

Welcome to

Renew

A Weight Loss Rx Lifestyle Class

Website:

positivechoice.org/renew

Class Syllabus

Module 1: **Creating a Healthy Lifestyle**

Week 1: Getting Started

Week 2: Nutrition Foundations

Week 3: Your New Relationship with Food Part 1

Week 4: Getting Active

Week 5: Motivation

Module 2: **Building Lasting Change**

Week 6: Hydration and Sleep

Week 7: Stress Resilience

Week 8: Metabolism Myth VS Fact

Week 9: Environmental Messages

Week 10: Understanding Habits

Module 3: **Mastering Your Health**

Week 11: Optimizing Nutrition

Week 12: Body Image

Week 13: Overcoming Plateaus

Week 14: New Coping Strategies

Week 15: Your New Relationship with Food Part 2