

# RENEW Program

Restore and Empower through Nutrition, Exercise and Wellness

## Program Preview





# 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

Note: Other inclusion and exclusion variables apply, see website for full details.

*"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.



## What's Included

- Weekly group coaching with committed Health-Wellness Coaches
- 10 weeks of group activities consisting of educational sessions and exercise classes
- 10 weeks of meal plans with easy meal planning strategies
- Weekly content exercises to walk you step-by-step through our proven framework
- FitBit activity tracker with app-based technology to easily track progress
- Meal logging technology with personalized coach feedback
- 10 free weeks of HealthFit gym membership including
  - Pre- and post-program InBody Metabolic Assessment
  - Health Risk Assessment with an Exercise Specialist
  - Exercise Equipment Orientation

*"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

By incorporating simple changes, you can decrease your risk of dying prematurely by up to 30%

## 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

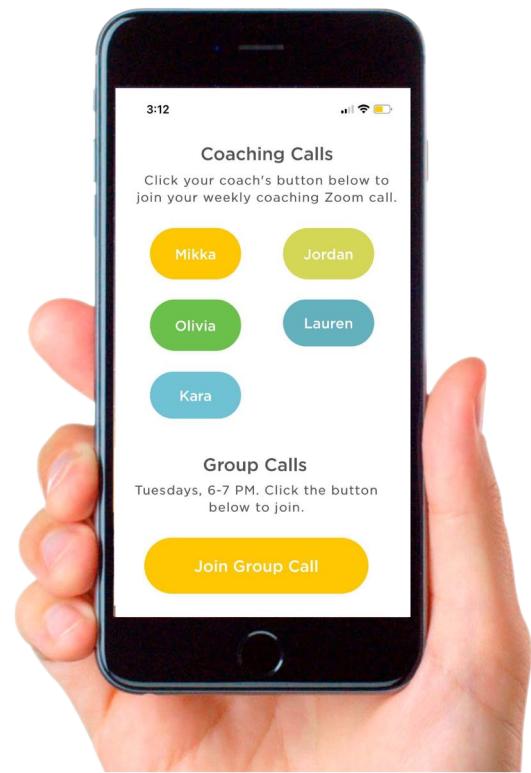


*"The access to health, nutrition and fitness coaches is invaluable. I realized I spent a lot of years taking care of everybody else and not myself. This is my time now and I'm enjoying it. It's just been life changing for me and I'm grateful."*

- Jan V

## RENEW Technology - Like Having A Coach In Your Pocket

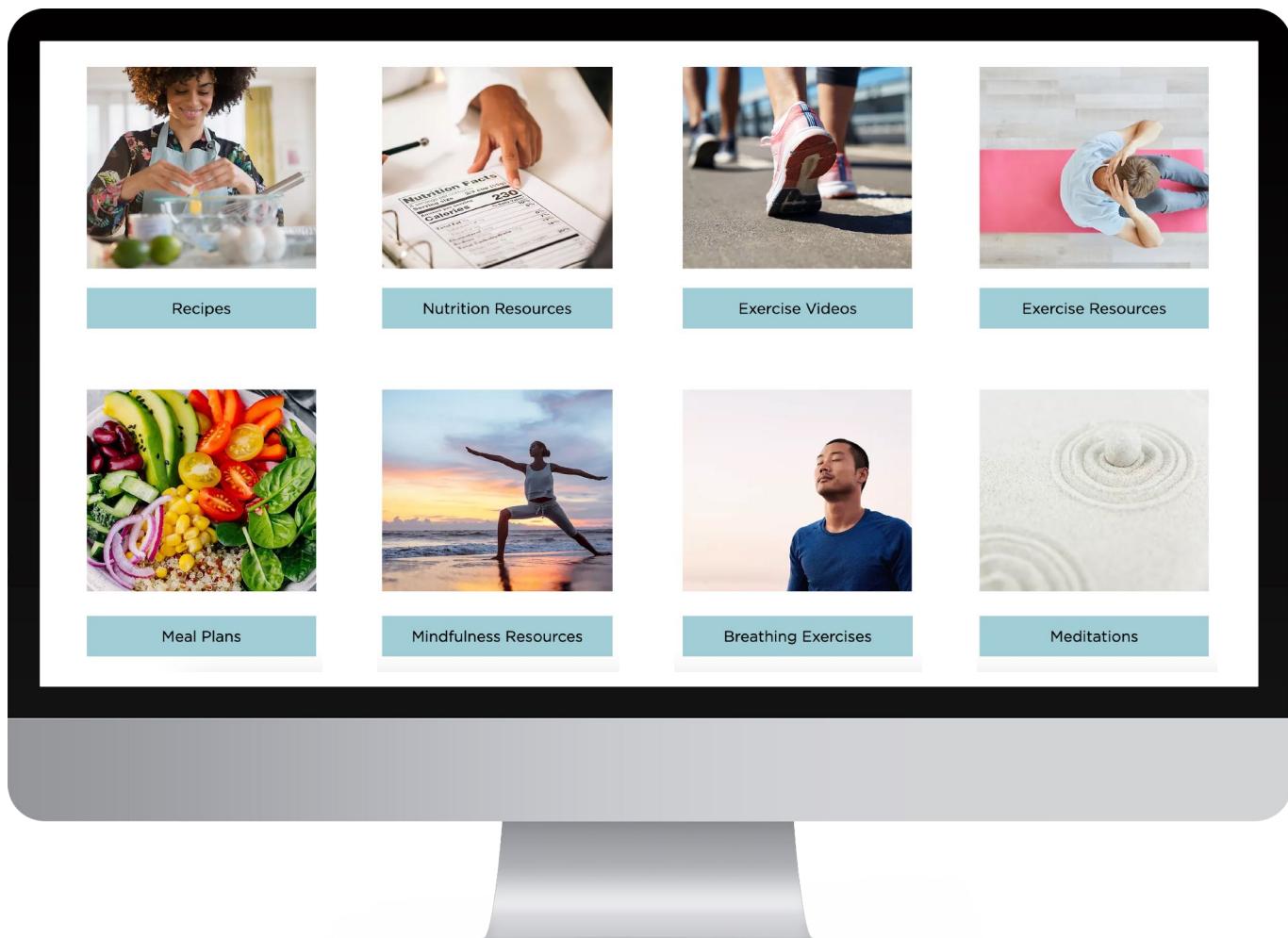
- Easy-to-navigate and secure video chatting with your coach and group members
- Upload pictures of your meals for easy accountability and receive personalized feedback and guidance from your coach
- Track your cardio, strength, and stress management goals to allow your coach to monitor your progress
- Receive reminders and periodic check-in texts



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

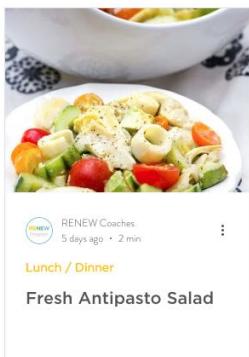
- Over 100 recipes to fit vegan, vegetarian, gluten free, pescetarian, diabetic-friendly, and heart-healthy diets
- Robust variety of success resources, nutrition resources, exercise resources, and stress management resources
- Meal plans with shopping list, meal prep strategies, and nutrition facts
- Guided meditations and breathing techniques to decompress and lower blood pressure

...and so much more!



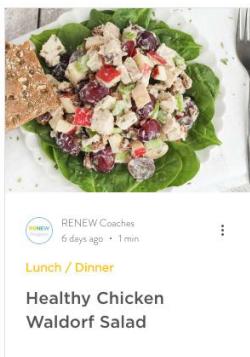
			
Recipes	Nutrition Resources	Exercise Videos	Exercise Resources
			
Meal Plans	Mindfulness Resources	Breathing Exercises	Meditations

# Recipe Examples

[All Recipes](#)[Breakfast](#)[Smoothies](#)[Lunch / Dinner](#)[Dessert](#)[Snack](#)[Side](#)[Drink](#)RENEW Coaches  
5 days ago • 2 min

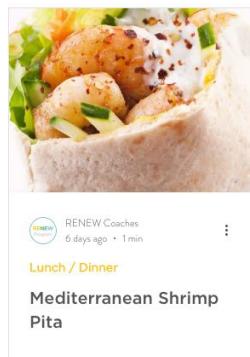
Lunch / Dinner

Fresh Antipasto Salad

RENEW Coaches  
6 days ago • 1 min

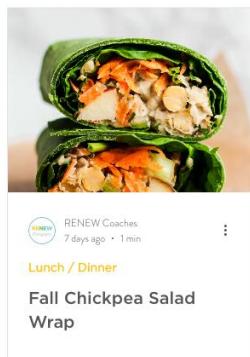
Lunch / Dinner

Healthy Chicken Waldorf Salad

RENEW Coaches  
6 days ago • 1 min

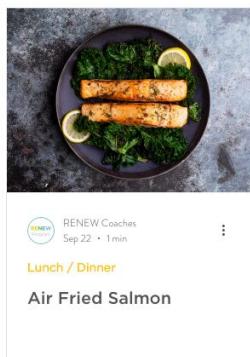
Lunch / Dinner

Mediterranean Shrimp Pita

RENEW Coaches  
7 days ago • 1 min

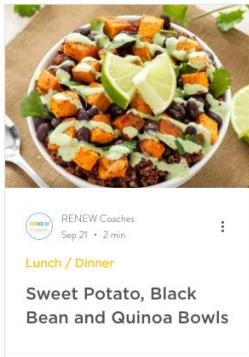
Lunch / Dinner

Fall Chickpea Salad Wrap

RENEW Coaches  
Sep 22 • 1 min

Lunch / Dinner

Air Fried Salmon

RENEW Coaches  
Sep 21 • 2 min

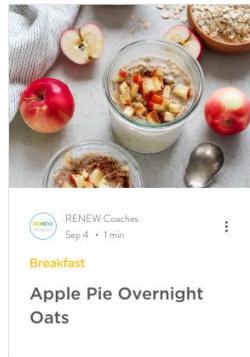
Lunch / Dinner

Sweet Potato, Black Bean and Quinoa Bowls

RENEW Coaches  
Sep 4 • 1 min

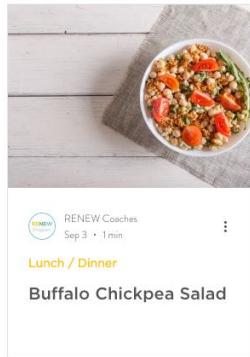
Lunch / Dinner

Buckwheat Soba Noodle Stir Fry

RENEW Coaches  
Sep 4 • 1 min

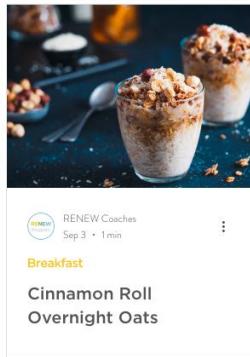
Breakfast

Apple Pie Overnight Oats

RENEW Coaches  
Sep 3 • 1 min

Lunch / Dinner

Buffalo Chickpea Salad

RENEW Coaches  
Sep 3 • 1 min

Breakfast

Cinnamon Roll Overnight Oats

RENEW Coaches  
Aug 30 • 1 min

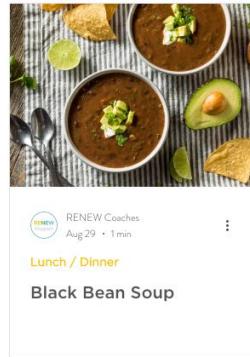
Breakfast

Banana Nut Pancakes

RENEW Coaches  
Aug 30 • 1 min

Smoothies

Peaches and Cream Smoothie

RENEW Coaches  
Aug 29 • 1 min

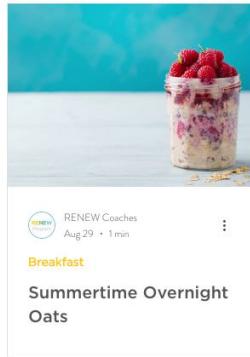
Lunch / Dinner

Black Bean Soup

RENEW Coaches  
Aug 29 • 1 min

Lunch / Dinner

Farmer's Vegetable Soup

RENEW Coaches  
Aug 29 • 1 min

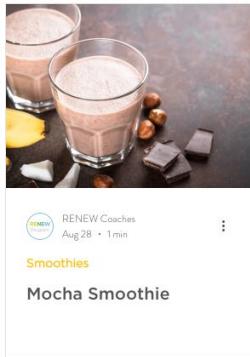
Breakfast

Summertime Overnight Oats

RENEW Coaches  
Aug 28 • 1 min

Smoothies

Banana Chai Smoothie

RENEW Coaches  
Aug 28 • 1 min

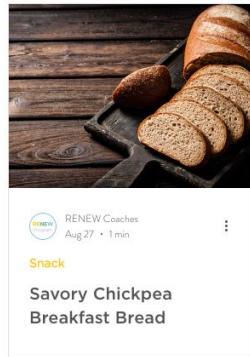
Smoothies

Mocha Smoothie

RENEW Coaches  
Aug 27 • 1 min

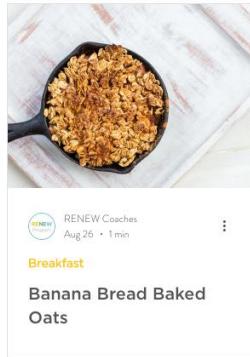
Lunch / Dinner

Vegan Butternut Squash Mac &amp; "Cheese"

RENEW Coaches  
Aug 27 • 1 min

Snack

Savory Chickpea Breakfast Bread

RENEW Coaches  
Aug 26 • 1 min

Breakfast

Banana Bread Baked Oats

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](#)

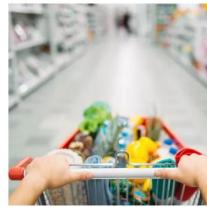
## Carbs, Fats, and Proteins Swaps Guide

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

[Read More](#)

## 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

[Read More](#)

## 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

[Read More](#)

## Plant-Based Proteins and Swaps

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

[Read More](#)

## 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

[Read More](#)

## RENEW Nutrition Guidelines

Program guidelines

[Read More](#)

## Refrigerator Swaps

Upgrade your cold items with these easy swaps

[Read More](#)

## Snack Suggestions

Reach for these healthy items between meals

[Read More](#)

## 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](#)

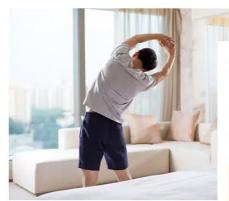
## Healthy Heart Rate Zones

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

[Read More](#)

## 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

[Read More](#)

## "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](#)

## Complementary 10-Week Membership

HealthFit is excited to offer you a complimentary 10-week membership with your participation in the RENEW Program. This is your time, so make the most of it!

At HealthFit, you'll find everything you need to kickstart your routine and craft a workout regimen best suited for your health and your goals. With guidance available from certified personal trainers, be sure you're getting the most out of your workout. With medical oversight provided by the healthcare professionals of Sarasota Memorial, be confident you can do it safely. And with the largest variety of classes and activities in the region, be certain you'll always find something for you.

## Included in Membership

### ► InBody Metabolic Assessment

Learn your metabolic rate, muscle-to-fat ratio, and track your progress on a big-picture level, rather than just focusing on weight.

### ► Health Risk Assessment

Schedule a one-on-one consultation with an exercise expert to discuss your current fitness level, health and/or injury considerations, and specific fitness goals.

### ► Exercise Equipment Orientation

Schedule one-on-one floor time with a certified Personal Trainer. During this hour your Personal Trainer will use the information gathered in your Health Risk Assessment to demonstrate proper machine usage and workouts we believe will get you best results, keeping your health history in mind.



POWERED BY SARASOTA MEMORIAL



# Testimonials

## Hear what past participants have to say...

"Appreciative of this AWESOME program as it is very well worth it!" – Mylene V.

"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.

"I've been on so many diets that were not successful, and this is so different. It truly is a lifestyle change – not a diet." - Kimberly V.

"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.

"I would highly recommend this program to anyone, no matter how big or small your goals may be, as it has made a considerable change in the way I feel." - Angela F.

"Before the program my A1c levels had been all over the place (7.5-8%). Since I've started the program, they're consistently below 7% (6.4-6.7%). Both of my physicians are excited about that for me." - Robb W.

"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.

"No more evening headaches. Minor aches and pains reduced. Lipids have dropped. And for the first time in 11 years my weight dipped below 200 and I dropped one pant size down." - Kathy M.

"10 lbs down later, I am so very grateful for the mission of RENEW, and my willingness to change! If I falter, I don't stay there, no self talk of punishment or guilt. Thanks to all who make this program possible and successful!" - Mary Beth D.

"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.