



## BACK TO BASICS

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**Content Areas:** Health Care, Nutrition

**Duration:** Six Weeks

**Description:** This is a six-week program for understanding the fundamentals of optimal nutrition. Our historically popular **Eating for Energy** program has been simplified to bring you **Back to Basics**. This focused curriculum is ideal for those looking to better understand the body's energy needs and how to make the best choices possible to reach any goal.

**Overview:**

- Week 1 – Calories
- Week 2 – Protein
- Week 3 – Carbohydrates
- Week 4 – Fats
- Week 5 – Water & Supplements
- Week 6 – Rest & Recovery

**Key Components:**

- Reporting – Aggregate participation reporting
- Resources – Weekly, themed encouragement email with electronic curriculum/handouts
- Support – Unlimited access to Wellness Specialist; weekly 45-minute onsite or virtual group meeting

**Investment:** Starting from \$1,750