

5 Week Holiday Wellness Challenge

November 9 - December 14

***Navigate the holidays with greater self awareness!
Small steps - Meaningful change - PRIZES***

WEEK 1 Nourish Yourself: Understanding Your Relationship With Food

The holidays often bring food traditions, emotions, family expectations, and stress. Rather than focusing on restriction, participants learn to better understand their relationship with food.

Weekly focus:

- Introduction to the nine hungers.
- Understanding the connection between emotions and eating.
- Recognizing physical hunger, cravings, and other needs.
- Exploring how thoughts and feelings influence food choices.
- Practicing mindful awareness without judgment.

WEEK 2 Reconnect With Your Body: Movement Without Punishment

Exercise doesn't need to be about changing your appearance or compensating for what you've eaten. This week focuses on developing a healthier relationship with movement.

Weekly focus:

- Exploring body image and self-talk.
- Understanding the value of strength and functional movement.
- Finding enjoyable ways to move.
- Creating a realistic movement plan.
- Learning to listen to your body's needs.

WEEK 3 Find Your Balance: Emotions, Stress, and Self-Awareness

The holiday season can bring emotional demands, disrupted routines, and increased stress. This week helps participants recognize their needs and respond more intentionally.

Weekly focus:

- Understanding emotional influences on eating and movement.
- Practicing mindfulness and self-awareness.
- Identifying personal stressors.
- Developing practical ways to create more balance.

WEEK 4 Navigate the Holidays: Boundaries Without Guilt

Participants learn how to prioritize their well-being while enjoying holiday traditions, relationships, and celebrations.

Weekly focus:

- Navigating food-centered gatherings without guilt.
- Recognizing emotional triggers.
- Setting healthy boundaries with family and friends.
- Practicing self-compassion when plans change.
- ***Letting go of all-or-nothing thinking.***

WEEK 5 Create Lasting Change: Your Personal Wellness Plan

The final week brings everything together. Participants identify what they have learned and develop an individualized approach to wellness that can continue beyond the challenge.

Weekly focus:

- Reflecting on changes in food relationships, body image, and movement.
- Identifying personal strengths and areas for continued growth.
- Exploring individual wellness needs and goals.
- Creating a sustainable plan for the holidays and beyond.

COST \$147

What's included....

- ☀️ Weekly educational lesson through recorded videos or online group sessions
- ☀️ Weekly challenge & PRIZES
- ☀️ Weekly check ins with coach for questions and education (optional)
- ☀️ Private Online community for support, motivation, connection

To reserve your spot -

venmo Stacy-Gogolinski (1221)

paypal thecomefitzonefitnessstudio@gmail.com

text 508-498-1221

email diamondgwellness@gmail.com