



SIMPLY WELL

Day 1 topics:

Introductions and Guiding Principles

- ❖ What is “Simply Well”
- ❖ Why the Choices We Make in our day matter

Why the Integrative Approach to Health Matters

- ❖ Why Our Health Matters
- ❖ The New Paradigm

Change Matters

- ❖ Change, Balance, and Epigenetics
- ❖ Effective Habit Formation - Tiny Habits

Nutrition Matters

- ❖ Food is Medicine and the Science that Proves It

Food and Beverage Choice Matters

- ❖ A Healthy Diet: The Basics on Where to Begin and Why

Supplements Matter – With Caution

- ❖ Sorting Through the Mess to Know What We Need

Sleep Matters

- ❖ What You Should Know about Sleep
- ❖ Approaches to Non-Medicated Sleep

Day 2 topics:

Movement Matters

- ❖ 23 & 1/2 Hours
- ❖ How We Move Matters: Research and Philosophy
- ❖ Where We Move Matters

How We Use Our Mind Matters

- ❖ Mind/Body Medicine-Understanding the Basics
- ❖ Stress Response/Relaxation Response and the Impact on the Body
- ❖ Mind/Body Unity: The Body’s Massive Communication Network
- ❖ Mindfulness and Meditation

How the Impact of Mind/Body Practices Matters

- ❖ Life change scale
- ❖ Mindfulness and Meditation

Using Our Intuition Matters

- ❖ Using Intuition to Hear Our Body’s Messages

Environmental Health Matters – The Circle

- ❖ The External Environment Impacts Individual Health, and Individual Choice Affects the External Environment
- ❖ Endocrine Disruptors and the Havoc They Wreak
- ❖ Clean, Green Homes

Connection Matters – Fully Living Each of Our 24 Hours

- ❖ Connecting It All Together
- ❖ Using Mindfulness to Connect the Moments of Our Life