

DCM Healthy Together Program Outline

Led by Julie Wilde, Health Coach

Transform With Wellness, LLC

Session 1: Take Charge of Your Health!

- Intention for the program and overview: what to expect
- Platform review, including journals and program materials
- Your vision and goals for your health and reasons for participating
- Review the pre-assigned survey for discussion
- Patient Advocacy: Become empowered!
 - Part of taking charge of your health outcomes
 - Guidance on how to have an honest, productive talk with your doctor/medical provider: be your own advocate (or be an advocate for someone)
 - Questions to ask
- Guest visitor: expert advice with Executive Director, Greg Ruf

Attachment: Patient advocacy Tips

Session 2: Food is Medicine - Part 1

- How food and diet are key to health.
- Inflammation: Impact on health and connection to diet
- Action: Food and beverage consumption tracking for 3 days
- BONUS WORK: 3-Day Sugar Reset
 - Track consumption in the platform journal or a notebook
 - Use the platform to track sugar consumption (if desired)
 - Bonus work (optional): Eliminate sugar intake for 3-days (or more if desired)

Session 3: Food is Medicine - Part 2

- Principles of eating for a healthy body and brain
- Action: Make 1-2 changes to improve your eating this week--small or big, it doesn't matter!
 - Make more meals at home using only "whole foods" (no processed foods)
 - Swap one high-sugar/high starch food for a healthier alternative for the week.
 - Eat one meal with no sugar or starch involved.
 - Let's brainstorm more!

Tasks to Complete

Action: Make 1-2 changes to improve your eating this week.

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Session 4: Stress Management - Part I

- Stress management for heart health and health overall
- Thrive and survive outlook
- Breath work
- 4-7-8 Method; 5 in/out method
- Action: Try one of the breathing methods at least 3x this week

Tasks to Complete

Action: Try one of the breathing techniques this week. Record how you felt.

Session 5: Stress Management - Part 2

- Meditation
- Social support/connection
- Other stress management and resilience techniques
- Resources: Calm and 10% Happier apps
- Action: Try out one, new form of stress management at least 3 times this week.
 - Jot down notes on what you did and how you felt.

Tasks to Complete

Action: Try out one, new form of stress management at least 3 times this week.

Session 6: Exercise and Movement

- Benefits of exercise for heart health and health overall
- Ideas and habits:
 - Review ideas for exercise and movement
 - Discuss habits for daily exercise: barriers, challenges, and how to create a daily habit

Tasks to Complete

Action: Try a new form of exercise and/or make sure to exercise 30-minutes per day.

Session 7: Importance of Sleep for Health

- Why are sleep and sleep quality important?
- Sleep success tips

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Tasks to Complete

Action: Implement one new strategy for better sleep; keep a journal of your sleep patterns.

Session 8: Program Review and Going Forward

- Food principles
- Stress management
- Movement/exercise
- Sleep
- Review your reasons for participating
- What have you learned?
- Going forward
- Well-being surveys: compare before & after

Tasks to Complete

Complete the 8-Week Assessment and Compare to the Beginning Assessment

Forms & Worksheets

Healthy Together: Group Wellness Program 8-Week Assessment