

Love Yourself Healthy Plan

16-Week Focus Session Topics

Our Signature Plan guides you through our 5-Step Coaching Process to manage your health and weight. This is a non-diet program for when you are ready to stop the mental gymnastics with improving your health.



Week 1: Set Yourself Up for Success: Nutrition. Discover the lifestyle habits that promote long-term health, stop with the willpower, and take your first small steps with nutrition.

Week 2: Nutrition – Quality & Quantity. Explore the reasons we turn to food, experiment with trusting your body signals again, and try a simple way to improve your nutrition.

Week 3: Meal Planning: Eating at Home. Put the first two sessions together with a step-by-step strategy to plan and prep your meals and learn the critical importance of Plan B.

Week 4: Set Yourself Up for Success: Exercise. Define what is included in a well-rounded exercise routine and get started with building your base with enjoyable exercise.

Week 5: Month One Reflections & the SET Strategy. Check in with your inner critic and get your “no failure” strategy to SET yourself back on course every time you fall.

Week 6: The Mental Obstacle Course. Use Stages of Change & Decisional Balance as tools to focus on realistic strategies as your motivation levels, situations, and life change.

Week 7: Food Package Detective. Dive into the details and find out what those packages tell you and where to focus for your goals. Grab your packages to see what you’re eating.

Week 8: Cooking Tips & Recipe Modifications. Get ready to up your kitchen game. Simplify food math, recipe substitutions, cooking methods and oils, and food safety.

Week 9: Month Two Reflections & Qualifying Your Progress. Find out how to stop the Comparison Game and understand the importance of your NSV’s (non-scale victories).

Week 10: Principles of Cardio & Strength Training. Ready to up your exercise game? How to use FIT, FIRST, RPE, LISS, and HIIT. Get the guidelines for health and for weight loss.

Week 11: Strategies for Dining Out. Use tools you didn’t know you had to enjoy a decadent restaurant meal and stay focused on your health goals. Choices by cuisine also included.

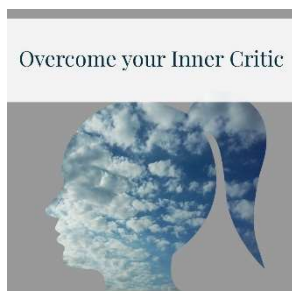
Week 12: Make Peace with Yourself. Investigate your beliefs about your ability to succeed by exploring common Cognitive Distortions, learn 3-steps to challenge your faulty beliefs.

Week 13: Month 3 Reflections & Your New Identity. Figure out who you are now and who you want to be in the future and explore how to fully claim this new version of you.

Week 14: Make Your Plan for Parties & Holidays. Navigate social events successfully - and enjoyably - while keeping your health a priority with these 10 smart holiday tips.

Week 15: Address the Long Term. Find out why most diet and exercise plans fail people and how to keep yourself on track for the long-term.

Week 16: The Remaining Pieces: Sleep, Stress, & Self-Care. What’s next? Explore other lifestyle habits that can add to your health and happiness for the long-term



LoveYourselfHealthyPlan.com is the Signature Plan of N.E.W. Motivation Coaching
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