



PHYSICAL THERAPY NUTRITION FITNESS MASSAGE

Healthy Foundations Program, 16-week Schedule

WEEK 1:

Welcoming and Vision

Welcome to the Healthy Foundations Program! We are excited to teach you more about the program, meet the staff, and create a vision of health.

WEEK 2:

Movement and Health

A strong and fit body is vital for health. Come learn about its incredible healing, regulative, and energizing properties, why “Exercise is Medicine” and the prescription that is right for you.

WEEK 3:

Aspects of a Healthy Diet

This begins our in-depth approach to nutritious eating by exploring foods that support health, the science behind them, and the many aspects of eating a healthy diet.

WEEK 4:

Menu Planning

Menu planning is an essential component to healthy eating. Using information and tools learned through this program will help you to plan a menu that works for your lifestyle and health goals

WEEK 5:

Understanding Motivation

A key component to healthy living is understanding how and why we make the choices we do. Learning how to guide decision making to benefit our health and support our health vision is a powerful tool.

WEEK 6:

Grocery Store Tour

Smart and healthy eating often begins at the grocery store. We will tour a grocery store together, teaching you about the “in’s and out’s” of grocery shopping and becoming a savvy shopper.

WEEK 7:

The Other Side of Eating

We are mostly water. Fluids have a big impact on our metabolism, weight, mood, and wallet. Wisely consuming fluids and being hydrated is a key ingredient to health.

WEEK 8:

Breaking Barriers and Creating Support

Few things feel as good as accomplishing goals that were once deemed impossible. Learn how to set yourself up for success through “Smart” planning and support.



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WEEK 9:

Inflammation

Inflammation is widely recognized as key factor in many disease states. Lowering inflammation may help to lower pain and help the body to heal and restore itself back to health.

WEEK 10:

Eating and Emotions

Our emotions can heavily influence our cravings. Understanding their impact on our food choices can help to be mindful of them and no longer eat according to our moods.

WEEK 11:

The Components of Food

Food can either be deleterious or beneficial to our health depending on what is in it. We will present the information you need to know what's in your food and how to make healthy choices.

WEEK 12:

Restaurant Outing

The restaurant outing is not only a chance to enjoy a meal together, it is an opportunity to explore menus and restaurants and give you the tools for dining out with success!

WEEK 13:

Creating a Healthy Lifestyle

Living a healthy lifestyle is an art as much as it is a science. The cornerstones of healthy living and how to use them in your own life will be discussed.

WEEK 14:

The "Beat" Goes On

As exercise is an integral part of your new healthy lifestyle we'll explore strategies and workout options for you to keep building upon the foundation of fitness!

WEEK 15:

Tying it all Together

This is an opportunity to reflect on all of the information you have learned, pull it all together, make the connections and feel confident in your ability to apply it in your life moving forward!

WEEK 16:

The Road Onward

Congratulations on your completion of this program! This is your opportunity to provide feedback and hear options for you to continue to build upon your foundation of health.