

## Journal of Progress

Journaling helps you to see progress on your goals. It can assist in eliminating stress and help you re-focus.



Logging your goals and your progress will help you be accountable to yourself. Types of things to log could include food, weight, home blood pressure monitoring, blood sugar monitoring, and journaling your daily thoughts.

You will be encouraged to track the progress of any goals and lifestyle changes you set for yourself.

Every  
day  
IS A  
fresh  
Start

Be Well.

LET'S DO THIS

### To Get Started—

Make an appointment with your provider by calling 402 443-4191 and discuss your interest in the Healthy Lifestyle Program.

Your next step will be to make an appointment with a health coach.

*If you have any questions, call us today to learn how this program can help you!*

*Starting is the hardest part. Call today and make your health and goals a priority!*



1760 County Road J | Wahoo, NE 68066

402 443-4191

# Healthy Lifestyles PROGRAM

*Empowering you to make  
lasting lifestyle changes  
to reach your health goals*

make  
yourself  
a  
PRIORITY



## PROGRAM COMPONENTS—

### Baseline Health & Lifestyle Assessment

At the initial visit with the health coach, you will complete a form to provide lifestyle information. Topics covered are nutrition, physical activity, tobacco and alcohol use, sleep routines, and stress levels. This information helps us assist you in reaching your goals.

Health and wellness goals are also part of the initial assessment. **What is your vision? What would you like to achieve?** Do you have goals for healthy sleep, coping skills, weight or flexibility? We are excited to assist you on your journey and help you reach your goals.

### Nutrition

A variety of nutritional plans will be discussed based on your goals.

You will be empowered to make decisions as you learn about nutrition options.

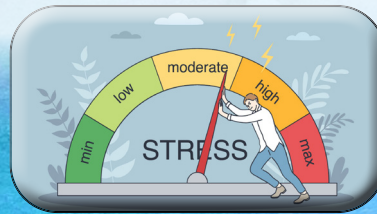
You will be able to confidently modify and implement nutrition habits with the education. We will discuss several topics, including: the My Plate tool, DASH | Mediterranean | Diabetic diets, and meal planning.



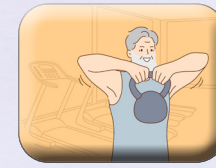
# Healthy Lifestyles PROGRAM

### Stress Management

Stress is an area of wellness that is often overlooked, but can greatly impact your health. We will discuss your levels and causes of stress. Together, we will discuss stress management techniques and choose options that you personally enjoy to best manage stress.



*This program can help you reach your personal health goals!*



### Physical Activity

No matter your current level of physical activity, we work with you to set steps of achievement.

- Assessment
- Body Composition
- Goal-Setting
- Heart Rate Education
- Exercise Safety
- Accountability
- Individualized Plan

Working with Edge Therapy & Wellness is also an option to help you on your fitness journey. From Personal Training to our maintenance program, we have a program for you. Talk to your provider or health coach to connect with us!

**YOU CAN DO IT**

### Prevention & Maintenance of Chronic Conditions

Your risk factors for chronic conditions will be assessed by reviewing family history, blood work, and weight utilizing our TANITA® body composition scale. All information is confidential and *at your direction*.

If you have existing chronic conditions, we will discuss ways to manage and prevent future complications.