



Deb - Program Director

Deb Hennig is the program developer and lead instructor trainer for Action First Aid Inc. Deb started the company Action First Aid in 1998, after teaching Physical & Health Education, Science, Human Physiology and Outdoor Education, at the high school level. An educator at heart, Deb created Action First Aid because of her passion to educate people about health, wellness and disease prevention. As a former teacher, Deb is very familiar with what it takes to create a dynamic curriculum, select great facilitators and lead a team to provide quality, interactive training.

Deb has an honours degree in Physical & Health Education from McMaster University and a Bachelor of Education from the University of Toronto. She also took a year of Physical & Health Education from the University of British Columbia with a focus on Athletic Training, Injury Assessment and Taping. She has additional training from the Faculty of Education, University of Toronto in Adult Education, English as a Second Language and Classroom Management. She is a certified Personal Fitness Trainer with the American Council on Exercise.

Deb Hennig has been an instructor with the Heart & Stroke Foundation for the past 15 years. Deb is an active volunteer with the Heart & Stroke Foundation, and is the lead program developer for the "healthy kids" program, within Simcoe County. Deb is very excited to launch this new Health Prevention Series and is excited that companies are really seeing the value in more time spent on education and prevention of disease.



Kelsie - Nutrition Expert

Kelsie Watson graduated from the University of Guelph with an Honors degree in Human Kinetics with a minor in Nutrition. Kelsie is currently working towards her Masters and Practitioners Certificate in Holistic Nutrition with Edison Institute of Nutrition. Kelsie consults with "soon to be brides" on proper weight loss strategies that are healthy and effective. Kelsie is also currently volunteering with the "healthy hearts kids" program, with The Heart & Stroke Foundation.

Kelsie is a part time instructor with Action First Aid and has proven to be a dynamic, engaging instructor. Kelsie is also working with a physiotherapist, helping people return back to work, with more energy and mobility. Kelsie brings her positive energy and strong belief in nutrition into the classroom and leaves people inspired and excited to make a change.



Simon - Paramedic

Simon Robinson is the Lead Instructor for the Cardiovascular Pre-screening Program developed by Action First Aid. Simon is a full time Level 2, Advanced Care Paramedic, with previous experience as a member of the Clearview Fire Department for 7 years. Simon taught the Paramedic program at CTS College for three years. Simon was a member of the Canadian Junior Nordic Ski team and raced all over North America and parts of Europe. Simon now resides in Midland, happily married and a proud father of 2 kids and an avid camper and outdoors man!

Simon was very excited to be asked to be involved in the development of this very unique program, with Action First Aid. Simon is so convinced of the huge value that some of the simple, non invasive tests that we are offering, right on sight at a company, could truly save someones life.

"Often, people have these tests done after calling 911 - that can be too late. To have an opportunity to have an ECG completed prior to a cardiac event, can identify a potential problem that you never knew you had - way before signs or symptoms - this is invaluable".

Health Seminars

Empowering individuals to prevent disease and increase vitality...



One step at a time



www.actionfirstaid.ca



Action First Aid: Innovative Training Company ~

Action First Aid has grown to become one of Ontario's largest WSIB approved First Aid Training agencies largely due to their unique delivery style, strong instructor base and their commitment to exceptional customer service. The owners of Action First Aid are both former PhysEd teachers who share a real interest in health, wellness and the prevention of disease. As a result, they have introduced a unique component of prevention into all of their CPR and First Aid programs.

"Learning effective CPR is half the battle. We want to empower our clients and give them all the necessary tools to show them they can make a difference before CPR is needed. Being proactive is the key to saving lives."

Deb Hennig ~ Program Director

Bringing risk factors to life ~

These seminars came to life for us at Action First Aid during our module on "risk factors." By introducing powerful videos and using interactive teaching tools that clients have enjoyed and understood, we realized more focus needs to be on the steps it takes an individual to implement change in their lives. We have created a course totally engineered towards making healthy changes to improve your life.

We are not here to lecture!!

The media is infiltrated with the dos and don'ts of eating and living healthy. The information out there on "what to do to be healthy" is endless. We know everyone hears what to eat and what not to eat all the time!! If it is so simple, why are many people struggling with making proper food choices and why is the risk of cardiovascular disease at an all time high?? Life gets in the way, supporting a family, working many hours in a day, it's hectic. We understand!!

We are here to provide the support, and strategies you need to make the transition to a healthier lifestyle. Our workshops are designed to simplify what we need to do to make drastic improvements to our health and wellness. They will leave you feeling empowered and give you the knowledge to make simple changes by focusing on one step at a time.

Our programs affect change ~

Our feedback has been amazing! Adults and children are telling us they are highly motivated to make different choices after seeing some of our props and taking us up on our daily/weekly and monthly challenges. They are not going away overwhelmed, but empowered to try and change one thing.

Why should your company invest in this amazing opportunity?

Providing these workshops to your employees is showing them you care about their health and want to invest in them personally. The tips and strategies these workshops address make it easy for individuals to want to change. Fueling your body with good food choices has a direct reflect on how people react to certain tasks throughout their daily lives.

Taking advantage of this great opportunity can:

- Increase work productivity
- Increase work morale
- Increase energy
- Decrease sick days by employees
- Increased mood
- Increase overall happiness
- Decrease work related illnesses

Health Seminar Series

Corporate Lunch and Learn topics include

Choose from any one of the following dynamic sessions or sign up for a 5 part series that promises to affect change!!

Prescreening for Cardiovascular Disease ~ This program alone could truly save your life



Action First Aid is very excited to introduce to your company this one of a kind-prescreening program. This program allows us to identify whether or not employees are showing certain hidden risk factors, which could dramatically increase their risk of disease. Designed in consultation with a cardiologist, a paramedic and a cardiovascular technician. This program will prescreen individuals for the number one cause of death in Canada – Heart Disease and Stroke. It is also designed to prescreen for Diabetes, which is quickly becoming an epidemic in Canada. Our paramedics will meet with you, one on one and test your blood pressure, blood sugars, and perform an ECG of your heart to look for any unusual heart arrhythmias. If your company is choosing a 5 part series - this is the one to start with!

Fighting Disease with your Fork!!!



-  **Sugar** ~ Sugar, Sugar Everywhere! In this module you will be challenged to consume only "2 vials" of sugar a day – what does that mean?? It will mean a lot once you have participated in our interactive presentation. You will be amazed at how easy it is for all of us to consume a one litre bottle of white sugar each week!!
-  **Salt** ~ Where it is hidden? Throughout this interactive module, learn strategies to decrease your salt consumption on a daily basis. Continuing and building on the concepts taught in the sugar module, individuals will have a better understanding of food labels, and the hidden salts in many popular food choices!!
-  **Fats** ~ Good fat/bad fat...someone help!!! Low fat, no fat, high fat... labels are exhausting to read! What do all these mean in terms of fuel for your body. In this hands-on module individuals will understand that not all fats are bad!
-  **Caffeine, power drinks, and protein smoothies** ~ so many options, what's a good choice?? Understanding the difference of the many drink options out there will give you the knowledge to decide what your body needs!

Nutritional Tips for Shift Workers ~ This seminar is long overdue for so many workers who are juggling odd hours. What should I eat when I am working all night? When should I sleep? How can I keep my energy up throughout the night? What to do on your days off? Shift work can really affect overall wellness, happiness, energy levels and ultimately longevity. Together, lets change this!!



Creating Healthy Lunches and Meals ~ We all need help in this department! This module is hands on and gets individuals building healthy meals for themselves and their families.



Workshops for Kids and Parents ~ Time for your kids to start making the better choices. Tired of fighting with your kids. Our workshops really change the way kids see foods and you will be amazed at the cooperation you will get once they take control of their choices and understand why.

