



HEALTHY LIVING PROGRAM

WELLNESS ESSENTIALS EXPERIENCE

Optimize your health and well-being by working with Mayo Clinic experts in a well-rounded program that addresses nutrition, physical activity, resiliency, and sustainable lifestyle change.

Multi-day options leverage our science-based model for sustainable lifestyle change by including:



PHYSICAL ACTIVITY ASSESSMENT

This comprehensive wellness assessment will provide you with a new set of baseline data on your cardiovascular health, strength, flexibility, balance, posture, body composition, bone density, and more.



PERSONALIZED WELLNESS PLAN

Leave with a detailed analysis, personalized goals, and new strategies and tactics for success. No two people are alike, no two plans are alike. What's your vision for health, well-being, and quality-of-life?



EXPERT GUIDANCE AND INSIGHTS

Mayo Clinic experts will personalize your experience around your current state and desired goals, focusing on our cornerstones of wellness — nutrition, physical activity, resiliency, and lifestyle change.



ONGOING SUPPORT AFTER YOU LEAVE

Continue your journey with the support of your Mayo Clinic certified wellness coach. You'll receive six months of telephone and digital coaching to help you stay true to your personalized wellness plan and meet your healthy living goals.

Try us out with a half-day experience.

- The group option is the most affordable way to sample our program, our people, our facility, and our approach.
- The individual option is all about you — four private one-on-ones to address your questions, your goals, your challenges, and your plan.

Either includes your choice of our healthy buffet breakfast or healthy buffet lunch.

Can you give us a day?

- Enjoy small group classes with our experts in nutrition, physical activity, resiliency, and lifestyle change.
- Understand the most effective components of a physical activity plan.
- Enjoy a healthy cooking class in our state-of-the-art Participation Kitchen.
- Review our a la carte class options for the day to add a class that matches your interest or curiosity.

Enjoy breakfast, lunch, access to healthy snacks and beverages, and use of our 4th floor fitness equipment, 5th floor locker rooms, and 7th floor lounge and outdoor patio.

Each day includes new classes, new information and new take-aways. Private sessions with your coach will help you build out and improve your plan. Two-day, three-day, and four-day options available. Want to stay a full week or more? We'll help build a schedule that meets your needs.

See sample schedules on the back.

SAMPLE SCHEDULES

HALF-DAY GROUP

7:30-8 a.m.	Check-in
8-9 a.m.	Why Eat Healthy?
9-10 a.m.	Exercise for the Body, Mind and Spirit
10-11 a.m.	Building Awareness for Change
11 a.m.-12 p.m.	Explore Your Possibilities
12-12:30 p.m.	Lunch

HALF-DAY INDIVIDUAL

7:30-8 a.m.	Check-in
8-9 a.m.	Private session with a Resiliency Specialist
9-10 a.m.	Private session with a Registered Dietitian Nutritionist
10-11 a.m.	Private session with an Exercise Specialist
11 a.m.-12 p.m.	Private session with a Wellness Coach
12-12:30 p.m.	Lunch

ONE-DAY

7-7:30 a.m.	Check-in
7:30-8 a.m.	Welcome and breakfast
8-9 a.m.	Why Eat Healthy?
9-10 a.m.	Exercise for the Body, Mind and Spirit
10-11 a.m.	Building Awareness for Change
11 a.m.-12 p.m.	Explore Your Possibilities
12-1:30 p.m.	Cooking Well (lunch included)
1:30-2 p.m.	Break
2-3 p.m.	Designing a Physical Activity Plan
3-4 p.m.	Mindful Eating
4-7 p.m.	Facility use, relaxation, Rejuvenate Spa

TWO DAY

One day program, plus:

7:15-7:30 a.m.	Biometric Measurements (Fasting)
7:30-8 a.m.	Healthy breakfast
8-9 a.m.	Max Cardiovascular Assessment
9-10 a.m.	Movement Assessment
10-10:30 a.m.	DEXA Body Composition Scan
10:30-11 a.m.	Strength Assessment
11 a.m.-12 p.m.	Assessment Review
12-1:30 p.m.	Cooking Well (lunch included)
1:30-2 p.m.	Break
2-3 p.m.	Enhance Resiliency and Manage Stress
3-4 p.m.	Private Session with a Certified Wellness Coach
4-7 p.m.	Facility use, relaxation, Rejuvenate Spa

THREE DAY

Two day program, plus:

7:30-8 a.m.	Healthy breakfast
8-10 a.m.	Stress Management & Resiliency Training (SMART)
10-11 a.m.	Making Meal Planning Manageable
11 a.m.-12 p.m.	Gentle Yoga
12-12:30 p.m.	Lunch
12:30-1 p.m.	Break, facility use
1-3 p.m.	Guided Workout
3-4 p.m.	Design Your Activity Plan
4-5 p.m.	Introduction to Foam Rollers
5-7 p.m.	Facility use, relaxation, Rejuvenate Spa

FOUR DAY

Three day program, plus:

7:30-8 a.m.	Healthy breakfast
8-9 a.m.	Optimizing Your Bone Density
9-10 a.m.	Making Meal Planning Manageable
10-11 a.m.	Nutrition Trends
11 a.m.-12 p.m.	Get Balanced
12-1:30 p.m.	Cooking Well (lunch included)
1:30-2 p.m.	Break
2-3 p.m.	Happy Feet
3-4 p.m.	Private Session with a Certified Wellness Coach
4-7 p.m.	Facility use, relaxation, Rejuvenate Spa

FOR MORE INFORMATION OR GUIDANCE ON WHICH OPTION IS BEST FOR YOU, CALL A PROGRAM ADVISOR AT 507-293-2933.

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