

## HEALTHY LIVING for Weight Loss & Stress Reduction (6 Weeks)

### *Lose Weight AND Feel Great ...For Life!!!*

*This innovative course for healthy weight and wellness* is a fresh alternative to conventional weight loss plans. **It is a customized program based on natural health principles** created to help you succeed! It is not a cookie-cutter approach to weight loss, rather a personalized model for optimal health.

*This 6-WEEK program emphasizes positive lifestyle change* through **holistic nutrition education and stress management training**. Whole-foods nutrition and self-care is incorporated into daily life, creating a supportive foundation for long-term weight maintenance and health. Students receive abundant knowledge, tools, applications and resources for **transforming dietary choices and habits** while fostering a healthy mind-body connection.

*Non-weight loss goals are applicable!* This program benefits “stress-eaters” as well as consumers of our health-depleting Standard American Diet, health-conscious individuals who eat well but need help with staying on track, those confused by media messages about “what to eat” for better health, folks transitioning from processed foods to whole foods, and people with specific health issues (i.e., diabetes, high cholesterol, hormone imbalance, adrenal overload).

*This program is presented by passionate wellness practitioners* who invite you to join us in our heartfelt efforts to assist you with improving your quality of life. **Gain motivation for achieving your goals** – even if you think you already eat well!

*For best results, the HEALTHY LIVING program follows a NUTRITIONAL CLEANSE*. Participation in both programs offers over 9 weeks of professional support and over 18 hours of whole food nutrition and stress management training. **Our graduates expressed complete satisfaction with this 2-part format and indicated that these programs exceeded their expectations!**

**Instructors:** Lisa Bryant, MA, SLP, ABP, NE & Jackie Macres, CRT, CYT

**Start Date:** PLEASE CALL for ACTUAL START DATE for next program.

**Registration Deadline:** To be determined. (Preregistration required.)

**Class Dates:** PLEASE CALL for ACTUAL CLASS DATES for next program.

**Program Cost:** \$475.00

**Location:** Elk Grove private residence. (Directions provided upon enrollment.)

**Contact:** Lisa Bryant / (916) 271-3363 (For inquiries and enrollment info.)

### PROGRAM CONTENT

**Educational Classes & Hands-On Training:** 6 consecutive weekly classes (2.5 hours each) offer a Nutrition Education Module that emphasizes eating “real food” for life-long weight maintenance. This curriculum provides a road map for “what to eat” for optimal health and includes information on nutritional supplements. Nutrition information is delivered via structured lectures, applied exercises, food tastings, handouts, articles, recipes, and question/answer sessions. Each class also addresses stress as a significant factor underlying weight gain and obstructing wellness in a Stress Management Module. Students learn how to balance their stress levels via exposure to various techniques. Stress management modalities are covered through experiential practice, lectures and handouts.

**Course Outline:**

- Week 1:** “Choices for Positive Change” – **Eating for Health**™
- Week 2:** “Finding Balance” – **Maintaining Blood Sugar**
- Week 3:** “The Sweetness of Life” – **Sugars & Sweeteners**
- Week 4:** “Renewable Energy” – **High Quality Proteins**
- Week 5:** “Healthy Perceptions” – **Redefining Fat**
- Week 6:** “Feeling Fabulous!” – **Cleansing Fiber**

**Opportunities for Practice:** Commitment to change and accountability to oneself are embedded in this program. Weekly goals and related homework assignments foster steady lifestyle change. Food logs and journal entries are required and students confidentially record their weekly weight.

**Group Format and Support:** To promote success, classes are offered in a structured, comfortable and supportive group setting. In this format, students gain awareness of their personal triggers for stress-eating or other nonproductive patterns and begin to develop useful compensatory behaviors.