SESSION 1 | HABITS: THE POWER OF SMALL HABIT CHANGES

Sustainable small habits are what make change happen. Often people say, “I know what to do!” However, knowing information and following through are different. We will lay the framework for how to follow through on health and wellness goals.

- What habit and practices do you want to become a daily consistency?
- On a scale of 1-10, how ready, willing, and able are you to work on these habits and practices?
- What does deep health mean to you?

SESSION 2 | NUTRITION: FINDING WHAT WORKS FOR YOU

There is an overabundance of nutrition information available. Large sums of money are spent on marketing to convince people of a silver bullet or easy way to get in shape, lose weight, or gain better health markers. Each person is different. What works for one person may not work for another. We will examine different nutrition options as you experiment to find what works best for you.

- What foods make you feel good inside and out?
- What information available makes you confused or frustrated? What is helpful information and non-helpful information?
- What nutrition strategies have worked for you in the past? What nutrition strategies have not worked in the past?

SESSION 3 | STRESS EATING

How we interact with food is often similar to how we interact with stressors in our lives.

- When have you recognized feelings in your body that you responded to by eating or drinking?
- Do you work to mitigate stress? If so, how? What works? What does not work?
- Do you set yourself up for success during stressful times? If so, how do you do that? If not, why not?

SESSION 4 | MOVEMENT, EXERCISE, AND FITNESS

Movement is crucial as we age for balance, strength, and daily activity. The goals for movement and exercise differ from person to person. Learn how movement, exercise, and fitness differ and yet are intertwined.

- What do you think is the difference between movement, exercise, and fitness? Where do your goals intersect with each area?
- What movement or exercises bring enjoyment?
- Why do you want to move more or better?
- What activity is important to you as you age?

SESSION 5 | CREATING YOUR WELLNESS PLAN

Utilizing the learning gained over the previous weeks, create a wellness plan for the next 3, 6, and 12 months.

- If you had to prepare your own wellness plan and steps for achieving your preferred health and wellness outcomes, do you feel you have the tools to do so?
- What questions, tools, learning, and understanding do you feel you need to create better health for yourself?