

# SAMPLE EXECUTIVE HEALTH IMMERSION AGENDA

<b>Pre-work</b>	<ul style="list-style-type: none"> <li>· Customized Client Program</li> <li>· Medical History and Lab Work</li> <li>· Personal Lifestyle Questionnaire</li> <li>· Suggested Reading</li> </ul>
<b>DAY 1</b>	<p>3:20 – 3:55 pm <b>Bod Pod Consultations</b>, a body composition assessment in the Medical Center</p> <p>6:00 – 8:00 pm <b>Reception and Light Dinner Buffet</b></p>
<b>DAY 2</b>	<p>7:00 – 8:00 am <b>Breakfast</b>, Healthy Buffet</p> <p>8:00 – 9:30 am <b>Welcome / Overview</b></p> <p>9:30 – 11:15 am <b>Changing for Good</b>, workshop introducing Kaizen as a strategy for change featuring Industry Expert</p> <p>11:15 – 12:45 pm <b>Lunch, Strategies for Healthy Eating</b> workshop in nutrition featuring Registered Dietitian</p> <p>1:00 – 3:00 pm <b>Client Agenda</b></p> <p>3:15 – 4:15 pm <b>Fitness for Professionals on the Go</b>, workshop in fitness featuring, Lead Exercise Physiologist</p> <p>4:30 – 5:30 pm <b>Client Agenda</b></p> <p>6:00 – 8:00 pm <b>Dinner, Wellness Kitchen</b> healthy cooking and dining experience featuring Registered Dietitian–Chef</p>
<b>DAY 3</b>	<p>6:00 – 6:50 am <b>Morning Energy Walk</b>, led by Exercise Physiologist</p> <p>7:30 – 8:00 am <b>Breakfast</b>, Healthy Buffet</p> <p>8:00 – 11:15 am <b>Client Agenda</b></p> <p>12:00 – 1:30 pm <b>Lunch, Fork in the Road to Success</b> workshop focused on key strategies for success featuring Industry Expert</p> <p>1:45 – 2:45 pm <b>Heart Disease Prevention Through Nutrition</b> workshop featuring Registered Dietitian</p> <p>3:00 – 4:00 pm <b>Personal Consultation with Nutritionist</b></p> <p>4:00 – 5:00 pm <b>Personal Consultation with Exercise Physiologist</b></p> <p>6:30 – 8:30 pm <b>Dinner</b>, on property at Four Seasons Hampton’s Restaurant</p>
<b>DAY 4</b>	<p>8:00 – 9:30 am <b>Breakfast for Performance</b>, Wellness Kitchen nutrition workshop focused on strategies for eating a healthy breakfast featuring Registered Dietitian–Chef</p> <p>9:45 – 11:00 am <b>Call to Action, 21-Day Challenge</b></p> <p>11:00 am – 12:00 pm <b>Feedback and Closing</b></p> <p>12:00 – 1:00 pm <b>Lunch</b>, Buffet and Boxed Lunch</p>
<b>Follow-Up Support</b>	<ul style="list-style-type: none"> <li>· 21-Day “Healthy Living” Challenge</li> <li>· Phone Consultation with Registered Dietitian and Exercise Physiologist</li> <li>· Follow-Up Diagnostic Testing</li> </ul>