



## The YOU Revolution

13 weeks

**\*\*Ignite passion\*\*Inspire motivation\*\*Instill habits\*\*Invigorate your life\*\***

**Tuesdays at 6:00 MT March 5-May 28**

Session 1 March 5

### **What's Your Why**

Change is hard. Healthy choices are hard. Committing to do the work is hard. AND you can do hard things! In this kick-off session we will come together in community to hear your WHY—the personally meaningful reason for doing hard things. This will set the stage for your journey and allow THIS community to support and celebrate along the way.

Session 2 March 12

### **Habits of Healthy People**

The Habits of Healthy People takes a deep dive into what the healthy lifestyle looks like. It is not your standard “exercise and eat healthy” training, but rather a well-rounded approach to what it takes to be a healthy human being, including such things as attitude, connections, and personal growth. Participants will be encouraged and guided to take action, leading to a healthier, happier life.

Session 3 March 19

### **Ready, Set, Goal**

Whether you are just getting started, or getting back on track, this training will help you clarify exactly what it means for YOU to be well. You will create your vision, define the mission, and outline the action plan to get well and stay well.

Session 4 March 26

### **Nutrition in a Nutshell**

Nutrition is always a hot topic and navigating through what you “should” and “should not” be eating can be a daunting task! This course will tackle the basic concepts of what it means to eat healthy and will provide you with resources and ideas to tailor your nutritional habits to your needs.

Session 5 April 2

### **Movement is Medicine**

It is no longer a secret that the human body is designed for movement and a sedentary lifestyle can decrease overall wellbeing. We will go over the various types of exercise, the benefits of each, and why knowing your purpose is critical to determining your ideal prescription of movement.

Session 6 April 9

### **Balancing Your Act**

Stress is part of everyone's life, but if you don't learn to find some balance, serious health consequences could be waiting! Through education, self-evaluation, and interactive exercises, you will gain an appreciation for the effects stress have on your wellbeing and steps you can take to help you achieve a life well balanced.

Session 7 April 16

### **Let's Talk Straight About Weight**

Achieving and maintaining a healthy weight really is quite simple---at least in theory! Reality has proven to make this a bit challenging for many people, and if you have not yet found the solution, this training will set you straight. It is a function of calories in/calories out, but there are many other factors that have been missing from your equation. I pull no punches and tell it like it is, so join me to uncover the truth to move you forward on the journey to a healthy weight.

Session 8 April 23

### **Mind Matters**

"It's all in your head!" We've probably all heard that at some point in life. Whether you buy into it or not, what we say to ourselves matters! Being present and mindful can be difficult with the business of life but incorporating a few skills can have a profound effect on your wellbeing!

Session 9 April 30

### **Are You Feeding Your Feelings?**

There are many reasons we eat that have nothing to do with the physical need for nourishment. While this is not always a bad thing, if done too often, it could lead to undesirable outcomes. We will explore the concept of emotional eating, help you identify the genesis of it and offer tips and tools to establish a healthier relationship with food.

Session 10 May 7

### **Sleep—It Does a Body Good**

“Get plenty of sleep” is a recommendation we hear often. For many, this is easier said than done. We will talk about the critical processes that occur during sleep, and the health consequences resulting from a lack of sleep. We will also go over strategies and techniques to promote a peaceful night’s sleep.

Session 11 May 14

### **Hormones Rule**

Hormones dictate every process in the human body---including whether we gain or shed weight! You will learn about the key players involved in our ability to lose weight, and what you can do to maximize the positive effects.

Session 12 May 21

### **Create Your Calm-Mindful Practices**

This training introduces the participants to various modalities for calming the mind and redirecting thoughts. After discussing the science behind each practice, we will spend time engaging in practical application.

Session 13 May 28

### **Reflect and Reset—The Journey Continues**

This community came together 3 months ago to embark on a journey together. We will celebrate how far you’ve come and focus on the path ahead.

### **Celebration of YOU at the Heart Walk at Sloan’s Lake, Saturday June 1st**

**If you are ready to embark on this journey, here are the first steps:**

- Step 1**      [Register for the Better Beings Heart Walk Team](#)
- Step 2**      Customize your Heart Walk Page
- Step 3**      Make a \$500 donation to YOUR heart walk fundraising page
- Step 4**      Stay tuned for further information and instructions