

# RENEW Program

Restore and Empower through Nutrition, Exercise and Wellness

## Program Preview 2026





# 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 who are looking to...



Lose body fat & inches



Improve lab work &  
reduce medications



Gain energy & feel  
healthier

### 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

*"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.*



RENEW is offered for \$150 per month.

## What's Included

- **Professional health coaching:**
  - Weekly guidance and accountability from a professional Health-Wellness Coach
  - 30-minute Zoom call
  - Small-group style: 3 members to 1 coach
- **Nutrition guidance:**
  - Weekly personalized nutrition feedback from a Registered Dietitian
- **Group activities and lessons:**
  - Weekly activities to learn and build skills across nutrition, exercise, and wellness
  - Held Tuesday evenings 6-7pm (summaries provided if unavailable to attend)
  - Many are virtual on Zoom, some are in-person at HealthFit
- **Tools to be successful:**
  - Access to a robust library of resources
  - Includes recipes, meal plans, exercises, meditations, and habit-building tools
  - Continuously updated with new information
- **Regular assessments:**
  - InBody Metabolic Assessments and Lifestyle Score Assessment performed every 10 weeks to guide your progress

*"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.*

## Your Support Team

- Your RENEW coaches are comprised of professional Health-Wellness Coaches, Registered Dietitian-Nutritionists, and exercise specialists
- Bringing you expertise in nutrition, strength training, cardio, yoga, meditation, mindfulness, sleep, and more
- Overseen by Medical Director 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 available. 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.

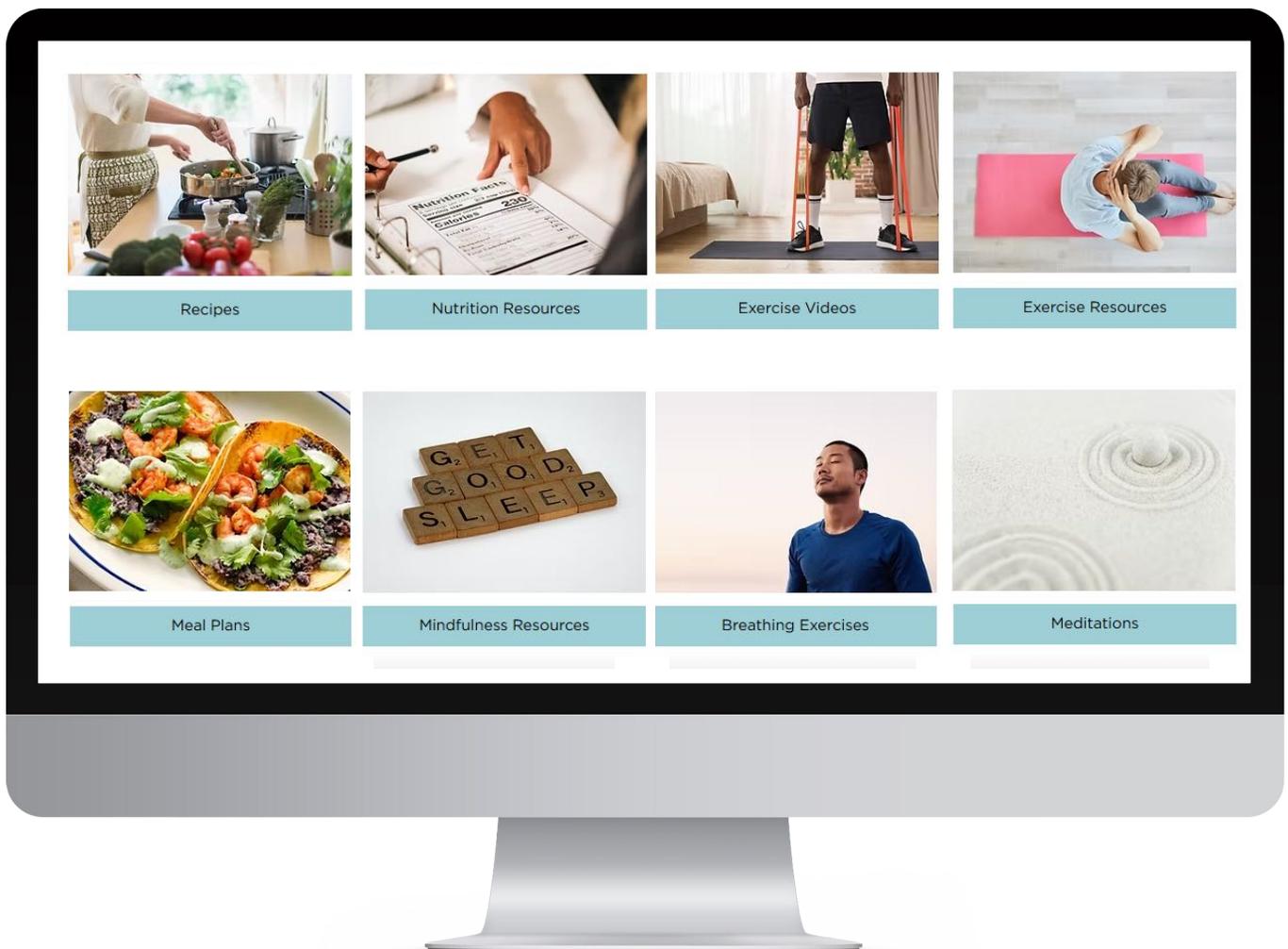
### How do coaching sessions work?

- 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 250 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!



# 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)