

Signature Experience

Sample Schedule

The Signature Experience consists of four-days onsite at the Dan Abraham Healthy Living Center in Rochester, Minn.

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 4 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 Wednesday concluding on Saturday.

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

Day 1

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| 10:30-11:30 a.m. | Check-in |
| 11:30a.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

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| 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 Experiements |
| 4-5 p.m. | ● Wellness Coaching |
| 6-7 p.m. | ● Healthy Eating Away from Home |

Day 3

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| 7-8 a.m. | ● Gentle Yoga |
| 8-9 a.m. | ● Breakfast |
| 9-11 a.m. | ● Design Your Physical Activity Plan |
| 11 a.m.-12 p.m. | ● Shower |
| 12-1 p.m. | ● Lunch |
| 1-2:30 p.m. | ● Resiliency: Your Path Forward |
| 2:30-3 p.m. | ● Putting Your Physical Activity Plan Into Action |
| 4-5 p.m. | ● Healthy Sleep to Energize Your Life |

Day 4

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| 7-7:30 a.m. | ● Breakfast |
| 7:30-8 a.m. | ● Tools and Trackers |
| 9-10 a.m. | ● Wellness Coaching |
| 10-11 a.m. | ● Introduction to Suspension Training |
| 11-11:30 a.m. | Closing Remarks / Check-out |