



Agenda “Fit for Life” 2026

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

Course Agenda: 2 Days 📅 January 24 & January 31 | ⌚ 10:00–16:30

DAY 1: Foundations, Mindset & Eating Behavior

Total per day: 6 ½ hours

Two breaks, two quick reflections, two practice sessions and a 45-min lunch.

Time	Topic
9.30 – 10.00 30 min	Arrival & Informal Welcome.
10:00 – 10.15 15 min	Official start: Group welcome, introduction to course.
10.15-10.45 30 min	Participant Introductions & Goals.
10:45 - 11:30 45 min	The reasons we struggle to change: barriers, neuroscience of habit, motivation. Two quick reflections.
11.30 – 11.45 15 min	☐ Morning Break
11.45-12.15 30 min	The mindset shift and strategies for change.
12.15-12.45 30 min	<u>Practice session 01.</u>
12.45 – 13.30 45 min	🕒 Lunch (Optional Mindful Eating Reflection)
13:30 – 14.00 30 min	Eating Behavior Foundations: Mindful eating, hunger cues.
14:00 – 14.30 30 min	Sleep & Recovery: Foundations of health, immune support, energy and mental clarity.
14.30 – 14.40 10 min	Movement Activity
14.40 – 15.20 40 min	☐ Afternoon Break <u>Practice session 02: Goals + Action Mapping (Buddy work)</u>
15:20 – 16.00 40 min	Macronutrients Deep Dive Part 1: Protein: roles, sources, and myths.
16.00 – 16.30 30 min	Q&A + Reflection + Prep for Day 2.

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

Total per day: 6 ½ hours

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

Time	Topic
9.30- 10.00 30 min	Arrival & Informal Welcome.
10.00 – 10.15 15 min	Welcome back & Summary day one.
10.15 – 10.45 30 min	Reflections from Day 1: Sharing small wins, reflections from the week.
10.45 – 11.30 45 min	Macronutrients Part 02: Carbs and fats. Roles, sources, and myths.
11.30-11.45 15 min	☐ Morning break
11.45- 12.30 45 min	What is the best diet for me? Personalization, balance, flexibility
12.30-13.15 45 min	 Lunch (Optional Mindful Eating Reflection)
13.15-13.45 30 min	Why physical activity and sport are true game changers — nature's most powerful longevity pill.
13.45 – 14.30 45 min	<u>Practice session 03</u> : From Ideas to Action. Create Your Healthy Eating Plan.
14.30-14.40 10 min	☐ Afternoon break.
14.40 – 15.25 45 min	Stress & Energy Management.
15.25 -16.00 35 min	Understanding how sleep, recovery, stress management, nutrition, and physical activity interact - identifying potential conflicts and strategies to align them.
16.00-16.30 30 min	Wrap-Up, Reflections & Closing Circle: Key takeaways and personal insights. Final Q&A and next steps. Celebration of progress and closing reflections.