



# HEALTHY LIVING PROGRAM

## DIET EXPERIENCE

Meet your weight loss goals by working with the experts behind The Mayo Clinic Diet on this year-long, transformative program. Multi-day Diet Experience participants receive a full year of wellness coach support and have lost an average of nine percent of their body weight.

Multi-day options leverage our science-based model for sustainable weight loss through lifestyle by including:



### PHYSICAL ACTIVITY ASSESSMENT

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



### PERSONALIZED WEIGHT LOSS PLAN

You'll leave with a detailed analysis, personalized goals, and new strategies and tactics for success. No two people are alike, no two plans are alike.



### EXPERT GUIDANCE AND INSIGHTS

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



### ONGOING SUPPORT AFTER YOU LEAVE

Continue your weight loss journey with the support of your Mayo Clinic certified wellness coach. You'll receive 12 months of telephone and digital coaching to help you stay true to your personalized weight loss plan and meet your healthy living goals.

Try us out with a one-day experience.

- Expert-led group sessions for an efficient, affordable and motivating way to kick-start your weight loss plan.
- Design a physical activity plan, enjoy a healthy cooking class, and learn the cornerstones of The Mayo Clinic Diet.

Your day includes a healthy breakfast and 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, new takeaways, and a private session with your coach to build out and improve your plan. Two-day, three-day, and four-day options are 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.

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

Dan Abraham Healthy Living Center / 565 First Street SW / Rochester, MN 55902 / [healthyliving.mayoclinic.org](https://www.mayoclinic.org/healthy-living)

## SAMPLE SCHEDULES

### ONE DAY

7-7:30 a.m.	Check-in
7:30-8 a.m.	Welcome and breakfast
8-9 a.m.	Cornerstones of The Mayo Clinic Diet
9-10 a.m.	Exercise for the Body, Mind and Spirit
10-11 a.m.	Building Your Personal Awareness for Change
11 a.m.-12:00 p.m.	Explore Your Possibilities
12-1:30 p.m.	Cooking Well (lunch included)
1:30-2 p.m.	Break, facility use
2-3 p.m.	Design Your Activity Plan
3-4 p.m.	Mindful Eating
4-7 p.m.	Facility use, relaxation, Rejuvenate Spa

### THREE DAY

#### Two day program, plus:

8-8:30 a.m.	Healthy breakfast
9-10 a.m.	Healthy Eating Away from Home
10-11 a.m.	Break
11 a.m.-12 p.m.	Gentle Yoga
12-1:30 p.m.	Cooking Well (lunch included)
2-3 p.m.	Exercise for a Busy Life
3-4 p.m.	Relaxation Techniques
4-5 p.m.	Private Session with a Nutrition and Weight Expert
5-7 p.m.	Facility use, relaxation, Rejuvenate Spa

### TWO DAY

#### Day One:

7-7:30 a.m.	Check-in / Biometric Measurements
7:30-8 a.m.	Healthy breakfast
8-9 a.m.	Cornerstones of The Mayo Clinic Diet
9 a.m.-12 p.m.	Physical Activity Exercise Assessment
12-1 p.m.	Lunch
1-2 p.m.	Assessment Review
2-3 p.m.	Exercise for the Mind, Body and Soul
3-4 p.m.	Private Session with a Certified Wellness Coach
4-5 p.m.	Private Session with a Nutrition and Weight Expert
5-6:30 p.m.	Facility use, relaxation, Rejuvenate Spa

#### Day Two:

7:30-8 a.m.	Healthy breakfast
8-9 a.m.	Building Your Personal Awareness for Change
9-10 a.m.	Enhance Resiliency and Manage Stress
10 a.m.-12 p.m.	Guided Workout
12-1:30 p.m.	Cooking Well (lunch included)
1:30-2 p.m.	Break
2-3 p.m.	Private Session with a Certified Wellness Coach
3-4 p.m.	Design Your Activity Plan
4-7 p.m.	Facility use, relaxation, Rejuvenate Spa

### FOUR DAY

#### Two day program, plus:

8-8:30 a.m.	Healthy breakfast
9-10 a.m.	Kitchen Essentials
10-11 a.m.	Nutrition Trends
11 a.m.-12 p.m.	Break
12-1 p.m.	Lunch
1-3 p.m.	SMART (Stress Management & Resiliency Training)
3-4 p.m.	Strengthening with Suspension
4-7 p.m.	Facility use, relaxation, Rejuvenate Spa

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