assists the participants in absorbing the information.

### **OUTCOMES**

Identify healthy food options, understand portion sizes and plate management, why supplementation can help, strategies for quality sleep and ways to decrease mental stress.

### **TOPICS**

Eating, Supplementation, Exercise, Water, Sleep, Energetic Alignment (Mental Health).

### **FACILITATION**

Amy Ballantyne is an Online Holistic Health Coach. Her webinar is available in English. It is approximately 30-40 minutes based on what the client is looking for and can be customized for an additional fee. Maximum number on zoom is 500 people.

### **ORGANIZATIONS**

Any organization looking to invest time and money into their employees would benefit. These topics (and actions encouraged) directly impact the health of the employee which could result in reduced sick days and improve moral.

### **PARTICIPANTS**

Participants from any level can benefit from learning, (or a reminder) of these health topics. Many people 'know' how to take care of themselves and their health, but often need a reminder of actions to take.

## Client Testimonials:

“My team and I had the pleasure of participating in Amy’s "Up Your Health Game" lunch & learn session customized just for us. She had the right blend of humour, enthusiasm and easy to understand information. Amy engaged her audience and provided easy to apply techniques for us to make informed choices to improve our mental and physical health. Thanks for the fun session Amy my team left energized and motivated.”  
Heather Dunbar – Star Metroland Media

“Thank you, Amy Ballantyne, for sharing your expertise with our employees today through a Virtual Lunch n' Learn session. We appreciated the tips and advice on improving our overall health!  
Sue Benoit – Clearpath Robotics

“ I want to thank Amy for facilitating her "Up Your Health Game" webinar for Sun Life employees. We had over 250 attendees tune in to hear Amy talk about a variety of topics including nutrition, exercise, sleep habits, meditation, and other health tools. Amy was very engaging throughout the whole presentation. It felt like we were listening to a qualified friend rather than a health professional. The presentation was extremely well-received by employees. Everyone felt it was one of the best webinars they had attended. We enjoyed it so much we are having Amy back again to do the presentation for employees who couldn't make the first one. Thanks again Amy!” Vanessa Lublin – Sun Life Financial

“As we are all home bound due to CV19 and lacking our normal fitness regime, it is easy to forget the essentials to good health. Amy served up a reminder that it’s the small things that you do that makes a difference. Between remembering to drink water and to stop and question my snack and meal choices, I am happy to say I am back to my pre CV19 weight. Thanks Amy!” Matt Miller – Star Metroland Media

“I attended Amy’s webinar arranged by my company and I was thrilled to see her energy and willingness to help each participant on the call. She was flooded with comments and questions on the chat and she took the time to answer each on of them including the follow-up question. For someone who wishes to make changes to their lifestyle, Amy has a great positive energy that will keep you motivated towards your goals.  
Ann Jacob – Sun Life Financial

“Amy has the ability to capture the entire audience’s attention. With her high energy and exceptional speaking skills she’s definitely who you want to hit for your next event.” Christy Primmer, B.A. R.S.S.W.

“Amy is dynamic! She captures the audience with her smile. She speaks the truth for many woman when it comes to time and the value of it. I watched the women listening and engaging in the activities with intensity and passion. Thank you, Amy, for being the keynote speaker at our event. I forward to attending Amy’s future speaking engagements.” Participant - Donna Simpson

“Well where do I start? I loved Amy’s enthusiasm and I came away on such a high after last night. I felt like she was talking directly to me, as everything she spoke about I had just done. Her speech reaffirmed within me what I did was right. Amy encouraged me to continue to grow, and learn for myself that personal development, something I have never done before, is vitally important and something I must make time to do every day.” Participant – Maria