

# EAT, PLAY, THRIVE

## AN ONLINE LIFESTYLE PROGRAM

A little self-care can bring health, happiness and growth. But establishing a regular routine so that these practices are consistent can be hard. This 12-week program is thoughtfully designed to give you the best working plan for your personal success. We will work together to identify your personal vision and establish health priorities in one or more areas including fitness, weight, nutrition, stress management and self-limiting beliefs and behaviors. You will learn how to initiate lifestyle change by introducing a long-term plan that avoids the "quick fix" approach. Let this be a New Year of better health!



### FORMAT:

- VIP Access to Community Facebook page
- 12 Weeks of Lifestyle Modules
- Topic-Driven Facebook LIVES (Weekly)
- Journaling Assignments and "Homework"
- Daily Communication via "Questions & Comments" Posts

### MATERIALS:

- Nutrition Guide with Guided Meal Plan
- Resistance Training Workout (Monthly)
- At-Home-Functional Workout and Demo Video (Monthly)
- Recipes and Meditations E-mailed weekly
- Daily E-mails to Include the Following: Fitness, Nutrition and Mindset Tips

**Beginning January  
8th!**

**FIND OUT MORE AT [CHRISTINEWOODSFITNESS.COM](http://CHRISTINEWOODSFITNESS.COM)**