

Mayo Clinic Diet Experience

Sample Schedule

The Mayo Clinic Diet Experience is a two-day on-site experience at the Dan Abraham Healthy Living Center in Rochester, Minn.

During your visit, you'll have access to Mayo Clinic experts in weight management and behavior change who have spent decades helping individuals develop weight loss plans that actually work.

You'll complete a wellness assessment, and your wellness coach will partner with you to create your comprehensive, personalized weight loss plan. After you've completed your on-site experience, we understand that your weight loss journey will require you to stay on track while managing life's demands. That's why you'll also receive a year's worth of follow-up support with your wellness coach and continued access to exclusive Mayo Clinic resources to help you reach your goals and keep the weight off for good.

On-site visits begin on Friday and conclude on Saturday.

- Nutrition
- Physical Activity & Assessments
- Resiliency
- Wellness Coaching
- Break*

The Mayo Clinic Diet Experience sample schedule. Your Mayo Clinic Diet Experience schedule may vary slightly based on your individual goals and selected optional services.

**A Healthy Living class or Rejuvenate spa service can be added during Break time for an additional cost.*

Day 1

- 7-7:30 a.m. Check-in
- 7:30-8 a.m. ● Biometric Measurements
- 8-9 a.m. ● Breakfast & Keynote Presentation
- 9-10 a.m. ● Building Your Resources for Successful Weight Management
- 10-11 a.m. ● Wellness Coaching
- 11 a.m.-12 p.m. ● The Power of Movement
- 12-1 p.m. ● Lunch / Tools & Trackers
- 1:30-2:30 p.m. ● Optimized Assessment
- 2:30-3 p.m. ● Shower
- 3-3:30 p.m. ● Assessment Review
- 4:30-5:00 p.m. ● Personalize Your Nutrition Plan for Weight Management – Part 1
- 5:30-6:30 p.m. ● Dinner and A Mindful Experience with Food and Friends

Day 2

- 7-8 a.m. ● ● Breakfast / Review and Reflection
- 8-9 a.m. ● Motivational Strategies for Empowerment
- 9-11 a.m. ● Experience Physical Activity for a Healthy Weight
- 11-11:30 a.m. ● Shower
- 11:30 a.m.-1:30 p.m. ● Lunch and Cooking Well for Weight Management
- 1:30-2:30 p.m. ● Design Your Physical Activity Plan for a Healthy Weight
- 2:30-3:30 p.m. ● Personalize Your Nutrition Plan for Weight Management – Part 2
- 3:30-4:30 p.m. ● Wellness Coaching
- 4:30-5:30 p.m. ● Break*
- 5:30-6:30 p.m. ● ● Dinner, A Fresh Take on Goal-Setting and Tracking Your Behavior Change
- 6:30-7:30 p.m. Closing Remarks