

Executive Wellness Experience

Sample Schedule

The Executive Wellness Experience offers one-day of immersive wellness session at the Dan Abraham Healthy Living Center in Rochester, Minn.

This plan complements your medical care by introducing you to wellness resources designed specifically for executives juggling the demands of a busy career. You'll leave with new skills and knowledge and the inspiration to help you put wellness habits into practice.

On-site visits are offered on Wednesday or Thursday.

Day 1

8-8:30 a.m.	● Breakfast and Keynote Presentation
8:30-9:30 a.m.	● Enhance Resiliency & Manage Stress
9:30-11 a.m.	● Wellness on the Road
11 a.m.-1 p.m.	● Lunch & Eating Well on a Busy Schedule
1-2 p.m.	● The NEAT Experience: Sit Less, Move More
2-3 p.m.	● Healthy Sleep to Energize Your Life
3-4 p.m.	● Functional Movement Assessment & Review
4-5 p.m.	● Wellness Coaching Session
5-5:15 p.m.	● Closing Remarks

- Nutrition
- Physical Activity & Assessments
- Resiliency
- Wellness Coaching
- Elective

**Executive Wellness Experience sample schedule.*

Your Executive Wellness Experience schedule may vary slightly based on your individual goals, selected sessions and optional services. An optional Healthy Living class or spa service can be added for an additional cost.