

# RENEW Program

Restore and Empower through Nutrition, Exercise and Wellness

## Program Preview 2024





# It's Never Too Late to RENEW Yourself

## with Sarasota Memorial's Lifestyle Medicine Program

RENEW believes feeling well and looking well starts with **living well.**

### Who The Program Is For

Men and women ages 21-80 who are looking to...



Improve their overall health and vitality



Lose weight and inches around their midsection



Prevent future health complications

### And want...

- Professional accountability
- Tools to plan meals that are quick, healthy, and tasty
- Support to make physical activity a regular habit
- Techniques to develop inner peace

*"This program has been pretty amazing for me. I've already lost 24 lbs. I think the biggest thing is just how good I'm feeling and the extra energy I have."  
- Cathleen M.*

Note: Inclusion and exclusion variables apply. FSA/HSA reimbursement is possible. See more details at [www.smhRENEW.com/FAQ](http://www.smhRENEW.com/FAQ)



## What's Included

- **Virtual health coaching:** Weekly guidance from a team of professional Health-Wellness Coaches and Registered Dietitians
- **Group activities and lessons:** Topics include effective goal setting, grocery shopping, fitness classes, stress management, and healthy habit formation
- **Meal plans:** 6 weeks of meals with easy planning strategies. Choose from a Mediterranean plan or a fully plant-based plan
- **Tools to be successful:** Receive personalized meal feedback from a Registered Dietitian and access over 200+ resources to help you reach your goals
- **Gym membership: 6 weeks free at HealthFit, including...**
  - A variety of exercise classes led by certified exercise specialists
  - Pre- and post-program InBody Metabolic Assessment

Program value = \$1,150

*"My overall health and fitness has greatly improved with the help of this program. It is a fantastic starting point to a healthier lifestyle. A sincere thank you for helping me start my journey to better health and wellness."*

*- Karen P.*

## Did You Know?

75% of all chronic diseases are due to poor lifestyle choices

91% of Type 2 Diabetes cases, 90% of heart attacks, and 80% of strokes are preventable with lifestyle changes

## Your Support Team

- Your RENEW coaches are comprised of professional Health-Wellness Coaches and Registered Dietitian-Nutritionists
- Bringing you expertise in nutrition, strength training, cardio, yoga, meditation, mindfulness, sleep, and more
- Overseen by Medical Directors Dr. Chippy Ajithan, MD and Dr. Kirk Voelker, MD



*"The access to health, nutrition and fitness coaches is invaluable. I realized I spent a lot of years taking care of everybody else and not myself. This is my time now and I'm enjoying it. It's just been life changing for me and I'm grateful."*

*- Jan V*

## Frequently Asked Question

### Do you offer meal plans?

- Yes, meal plans with nutrition info and shopping lists are included. You can choose between a Mediterranean plan (includes chicken, seafood, eggs, and dairy) or a Plant-Based plan (vegan and vegetarian friendly).

### Will you give us an exercise routine?

- RENEW offers exercise guidelines for optimal wellness and provides opportunities to participate in exercise classes. However, participants set their own individualized fitness goals. This allows the team to personalize the experience for each member.

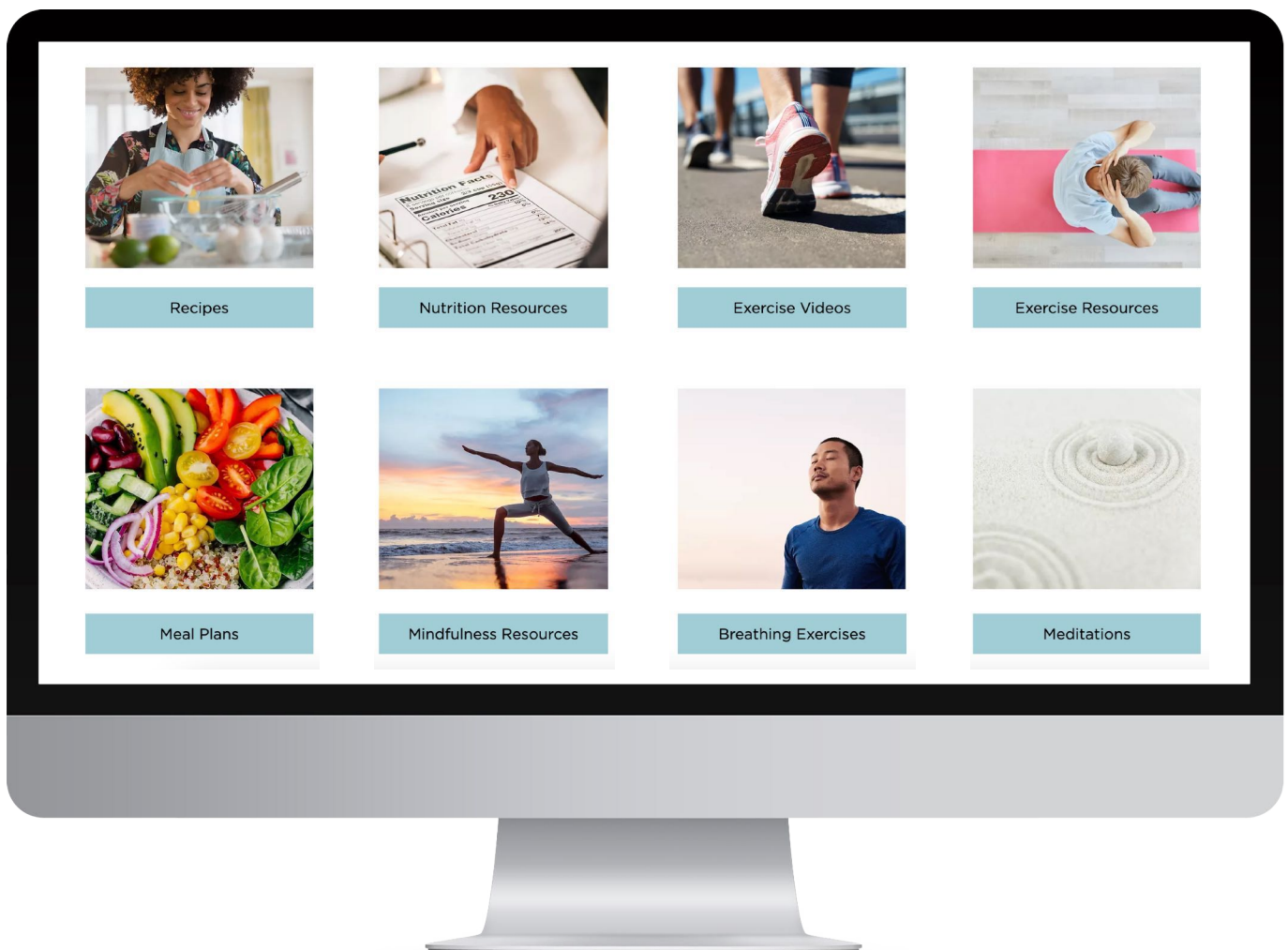
### How do coaching sessions work?

- Coaching sessions involve weekly small group sessions that pinpoint the steps necessary to achieve your goals. Your coach provides guidance and accountability by reviewing weekly successes and challenges, keeping you on track.

## A hub where you'll find...


- Over 200 recipes to fit vegan, vegetarian, gluten free, pescetarian, diabetic-friendly, and heart-healthy diets
- Robust variety of success resources, nutrition resources, exercise resources, and stress management resources
- Meal plans with shopping list, meal prep strategies, and nutrition facts
- Guided meditations and breathing techniques to decompress and lower blood pressure

...and so much more!



# Recipe Examples


All Recipes    Breakfast    Smoothies    Lunch / Dinner    Dessert    Snack    Side    Drink



RENEW Coaches  
5 days ago • 2 min

Lunch / Dinner


**Fresh Antipasto Salad**



RENEW Coaches  
6 days ago • 1 min

Lunch / Dinner


**Healthy Chicken Waldorf Salad**



RENEW Coaches  
6 days ago • 1 min

Lunch / Dinner


**Mediterranean Shrimp Pita**



RENEW Coaches  
7 days ago • 1 min

Lunch / Dinner


**Fall Chickpea Salad Wrap**



RENEW Coaches  
Sep 22 • 1 min

Lunch / Dinner


**Air Fried Salmon**



RENEW Coaches  
Jul 27 • 1 min

Lunch / Dinner


**Savory Cottage Cheese Bowl**



RENEW Coaches  
Jul 18 • 1 min

Breakfast


**Mocha Overnight Protein Oats**



RENEW Coaches  
Jul 18 • 1 min

Breakfast

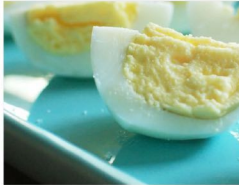
**Apple Crisp Yogurt Bowls**



RENEW Coaches  
Jul 18 • 1 min

Lunch / Dinner


**Avocado Egg Salad Toast**



RENEW Coaches  
Jul 14 • 1 min

Snack


**Salt n' Vinegar Hard Boiled Eggs**



RENEW Coaches  
Aug 30 • 1 min

Breakfast


**Banana Nut Pancakes**



RENEW Coaches  
Aug 30 • 1 min

Smoothies


**Peaches and Cream Smoothie**



RENEW Coaches  
Aug 29 • 1 min

Lunch / Dinner


**Black Bean Soup**



RENEW Coaches  
Aug 29 • 1 min

Lunch / Dinner


**Farmer's Vegetable Soup**



RENEW Coaches  
Aug 29 • 1 min

Breakfast


**Summertime Overnight Oats**



RENEW Coaches  
Jul 18 • 1 min

Lunch / Dinner


**Penne with Bursted Cherry Tomato Sauce**



RENEW Coaches  
Jul 18 • 1 min

Lunch / Dinner


**Avocado Egg Salad Toast**



RENEW Coaches  
Jul 18 • 1 min

Lunch / Dinner


**Spicy Salmon & Rice Bowl**



RENEW Coaches  
Jul 18 • 1 min

Lunch / Dinner

**Pizza Stuffed Zucchini Boats**



RENEW Coaches  
Jul 14 • 1 min

Lunch / Dinner

**Easy Pasta Bake**

Categories include Under 30 Minutes, Pressure Cooker, Mediterranean, Vegan, Vegetarian, Gluten-Free, and more!

# Nutrition Resource Examples



## Antioxidant Color Spectrum of Foods

Explore the health benefits of eating the rainbow

[Read More](#)



## Beverage Recommendations

Swap soda for one of these delicious, low-to-no-sugar drinks

[Read More](#)



## Carbs, Fats, and Proteins Swaps Guide

A visual guide to healthy and unhealthy carbs, fats, and proteins

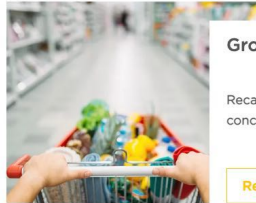
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## Chocolate Recommendations

Chocolate bar options that don't break the sugar bank

[Read More](#)



## Grocery Tour Guide

Recap of the grocery tour key concepts

[Read More](#)



## Lunch Meat Swaps

Heart-Healthier Sandwich Fillings

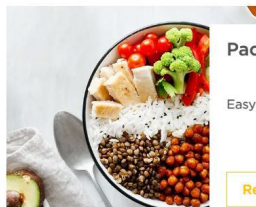
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## Menu Review Guide

Key concepts to keep in mind when dining out

[Read More](#)



## Packable Lunch Ideas

Easy lunches to bring to work

[Read More](#)



## Pantry Swaps

Upgrade your dry goods with these easy swaps

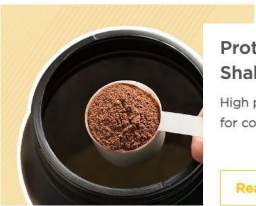
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## Plant-Based Proteins and Swaps

You can meet your protein needs on a plant-based diet

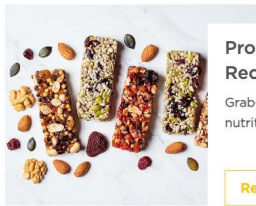
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## Protein Powder and Shake Recs

High protein, low sugar options for convenient nutrition

[Read More](#)



## Protein and Snack Bar Recommendations

Grab-and-go snacks that fit our nutrition guidelines

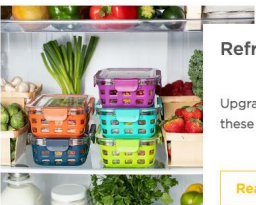
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## RENEW Nutrition Guidelines

Program guidelines

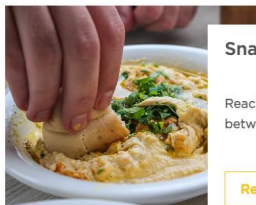
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## Refrigerator Swaps

Upgrade your colds items with these easy swaps

[Read More](#)



## Snack Suggestions

Reach for these healthy items between meals

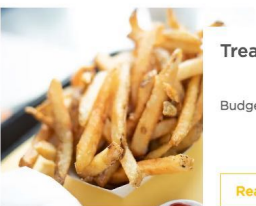
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## Starbucks Recommendations

Smart coffee, breakfast, and lunch options at this favorite shop

[Read More](#)



## Treat List

Budget 2/day or 14/week

[Read More](#)

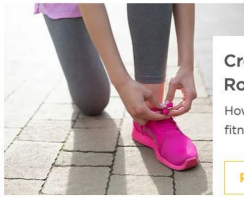


## Upgrade Your Oils

What to consider when choosing a healthy oil

[Read More](#)

# Exercise Resource Examples



## Creating an Exercise Routine

How to build a plan for your fitness level and goals

[Read More](#)



## Exercise & Yoga Apps

Check out our favorite movement apps

[Read More](#)



## Healthy Heart Rate Zones

How does yours compare?

[Read More](#)



## Hydration Guide

Your body is 60% water. Are you hydrating enough?

[Read More](#)



## Movement Vitamin

Nourish your body with daily movement

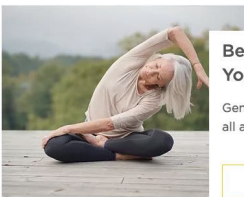
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## Physical Activity Overview

Program guidelines

[Read More](#)



## Beginner Standing Yoga

Gently open and stretch all areas of your body

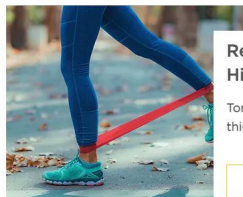
[Watch](#)



## Resistance Bands - Dynamic Strength

Full body strength exercise to build muscle

[Watch](#)



## Resistance Bands - Hips

Tone your hips, glutes and thighs

[Watch](#)

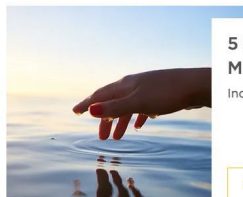
# Mindfulness Resource Examples



## 10 Principles of Intuitive Eating

Learn how to drop the diet mentality and listen to your body's wisdom

[Read More](#)



## 5 Senses Mindfulness Tool

Increase your inner calm

[Read More](#)



## Discover Gratitude

Gratitude, its benefits, and how to set gratitude goals

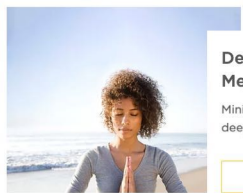
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## "Metta" Meditation

Mini meditation for self-love

[Listen](#)



## Deep Breathing Meditation

Mini meditation to practice deep breathing

[Listen](#)



## Gratitude Meditation

Celebrate all the things, big or small, with gratitude

[Listen](#)



## Guided Sleep Meditation

Relax your mind to ease into deep relaxation and sleep

[Listen](#)



## Guided Walking Meditation

A gentle way to get in touch with all five senses

[Listen](#)



## Heart Opening Meditation

Quiet the mental chatter and tune into your heart space

[Listen](#)



# Testimonials

Hear what past participants have to say...

"I have lost 21 lbs since starting the program. I have more energy and in general just feel better about life! It was very encouraging. I loved the support I got through my coach. Thank you!" - Nicole Y.

"I would highly recommend the RENEW Program. I've tried every diet under the sun. This is the one program I know I can sustain moving forward. It allowed me to line up the nutrition, exercise, and wellness components, which when they work together are so much more effective. My results were outstanding!" - Peter T.

"This program proves that ANYONE can eat healthy, lose weight & inches with just a few changes. I've been able to pull stuff out of the closet I haven't been able to wear in years." - Theresa B.

"My A1c has gone down. My doctor took me off all my cholesterol medicine and cut my diabetic medicine in half." - Kevin W.

"This program has been a very good change for me. I wanted to become healthier for myself and, most importantly, for my children. I've lost 11 pounds since we started. My blood pressure has gotten a lot better and my resting heart rate has changed dramatically. So far, I feel really good." - Nancy L.

"I'm sleeping better, feeling stronger, mindful that I'm living healthier by making better nutritional decisions and exercising more. Program structure and content is excellent! Personal coaching and accountability is very helpful. Love the recipes and weekly menu." - Wendy G.

"This program was just the jumpstart that I needed to change so many things in my life. I think it's successful for so many of us because it can set you up for LONGTERM changes....unlike many other things I have tried. I felt like it was a comprehensive package that was very doable and never discouraging." - Linda C.

"One of the things that really worked well for me in this program was getting a better handle on nutrition, like getting advice about meal prep, finding alternatives, and making sure I'm on track. Also the accountability piece with having a weekly discussion with a coach to keep up with my exercise routine. I'm building muscle and my waist size has dropped. There's real changes." - Mark W.

Read more at [www.smhRENEW.com](http://www.smhRENEW.com)