

## 24 Hours to Amazing Health – Program Outline – Fall 2016

Session	How you feel	What you eat	What you think	How you move
<b>Oct 2</b>	Relaxation using a body scan	Chronic disease and food	Goal setting using WHY-Power - Pain and Pleasure - 6 Human needs	Interests and options
<b>Oct 16</b>		Grocery store tour - label reading - appropriate packaged foods Restocking the kitchen		
<b>Oct 23</b>	Stress release using movement - the nature of stress	Transition Week 1: - Breakfast - Protein	"Diet" vs lifestyle	Simple stretches and exercises
<b>Oct 30</b>		Cooking together 1		
<b>Nov 6</b>	The voices in your head - Listening without judgement	Transition Week 2: - Lunch - Calcium and Dairy	Food addiction and the myth of willpower	Check-in
<b>Nov 13</b>		Cooking together 2		
<b>Nov 20</b>	Change your state	Transition Week 3: - Dinner - Fat	Cravings and deprivation	Check-in
<b>Nov 27</b>		Cooking together 3		
<b>Dec 4</b>	Anchoring	Transition Week 4: - Carbs - Fine-tuning	Social pressures	Check-in
<b>TBD</b>		Cooking together 4		
<b>TBD</b>		Eating together at a restaurant		
<b>Dec 10</b>		<b>Pot luck celebration!</b> - <b>Bring a guest.</b>		

### SLS Health Coaching

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