



HEALTHY LIVING PROGRAM

SIGNATURE EXPERIENCE



Sample Schedule

The Signature Experience consists of four-days onsite at the Dan Abraham Healthy Living Program in Rochester, Minn., followed by six months of telephone and email coaching when you return home.

During the twelve core sessions you'll learn the foundational elements of wellness from our Mayo Clinic experts in Nutrition, Physical Activity, Resiliency and Wellness Coaching.

You'll also have the opportunity to choose 6 elective sessions that align with your specific wellness goals.

You can begin your on-site visit on either a Monday concluding on Thursday, or a Tuesday concluding on Friday.

Day 1

- 10:30-11:30 a.m. **Check-in**
- 11:30 a.m.-12:30 p.m. ● Lunch and Keynote Presentation
- 12:30-1:30 p.m. ● Enhance Resiliency & Manage Stress
- 1:30-2:30 p.m. ● Introduction to Wellness Coaching
- 2:30-3:30 p.m. ● Why Eat Healthy
- 3:30-4:30 p.m. ● Physical Activity: Body, Mind & Spirit
- 4:30-6:30 p.m. ● Cooking Well

Day 2

- 7-7:30 a.m. ● Biometric Measurements
- 7:30-8 a.m. ● Breakfast
- 8-10:30 a.m. ● Optimized Assessment
- 10:30-11 a.m. ● Shower
- 11:30 a.m.-12 p.m. ● Assessment Review
- 12-1 p.m. ● Lunch
- 1-3 p.m. ● Stress Management & Resilience Training
- 3-4 p.m. ● Personalize Nutrition Experiment
- 4-5 p.m. ● Wellness Coaching

Day 3

- 7-8 a.m. ● Elective Session – Options: Gentle Yoga, Healthy Eating Away from Home, or Pilates
- 8-9 a.m. ● Breakfast
- 9-10 a.m. ● Design Your Activity Plan Part I
- 10-10:30 a.m. ● Shower
- 10:30 a.m.-12 p.m. ● Resilience: Your Path Forward
- 12-2 p.m. ● Lunch Elective: Eating Well while Dining Out (field trip)
- 2-3 p.m. ● Design Your Activity Plan Part II
- 3-4 p.m. ● Putting Your Physical Activity Plan Into Action
- 4-5 p.m. ● Elective Session – Options: Healthy Sleep, Elements of Movement, or Pilates

Day 4

- 7-7:30 a.m. ● Breakfast
- 7:30-8 a.m. ● Tools and Trackers
- 8-9 a.m. ● Elective Session – Options: Get Balanced Healthy Eating At Home, or A Fresh Take on Goal Setting
- 9-10 a.m. ● Wellness Coaching
- 10-11 a.m. ● Elective Session – Options: Relaxation Techniques, or Kitchen Essentials
- 11-11:30 a.m. **Closing Remarks / Check-out**

● Nutrition	● Wellness Coaching
● Physical Activity & Assessments	● Elective
● Resiliency	● Break*

Signature Experience sample schedule. Your Signature Experience schedule will vary slightly based on your individual goals and recommended electives. *A Healthy Living class or spa service can be added during Break time for an additional cost.