



the YOU Revolution® 10-week Course Outline

1. Know Your Numbers

Blood Pressure, Cholesterol, BMI, Body Fat, Waist circumference. Each year you go through a biometric screening, collect these numbers, and forget about them. You will gain an in-depth understanding of what each of these numbers mean and why it is important to KNOW YOUR NUMBERS!

2. What is Wellness?

How you define wellness will dictate the areas of nutrition and exercise you should focus your time and energy on. We will walk through different ideas of wellness, and explore the path to get you to your goal.

3. Weight loss—The Truth, Whole Truth and Nothing But

I pull no punches and tell it like it is. This is a reality -based presentation on what you need to do to lose weight.

4. Nutrition in a Nutshell

Nutrition is always a hot topic and navigating thorough 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.

5. Movement is Medicine

Exercise versus activity. What are you doing? We will go over the various types of exercise, the benefits of each, and why knowing your purpose is critical to determining what you should be doing.

6. Mind Matters---The Power of Thought

It’s all in your head. Most of us have heard that at one time or another, and, it’s quite true! Thoughts, both positive and negative, really do become actions. While we don’t always acknowledge it, the mind-body connection is real, and quite powerful. We will explore how negative self-talk leads to unhealthy physical and mental outcomes, and how to turn your mind one of your strongest assets.

7. 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! We will cover exactly what effects chronic stress can have on your health. Evaluation tools will be provided to help you identify your specific stressors and how well you are managing them. Healthy stress management ideas will be discussed to arm you with the knowledge and tools to help you achieve a life well balanced.





8. Diet and Disease---Controlling Inflammation to reduce your disease risk

You have an enormous amount of control over whether or not chronic disease comes your way. Lifestyle choices contribute to the promotion and prevention of inflammation, which is the root cause of chronic disease. You will learn how the inflammatory process takes hold, and how different foods and activities impact your risk.

9. 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.

10. Are you Feeding Your Feelings?

Happy, sad, stressed, bored, to commiserate, to celebrate---there is ALWAYS a reason to eat! At one point or another, most of us have succumbed to emotional eating. We will explore why we turn to food for comfort and talk about strategies to combat the triggers that most likely are not going to go away.