

## CHALLENGES

### 21 Day Sugar Elimination Challenge

The average American consumes about 20 teaspoons of added sugar a day. Break your sugar habit by joining the 21 Day Sugar Elimination Challenge **for added sugars only**. This challenge helps you get off the sugar roller coaster and get the education, skills and support you need to live a lower sugar lifestyle and feel great! Included in this challenge:

- 21 Day digital sugar tracking journal
- Weekly 30 minute virtual meetings for education, support and accountability
- Cooking videos and recipes for sugar alternatives
- How to read food labels
- How to stock a healthy pantry
- Strategies for sustained behavior change
- Participant Q & A during optional 2nd meeting of the week
- Pre and Post Assessments

### 30 Day Nourish & Flourish Challenge

#### Each participant gets my published 30-Day Journal!

This is the month! Learn how to embrace self-care with a focus on healthy food, moving more and stressing less. This challenge isn't about doing it all, but instead, making small attempts each day in 1 (or all) of these areas. In the process, we start to retrain the brain with easy, doable steps that will ultimately turn into healthier habits

- 30-Day Nourish & Flourish Journal
- Weekly 30-minute meetings for education and support
- Daily support emails
- Optional 2nd meeting for accountability
- Strategies for sustained behavior change
- My personal cooking, stretching, movement, stress management videos
- Pre and Post Assessments conducted

### 7 Day Sodium Challenge

Excess sodium in the diet doesn't come from the saltshaker. Learn the hidden sources of sodium in our standard American diet and ways to cut back.

- Participants will receive a sodium tracking journal, participate in 30-minute virtual meetings on days 1 and 7 and get support with daily emails with insightful tips to reduce sodium.
- Pre and post assessments conducted.

## COURSES

### Brain Health: The Prevention of Alzheimer's

#### A 4-week course (1 hour class)

Alzheimer's disease is the fastest growing epidemic in the west. Participants will learn science-based tools for maintaining a healthy brain, including what medical experts are calling Alzheimer's prevention strategies. Classes will include an overview of Alzheimer's and tools we can use to help prevent it including:

**Gut Biome – How gut bacteria impacts our brain health.**

**Stress – Reducing chronic stress is essential to improving our brain health.**

**Exercise – How movement reduces inflammation in the body and the brain.**

**Nutrition – Essential foods to include and those to avoid.**

**Environmental Toxins – How exposure to our toxins negatively impacts the brain**

**Sleep – Strategies for quality sleep and reduced risk of Alzheimer's. This course material is from Dr. David Perlmutter's program: Alzheimer's - The Science of Prevention.**

### Trust Your Gut: Understanding the Gut Microbiome and How it Affects Your Weight and Overall Health

#### A 3-week course (1 hour class)

The trillions of gut bacteria have a major impact on our overall health. In this course participants will learn what the Gut Microbiome is, how it determines our weight and health of the entire body, what we do to harm it and how we keep it healthy and in balance. The 3rd week includes a food demonstration of gut-healthy foods.

## COOKING CLASSES - On-site, virtual or on-demand

These can be both plant based and/or animal protein cooking classes. Preparation of the foods allow participants to learn about the benefits of a whole foods, unprocessed diet and sample easy to make recipes. Can custom tailor to your needs.

- Anti-Inflammatory Cooking
- Eat Your Vegetables
- Easy, Affordable Weeknight Dinners
- Low Sugar Eats
- Happy Gut Microbiome Foods
- Healthy Snacking

## MOVEMENT CLASSES - In person or virtual

- Gentle Yoga
- Body Weight Workouts
- For the Core
- Easy Stretch
- Resistance Bands & Tubes

Each Fitness class is personalized for your group with all levels of activities to increase mobility, build strength, and relieve stress.

## LUNCH AND LEARNS - On site or virtual

### **Sugar – A Not So Sweet Tale**

Sugars and refined carbs are a significant contributor to disease in our country. Learn how it is negatively affecting our health, where it hides in our foods and how much we can consume without it being detrimental to our health. (A condensed version of the information shared in the 21 Day Sugar Challenge).

### **A Beginners Guide to Decoding Food Labels**

This class will demystify nutrition labels and compare those numbers to the claims made on the front of the package. Serving sizes, fats, total carbohydrates vs. net carbs, sugars and those long ingredient lists will be explained. This is a valuable class for taking ownership of your health!

### **The Four Tendencies •A Personality Profile based on the research of Gretchen Rubin**

(Great for Managers or Departments/Teams ... and Moms)  
Learn how people fit into Four Tendencies: Upholders, Questioners, Obligers, and Rebels. Our Tendency shapes every aspect of our behavior, so understanding this framework helps us know ourselves and others better, lets us make better decisions, meet deadlines, suffer less stress and burnout, and engage more effectively.

### **Mindful Eating - Rediscovering a Healthy Relationship with Food**

Transform your struggles with food, and renew your sense of pleasure, appreciation and satisfaction with eating. Mindful eating brings one's full attention to the process of eating so that you can:

- Eat less while feeling fully satisfied
- Identify your habits and patterns with food
- Tune into your body's needs about what, when and how much to eat

### **A Busy Woman's Guide to Heart Health**

(Great to promote for February's Women's Heart Month)

Learn how to protect the engine that powers your life - your heart. This class will cover the facts about women's heart health, help you determine your risk level and give you simple healthy strategies to fit good heart habits into your busy life.

### **Stress Relief & Self-Care Happy Hour**

New research underlines the importance and benefits of self-kindness. Feel better fast by learning the "3-Step Self-Care Method." This simple process leaves you feeling energized, balances your nervous system in "real time," and shifts your body into its powerful stress reducing mode called, "Rest, Digest, and Heal."

### **The Science of Gratitude**

Practicing gratitude leads to more positive emotions, greater life satisfaction, better sleep, expressing more compassion and kindness, and even having a stronger immune system. Learn the cutting-edge science behind the benefits of gratitude and tools to use to improve your health and well-being.

### **Breaking Old Habits: The Art of Getting Unstuck**

Learn how to break the habits you want to change. Understand how negative patterns are ingrained to protect us and how self-regulation and self-kindness get us unstuck and create the changes we want!

### **The Power of Self-Love to Change your Life**

This powerful class will enlighten you on how to replace habits that don't serve your wellbeing with the self-kindness that leads to inspired actions for change. Learn the 5 Principles for Self-Love Practice in this cutting-edge presentation.

### **I'd Be Fine if it Wasn't for You! What to do When People Won't Behave**

In this light-hearted program, learn tools and techniques that help you to find relief from your stress when others don't behave. Understand what happens to you and your physiology when they don't and what you can do to ensure your own well-being in the midst of their choices.

### **3 Simple Ways to Stop Self-Criticism (and reduce your Stress)**

The critical "committee" in your mind keeps you stuck. Learn how to replace the voice of the critic with the wise counsel of your inner intelligence. This class will teach 3 techniques to a less stressed, more positive, and more empowered you!



**Wellness Journeys**  
*Elevating Workplace Wellbeing*

## Wellness Journeys - Price List

Service	Description	
<b>Movement Classes</b>	These classes provide gentle stretching poses for improved flexibility, reduced injuries and stress management.	<b>Price per Class</b>
Gentle Yoga		\$250 per hour - Onsite \$150 per hour - Virtual
Easy Stretch	These classes teach proper form along with strengthening exercises for tone and functional strength.	\$40 per 15-Minute Stretch Session
Body Weight Workout		
Resistance Bands & Tubes For the Core		

Challenges		Price per Challenge
7 Day Sodium Challenge	These challenges provide daily doses of accountability to support behavior change.	\$500
21 Day Sugar Challenge		\$1,500
30 Day Flourish Challenge		3,000 + Journal cost p/participant

Courses		Price per Course
Trust Your Gut	3 Weeks, 1 hour class	\$1,800
Brain Health: The Prevention of Alzheimer's	4 Weeks, 1 hour class	\$2,500
Cooking Classes	Plant based cooking classes. Participants learn about the benefits of a plant based diet and sample easy to make recipes.	\$500 + ingredients \$1,400 - 3 week course, 1 per week
Lunch and Learns	Group sessions focusing on a variety of health & wellness topics.	\$400 per hour - Onsite \$250 per hour - Virtual

For more information visit: [pollypitchford.com](http://pollypitchford.com)