

Igniting a Health Revolution

6-week Multidisciplinary Family Wellness Program



Focus on whole foods and sugar reduction

The ultra-processed food landscape we live in has contributed to some alarming statistics: 20% of adolescents aged 12-18 years are living with prediabetes, fatty liver, and high blood pressure is on the rise in our children! Simple nutrition changes can greatly impact these numbers as well as improve mental well-being.



Physical Activity and Mindfulness

Our kids are not moving enough! Physical activity directly correlates to reduced weight, improved self-image, and decreased mood disorders. Our strategy aims to get them and keep them moving. Parents - you might just want to join in.



Willpower and Goal Setting

Empowerment comes through knowledge. We can harness the power of our brain to increase our desire and willpower to achieve anything we set our minds to. Having our kids learn this early on sets them up for lifelong success in all areas of life.



Relationships

Let's build solid relationships that offer love, support, understanding, and care! Family, friends, teammates and with ourselves. Technology can be a tool, and limiting its use can help.

Get ready to learn about the food industry, nutrition guidelines, our microbiome, navigating eating out, social situations, quality sleep, building exercise habits, getting angry, fun recipes, mindfulness tools, journaling, using your talents and more!