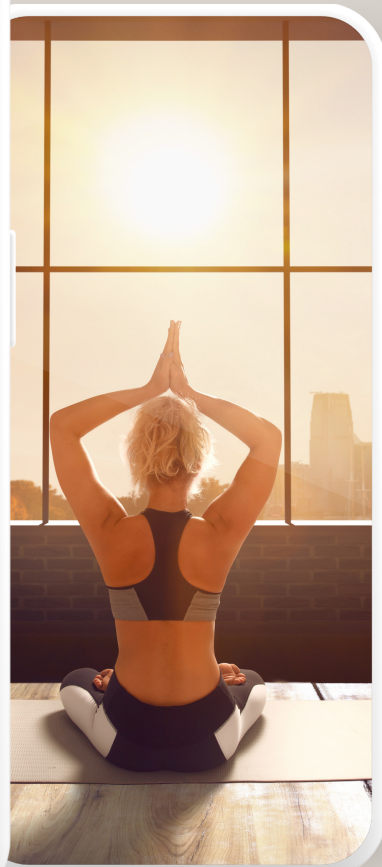


LIFESTYLE MEDICINE

GLP-1

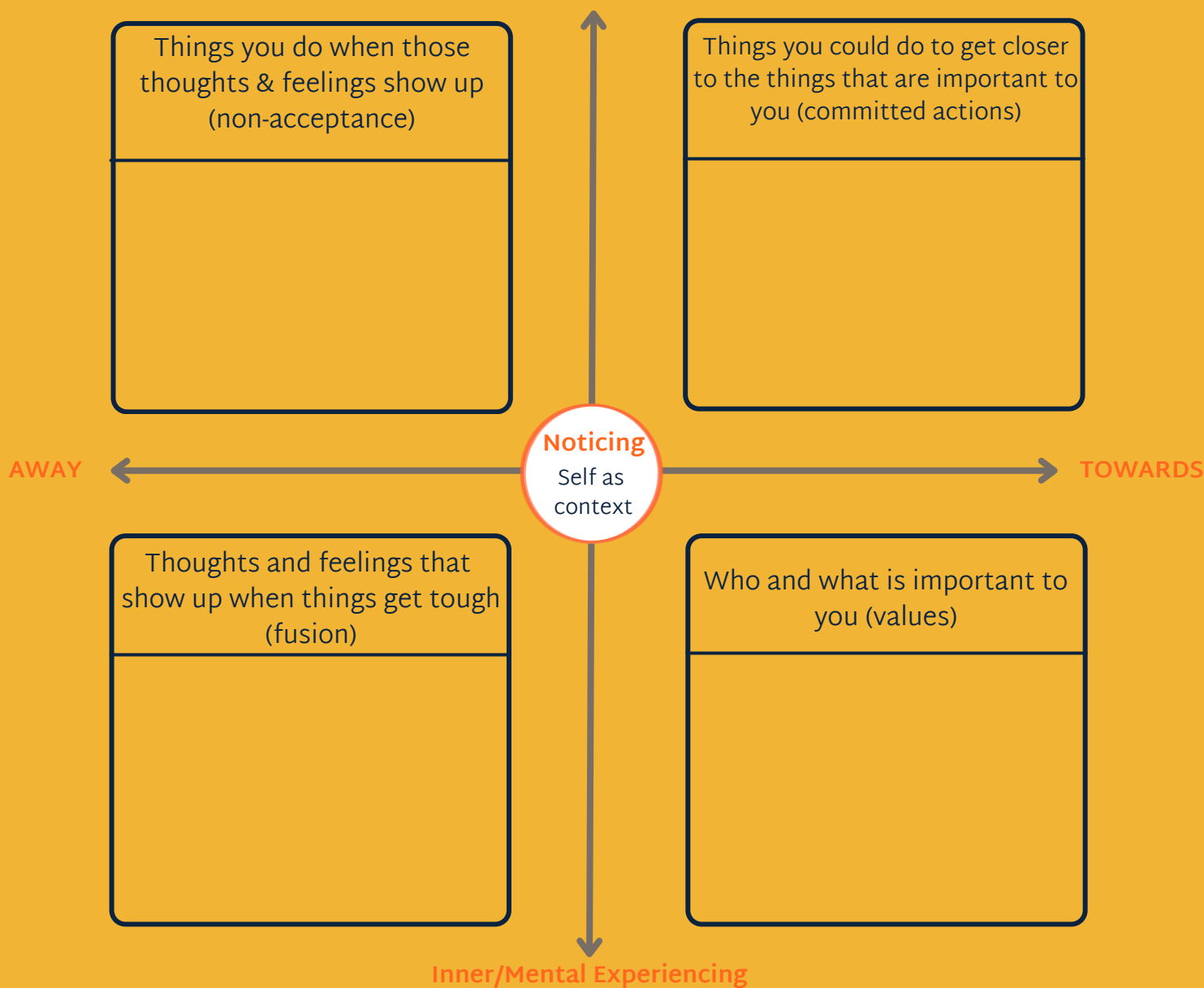
A program designed to maximize the effectiveness of these medications through healthy lifestyle changes.



Session 4: Moving Toward a Healthier You

Every choice we make leads us closer to or farther away from our healthiest self
Take time over the next week to fill in the boxes with your thoughtful insights.

5 Senses - Experiencing



Enjoy, Adapt, and Explore:

How can I make meals easier and more enjoyable?

What healthier foods do I ENJOY?

Write your answer here

How can I ADAPT my current eating habits and recipes to include the foods above?

Write your answer here

Enjoy, Adapt, and Explore:

What other foods do I want EXPLORE that intrigue me or that I've heard about?

Write your answer here

Best Meal Planning and Planning Tips I Heard Today:

Write your answer here