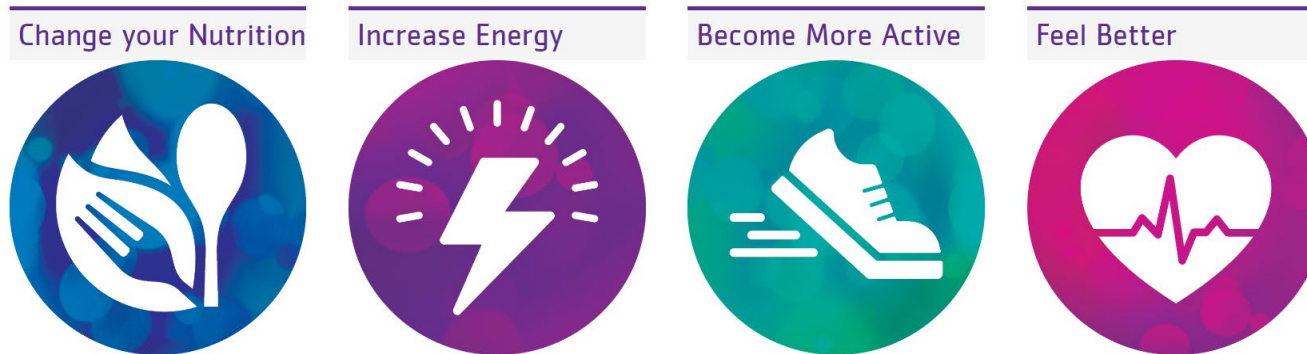


WELLNESS FOR LIFE FOR GLP-1 USERS

Wellness for Life is all about working with your body and mind, not against it. Through our holistic approach to getting active and encouraging yourself and others, participants see long-term changes to their health.



OVERVIEW

The YMCA's **Wellness for Life for GLP-1 Users** is an evidence-informed program that helps participants establish sustainable approaches to healthy eating, physical activity and other lifestyle factors that support health and weight management. This program formerly known as Lose to Win, was redesigned, and re-launched in January 2024. Previous program data demonstrates that 95% of participants have become more mindful of their eating choices, 80% of participants have increased their level of physical activity, and that 93% of participants lost weight.

The YMCA Wellness for Life Program has long supported adults seeking lasting lifestyle change. According to the [British Medical Journal](#), the number of patients in the US prescribed glucagon like peptide-1 (GLP-1's)* for weight loss in the US has risen from around 21,000 in 2019 to over 174,000 in 2023—a rise of more than 700%.

While GLP-1's may offer pharmaceutical support for those seeking weight loss, the FDA approval indicates that they should be always prescribed in conjunction with a lower calorie diet and increased physical activity,(i.e. lifestyle change!) which is often the most challenging part of maintaining weight loss. While we know lifestyle change is a key long term success indicator for GLP-1 users, supportive programming can be difficult to find.

This **Wellness for Life for GLP-1 Users Program** has been specially designed to support those that are taking GLP-1s in creating Lifestyle Changes to support their long-term health and wellness journey. This program brings people together to create support and accountability to meet their lifestyle change goals.

There will not be any clinical or pharmaceutical guidance provided as part of this program. Participants should consult with their primary care physician for any medical questions.

*Glucagon-like peptide-1's (GLP-1) are a class of medications that have been shown to improve blood sugar control and drive weight loss. These medications are manufactured and sold under many different brand names.

ABOUT THE PROGRAM

In a virtual or in person classroom setting, a Lifestyle Coach specialized in behavior change, nutrition and physical activity facilitates a small group of participants. Participants learn skills and strategies surrounding nutrition, physical activity and other behavior changes that impact whole person health while in a supportive, group environment. The 4-month program consists of 16 weekly, one-hour sessions. The weekly sessions are discussion based and provide an opportunity for participants to learn about healthy habits, engage in problem solving, set goals, establish a physical activity routine, and share their progress along the way.

WHO CAN PARTICIPATE

Participants eligible for this program must be at least 18 years old, currently taking a GLP-1 medication, be ready to make lifestyle change and can commit to attending sessions each week for four months.

PROGRAM CURRICULUM

Participants receive digital handouts relevant to discussion of each Session via email. Participants receive a printed program journal which contains a session overview for each meeting, educational materials, space to take notes, set goals, track progress in the program and more. Program participants will also receive a printed physical activity journal that will support them in establishing and/or maintaining a physical activity routine. Hard-copy journals will be mailed to virtual program participants one week prior to the first session and will be distributed during the first session for groups meeting in person.

Session 1. Introductions & Orientation

Objective: Participants get to know one another and the program. The facilitator will review the program format, participant expectations, and group norms. Participants will become familiar with methods and strategies surrounding tracking food and physical activity.

Session 2. Goal Setting –Sticking with It

Session Objective: Participants become familiar with establishing short term ‘SMART’ goals to work towards long term achievement. Importance of accountability to self, the group and loved ones is discussed to stay on track with goals both in and outside of class. Review SMART Goal Toolkit and allow time for individual Focus Area Assessment.

Session 3. Nourishing the Body Part One

Session Objective: Participants discuss balanced eating, portion sizes and ways of eating that help support wellness. Strategies for making the healthy choice the easy choice are brainstormed. Participants learn to gain control over their food choices and become aware of how food makes them feel, which leads to long-term healthy eating.

Session 4. Monthly Progress Check

Session Objective: Participants revisit the key focus areas and reflect on what they’ve accomplished so far, what they’re still working on and an action plan to sustain momentum.



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Session 5. Physical Activity – Establishing a Routine

Session Objective: Participants learn to plan for physical activity. Whether participants are new to being active or returning after a prolonged absence, planning occurs one day at a time and is essential for sticking with the program. Principle components of physical activity and safety are discussed. Weekly activity goals are put in place.

Session 6. Nourishing the Body – Part 2

Session Objective: Participants will explore ways of tuning in to their body's signals of hunger and fullness as well as the many forms of hunger in order to establish and support a healthy relationship with food.

Session 7. Stress and Self Care

Session Objective: Participants will learn that stress can have an impact on whole person health goals. Participants will reflect on causes of stress, examine strategies for managing it, and ways to practice self-care when stress is unavoidable.

Session 8. Monthly Progress Check

Session Objective: Participants revisit the key focus areas and reflect on what they've accomplished so far, what they're still working on and an action plan to sustain momentum.

Session 9. Preparation, Planning & Action

Session Objective: Participants learn to effectively plan. There is a finite amount of time in the day, yet we never have enough. Participants will learn to find pockets of time to add new activities that support wellness goals, while removing activities that are not conducive to being active and eating healthy. This session is a bridge to increasing activity and meal preparation, keys to supporting negative energy balance.

Session 10. Engineering a Supportive Environment

Session Objective: Participants take a deeper look at their work and home environments as well as routine and determine how they help or hinder their progress. They learn ways to engineer their environment so that the healthy choice is the easiest choice. Participants are also familiarized with current local health initiatives and encouraged to become activists for creating a healthier community for all.

Session 11. Positive Self Talk

Session Objective: Negative thoughts can be self-defeating and are not conducive to achievement. Participants are not likely to make positive changes out of negative thoughts. This session focuses on promoting positive inner voice and feelings of self-efficacy by creating awareness around negative thinking and implementing strategies to put an end to it.

Session 12. Monthly Progress Check

Session Objective: Participants revisit the key focus areas and reflect on what they've accomplished so far, what they're still working on and an action plan to sustain momentum.



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Session 13. Sleep Hygiene

Session Objective: Participants will explore ways to create habits that support the quality and quantity of sleep in order to support overall health.

Session 14. All Foods Fit & Mindfulness

Session Objective: Participants will explore strategies to engage in mindful eating habits and establishing a balanced approach to eating that allows all foods to be part of a healthy lifestyle.

Session 15. Physical Activity Fun and Forever

Session Objective: Participants will learn how to increase physical activity and determine how to continue to challenge their physical activity levels and review the benefits of engaging in different types of activity like cardio, strength, flexibility, and the importance of rest days.

Session 16. Sustaining Your Progress and Forecasting Your Future

Session Objective: Participants will explore strategies for continuing their progress when the program concludes and are invited to acknowledge and celebrate their achievements over the past four months. Participants revisit the key focus areas one last time and reflect on what they've accomplished so far, what they're still working on and an action plan to sustain momentum for a lifetime.