



## EATING FOR ENERGY

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**Content Areas:** Health Care, Nutrition, Mindfulness, Self-Care, Stress Mastery

**Duration:** 10 Weeks

**Description:** This is a ten-week lifestyle program that teaches nutrition fundamentals, behaviors for balanced eating and complementary self-care practices for sustained weight management and increased energy. Healthy habits that last a lifetime are founded in establishing a positive relationship with food, while developing an awareness of behaviors and the power of choice. This program also encourages mindfulness which is key to understanding how food choices affect how the body feels and functions. Weekly meetings paired with take-home resources and activities make for a powerful and effective experience.

**Eating for Energy** has been created by experts in human nutrition, stress mastery and physical fitness. All materials have been reviewed by a registered and licensed dietician to ensure you are receiving the most current nutritional recommendations based on the latest industry research.

### Overview:

- Week 1 – Understanding Body Composition
- Week 2 – Macronutrients & Micronutrients
- Week 3 – How to Read a Food Label
- Week 4 – Shopping List Tips
- Week 5 – Whole Grains
- Week 6 – Portion Distortion
- Week 7 – Understanding Stress
- Week 8 – Action Items/Review

### 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 \$2,800