



## Fit for Life

*A science-backed small-group course to reset habits, boost energy, and build lasting change*

### Course Agenda

**Saturday, 6 September 2025 & Saturday, 13 September 2025**

#### **DAY 1: Foundations, Mindset & Eating Behavior**

**Total per day: 5 ½ hours**

Includes two breaks, two practice sessions and a 45-min lunch.

**10:00 – 15:30**

Time	Topic
9.30 – 10.00	Arrival & Informal Welcome.
10:00 – 10.15	Official start: Group welcome, introduction to course.
10.15-10.45	Participant introductions. Goals.
10:45 - 11:30	The reasons we struggle to change: barriers, neuroscience of habit, motivation. The mindset shift and strategies for change.
11.30 – 11.45	<input type="checkbox"/> <b>Break</b>
11.45 – 12.15	<u>Practice session 01</u>
12:15 – 12.45	Eating Behavior Foundations: Mindful eating, hunger cues.
12:45 – 13:30	Lunch + Mindful Eating Reflection.
13:30 – 14.00	Sleep & Recovery: Foundations of health, immune support, energy and mental clarity.
14.00 – 14.05	Short Movement Activity.
14.05 – 14.45	Macronutrients Deep Dive Part 1: Protein: roles, sources, and myths.
14:45 – 15.15	<input type="checkbox"/> <b>Break</b> <u>Practice session 02</u>
15:15 – 15:30	Reflections + Prep for Day 2



## DAY 2: Nutrition, Stress Management & Create Your Healthy Eating Plan

**Total per day: 5 ½ hours**

Includes two breaks, one practice session and a 45-min lunch.

**10:00 – 15:30**

Time	Topic
9.30- 10.00	Arrival & Informal Sharing.
10.00 – 10.15	Welcome Back & Reflections from Day 1.
10.15 – 11.00	Macronutrients Part 02: Carbs and Fats: roles, sources, and myths.
11.00-11.10	<input type="checkbox"/> <b>Break</b>
11.10- 11.45	What Is the Best Diet for Me? Personalization, balance, flexibility.
11.45-12.15	Why movement & sport is the game changer and the best longevity pill?
12.15 – 13:00	Lunch + Mindful Eating Reflection.
13.00 – 13.45	Stress & Energy Management (short breathing + movement practice).
13.45-14.30	<u>Practice session 03:</u> From Ideas to Action: Create Your Healthy Eating Plan.
14.30-14.40	<input type="checkbox"/> <b>Break</b>
14.40-15.30	Wrap –up and Personal takeaways Final Q&A Optional 1:1 sign-ups Celebration & Closing Circle