

Your Foundation to Wellness[®]

A Health Management and Lifestyle Empowerment Series

This is an 8-week wellness program that addresses lifestyle behaviors and how to make healthy choices.

Our instructors guide clients toward a change in lifelong habits related to nutrition, physical activity, weight management, smoking cessation, and stress management. Through our lifestyle development methods, clients will move toward meeting their health goals, improve interpersonal relationships, and experience more clarity in their lives. We achieve results with specialized wellness programming which capitalizes on the power of personal interaction to encourage people to become their healthiest selves. We help clients find lasting ways to improve their health and lifestyle choices.

The “Your Foundation to Wellness” program consists of weekly coursework online and eight consecutive weeks of on-site group sessions. In the sessions, clients will set their own goals and are able to discuss them with each other. This builds a support network for one another as clients work on reaching their goals as a team. Led by a trained instructor, the sessions will discuss their progress, setbacks, and strategies with one another. Once the course is completed, clients will have the skills and strategies needed to continue on their path to a healthier lifestyle. Clients are welcome to re-enroll in a consecutive program for added support.

Small Group Course (10-15 people per eight-week course) includes:

- Eight weekly coaching modules with bonus reading materials
- One hour-long group wellness sessions on-site
- Each series is led in a group setting by a qualified instructor
- Clients get individual support from the instructor alongside weekly group coursework, including one-on-one introductory phone call at the start and a wrap up survey at the completion of the course
- List of healthy lifestyle apps and websites
- Worksheets for each individual, including tips on grocery shopping and local health resources
- Automatic sign up for our free, health e-newsletter

The weekly themes are as follows:

Week 1: Goal Setting

Week 2: Health Risks and Biometric Information

Week 3: Nutrition and Healthy Eating

Week 4: Exercise

Week 5: Time Management

Week 6: Stress Management

Week 7: Social Support

Week 8: Staying Motivated

** This series does not provide clients with a required diet, supplement, or exercise plan. We do not offer medical advice. Clients are encouraged to contact a physician for personal medical questions.**