



PrimeWorks

Empowering Sustainable Change

Week 1: Overview of program and introduction of team

- A. Integrative health meaning and approach
 - 1. Mind/body, Wellness Wheel
 - 2. Alternatives to standard western medicine of drugs/surgery
 - 3. Statistics on value of integrative approach
- B. Statistics on chronic health and health insurance
- C. Program schedule
- D. Intro to team/coaches
 - Group activity

Week 2: Making Change

- A. Lizard brain and behavioral change
- B. Metacognition/mindfulness
 - Group activity
- C. ACE study, Happiness Project
- D. Motivation
- E. Genetics vs epigenetics
- F. Stages of change
- G. Mindfulness video
 - Homework assignment

Week 3: Nutrition/Food

- A. 101 basics (food groups, calories, quality vs. quantity, food pyramid)
- B. Evolution of food and cultural perspective
- C. Fake 5 and food addiction
- D. Fad diets (facts, misinformation)
- E. What eating healthy looks like
 - Cooking demo and activity
 - Tools for calorie counting, logging food, food planning, etc
 - Homework assignment

Week 4: Nutrition/Food 2.0

- A. Hormones of appetite/Food addiction
- B. Microbiome

- C. Epigenetics
- D. Food as medicine (detox, using herbs and spices, supplements)
- E. Enjoying food, recognizing overeating reasons and patterns
- F. Eating at work
 - Mindful eating activity

Week 5: Movement/Exercise

- A. Latest science: consistency, not as strenuous/intense, gentler on joints
- B. Evolution of movement/exercise
- C. Different types of exercise/movement
- D. Studies on positive effects of exercise on health (body and brain)
 - Tai Chi/qi gong demonstration and group activity
 - Video

Week 6: Movement and Pain Management

- A. Role of brain on pain (studies on mindfulness for pain)
- B. Pain management options
- C. Physical Therapy (continuing beyond what insurance covers)
- D. Statistics about pain meds and natural alternatives
 - Activity/homework

Week 7: Stress

- A. Definition, explanation of what happens inside the body
- B. Effects of stress on health (mental health)
 - Activity
- C. Stress management/reduction techniques
- D. Finding work/life balance
 - Homework assignment

Week 8: Maintaining Sustainable Wellness

- A. Review wellness wheel and components of program
- B. Statistics for health insurance and how self-reliant care and integrative approaches are the way of the future
- C. Staying healthy at work - review
- D. Role of coach, Prime Gym
- E. Support of friends/family/coworkers
- F. Sustaining lifestyle changes, work/life balance
 - Inspirational video/story

*Employees will receive informational hand-outs and resources, and complete surveys