

## What is the Healthy Living Class?

The Health Living class is a 12 week program that meets once a week for one hour at the office. Each week will cover a different subject that will help you develop healthy habits to overcome mental obstacles, accountability, and support from peers in class. One on one coaching is also provided by the physician as needed. The class is taught by Dr. Jacobi.

### Who is the class for?

Someone who is overweight or obese. If you are at risk for or already diagnosed with diabetes, high cholesterol, high blood pressure, or any other medical condition related to excess weight.

### What is the cost?

If you have insurance and a medical condition that meets requirements, we will bill your insurance. You would be responsible for any copays, coinsurances, deductibles, and/or balances which your insurance does not cover. If you do not have insurance, the cost per class is \$97.

### How do I enroll?

You can contact us at the office at 626-716-9206, or sign up online at [www.thehealthylivingmedical.com/healthy-living-classes/](http://www.thehealthylivingmedical.com/healthy-living-classes/). For more information, email [admin@healthylivingmedical.com](mailto:admin@healthylivingmedical.com)

## 12 Week Schedule:

### Week 1

SMARTER	Learn how to set your goals intelligently and with purpose
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### Week 2

Tracking	Find out why measuring your progress is important and what you need to measure to optimize health
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### Week 3

Nutrition	Eliminate confusion about the right foods to eat
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### Week 4

Exercise	Discover what is the best exercise and surprising benefits you may not know
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### Week 5

Sleep	Learn what you can do to ensure proper sleep to improve your energy
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### Week 6

Meditation	An easy practice to learn which can help you become more resilient in as little as 2 minutes a day
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### Week 7

Journaling	Your system to health success
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### Week 8

Cravings	It only takes this technique to eliminate unwanted cravings for tempting foods
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### Week 9

Reframing	An essential skill so you can overcome mental obstacles
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### Week 10

Values	Optimize your health values so you can reach your goals easier
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### Week 11

Visualization	Find out the right way to visualize your success in health
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### Week 12

Systematic	Combine all you have learned in a simple and easy system for healthy living
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