



## HEALTHY LIVING PROGRAM

### Class Schedule March 2020- August 2020

	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8 a.m.	<ul style="list-style-type: none"> <li>• Mindful Eating</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates Reformer</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Optimizing Your Bone Density</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Mindful Eating</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates Reformer</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Healthy Eating Away from Home</li> <li>• Enhance Resiliency &amp; Manage Stress</li> <li>• Goal Setting</li> </ul>	<ul style="list-style-type: none"> <li>• Get Wired for Your Workout</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>
9 a.m.	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Kitchen Essentials</li> <li>• Making Meal Planning Manageable</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Happy Feet</li> <li>• Kitchen Essentials</li> <li>• Relaxation Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Healthy Eating Away from Home</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Everyday Joy</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Healthy Eating Away from Home</li> </ul>
10 a.m.	<ul style="list-style-type: none"> <li>• Healthy Eating Away from Home</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy Eating Away from Home</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition Trends</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Nutrition Trends</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Mindful Eating</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>
11 a.m.	<ul style="list-style-type: none"> <li>• From Good Intentions to an Action Plan</li> <li>• Everyday Joy</li> </ul>	<ul style="list-style-type: none"> <li>• Healing Movement</li> <li>• Healthy Sleep</li> <li>• From Good Intentions to an Action Plan</li> <li>• Everyday Joy</li> </ul>	<ul style="list-style-type: none"> <li>• Making Meal Planning Manageable</li> <li>• Everyday Joy</li> <li>• From Good Intentions to an Action Plan</li> <li>• Gentle Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Happy Feet</li> <li>• Making Meal Planning Manageable</li> <li>• From Good Intentions to an Action Plan</li> <li>• SMART</li> </ul>	<ul style="list-style-type: none"> <li>• Happy Feet</li> <li>• Everyday Joy</li> <li>• From Good Intentions to an Action Plan</li> </ul>
12 p.m.	<ul style="list-style-type: none"> <li>• Cooking Well (90 min)</li> </ul>	<ul style="list-style-type: none"> <li>• Cooking Well (90 min)</li> <li>• Intro to Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates Reformer</li> <li>• Cooking Well (90 min)</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates Reformer</li> <li>• Cooking Well (90 min)</li> <li>• Gentle Yoga</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates Reformer</li> <li>• Cooking Well (90 min)</li> <li>• Restorative Yoga</li> </ul>
1 p.m.	<ul style="list-style-type: none"> <li>• Get Balanced</li> <li>• Pilates Reformer</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Get Balanced</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Elements of Movement</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Metabolic Fix</li> <li>• Healing Movement</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthening with Suspension</li> <li>• Cornerstones of the Mayo Clinic Diet</li> <li>• Enhance Resiliency &amp; Manage Stress</li> </ul>
2 p.m.	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Metabolic Fix</li> <li>• Functional Fitness</li> <li>• Relaxation Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Functional Fitness</li> <li>• Goal Setting</li> <li>• SMART</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Get Balanced</li> <li>• Functional Fitness</li> <li>• Healthy Sleep</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Functional Fitness</li> <li>• Intro to Foam Rollers</li> </ul>	<ul style="list-style-type: none"> <li>• Physical Activity for the Body, Mind &amp; Spirit</li> <li>• Optimizing Your Bone Density</li> <li>• Relaxation Techniques</li> </ul>
3 p.m.	<ul style="list-style-type: none"> <li>• Mat Pilates</li> <li>• Healthy Eating Away from Home</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Strengthening with Suspension</li> <li>• Optimizing Your Bone Density</li> <li>• Why Eat Healthy?</li> <li>• Mindful Eating</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Mat Pilates</li> <li>• Strengthening with Suspension</li> <li>• Kitchen Essentials</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Get Balanced</li> <li>• Strengthening with Suspension</li> <li>• Kitchen Essentials</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>	<ul style="list-style-type: none"> <li>• Get Balanced</li> <li>• Mat Pilates</li> <li>• Functional Fitness</li> <li>• Making Meal Planning Manageable</li> <li>• Why Eat Healthy?</li> <li>• Building Awareness for Change</li> </ul>
4 p.m.	<ul style="list-style-type: none"> <li>• Get Balanced</li> <li>• Intro to Foam Rollers</li> <li>• Strengthening with Suspension</li> <li>• From Good Intentions to an Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>• Elements of Movement</li> <li>• Making Meal Planning Manageable</li> <li>• From Good Intentions to an Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>• Optimizing Your Bone Density</li> <li>• Mindful Eating</li> <li>• Relaxation Techniques</li> <li>• From Good Intentions to an Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>• Elements of Movement</li> <li>• Mindful Eating</li> <li>• From Good Intentions to an Action Plan</li> </ul>	<ul style="list-style-type: none"> <li>• From Good Intentions to an Action Plan</li> </ul>
5:30 p.m.			<ul style="list-style-type: none"> <li>• 5:15 pm - Mindfulness Meditation Practice (30 min, complimentary)</li> <li>• 5:30 pm - Dinner-and-a-Speaker</li> </ul>		

## NUTRITION

**Cooking Well:** Learn practical cooking skills and delicious nutritious recipes from our executive wellness chef and wellness dietitians in this hands-on participation class.

**Cornerstones of The Mayo Clinic Diet:** Learn about the New York Times Best Selling weight loss program designed to help you break unhealthy old habits and adopt new healthy ones that you can maintain for the rest of your life.

**Healthy Eating Away from Home:** Be comfortable choosing healthy options when eating meals away from home. This includes meal choices when dining out, as well as other meals eaten away from home and while traveling.

**Kitchen Essentials:** Make time in the kitchen well-spent by enhancing your meal planning and preparation efficiency.

**Making Meal Planning Manageable:** Learn strategies for efficient meal planning, preparing grocery lists, and stocking pantry staples for quick and easy meals.

**Mindful Eating:** Learn more about the benefits and practice of mindfulness to help make meal times and snack times more enjoyable and purposeful

**Nutrition Trends:** Gaining knowledge about “hot topics” in nutrition and understanding how to interpret nutrition information you receive from various sources will make it easier to stay on track with your own nutrition goals, without getting caught up in the hype.

**Why Eat Healthy?:** Introduction to proper nutrition through the Mayo Clinic Healthy Weight pyramid, energy density, pantry information. Right foods, right amount, right reason.

## PHYSICAL ACTIVITY

**Elements of Movement:** Engage in a fun, practical movement experience that teaches the way we were meant to move: with efficiency, mobility and control.

**Functional Fitness:** Come and experience how to easily incorporate functional training progressions into your workout regimen. Functional workouts focus on muscle balance in upper and lower body muscles and also includes core and corrective postural restoration exercises.

**Get Balanced:** Balance is very important in our everyday lives, yet it is an often undertrained element of wellness. This class offers a quick and easy workout that you can do safely at home.

**Get Wired for Your Workout:** Do you want to learn how to effectively track your exercise to find better motivation and see greater improvements? This class is designed to bring the latest technology to your workouts.

**Happy Feet:** Your feet have a tough job. Kick off your shoes and learn some simple techniques that improve flexibility, build strength, and tone your feet.

**Healing Movement:** Experience a flowing class focused on gentle movement, relaxation, stretching, and releasing tension from your body.

**Introduction to Foam Rollers:** Use the foam roller to enhance your flexibility, core strength, and balance. Discover creative alternatives to reduce pain, improve stability and maximize mobility.

**Mat Pilates:** Practicing Pilates exercise will help you to improve posture, core strength, and flexibility.

**Metabolic Fix:** A high intensity metabolic workout using a wide range of machines, body weight and cardio equipment.

**Optimizing Bone Density through Exercise:** Gain an understanding of what Osteoporosis and Osteopenia is and find out what you can do to fight the negative effects of it, or prevent it completely.

**Physical Activity for the Body, Mind & Spirit:** Mayo branded marque presentation on why physical activity. Why is light activity important? Why work on aerobic fitness, strength, balance and flexibility?

**Pilates Reformer:** A whole body workout which focuses on core stability and improves balance, flexibility, and posture.

**Strengthening with Suspension:** This fun and effective total body workout will engage your core, activate neglected muscles, and raises your heart rate for an aerobic workout.

## RESILIENCY

**Building Awareness for Change:** The world we live in today is full of choice and temptation. Explore your habits and temptations to build awareness for positive changes. Discuss your greatest challenges and how social, environmental and emotional influences play a role in your follow-through.

**Enhanced Resiliency & Manage Stress:** This session will explore sources of societal stress and encourage personal reflection.

**From Good Intentions to an Action Plan:** Take your wellness journey to the next level. Work with a Mayo Clinic certified wellness coach to learn skills to uncover your personal potential, while discovering how to create an individualized action plan that is unique to you.

**Everyday Joy:** Learn how to infuse your life with joyful moments, even during challenging times.

**Gentle Yoga:** Experience a calming, gentle yoga session with our certified yoga instructors to enhance stretching, ease tension and create space for relaxation and rejuvenation.

**Goal Setting:** Learn how to set goals and make wellness changes based on what YOU value. Making changes can be hard and it is easy to feel overwhelmed. This class will help you walk away feeling empowered to start off a journey of change.

**Healthy Sleep:** This interactive session includes education on the benefits of sleep, causes for disturbance and strategies to enhance sleep while at home or on the road.

**Introduction to Yoga:** Discover the benefits of a regular yoga practice in this introductory class featuring basic, gentle yoga postures.

**Mindfulness Meditation:** Join Dr. Roberto Benzo for a 30-minute complimentary guided meditation session that provides and opportunity for intentional stillness, non-doing and strengthening attention.

**Relaxation Techniques:** Immerse yourself into a variety of relaxation modalities including; stretching to release tension, breath-work to connect your mind, body and spirit and progressive muscle relaxation

**Restorative Yoga:** This session of conscious relaxation includes yoga poses on the floor or seated in a chair with the use of props.

**Stress Management and Resiliency Training (SMART):** SMART is a structured, practical, scientific approach to improve stress, and enhance well-being, resiliency, and mindfulness.

On the 6th floor of the Dan Abraham Healthy Living Center.  
565 First Street SW, Rochester, MN 55902