



UtopiaWellCare 

# PROGRAMS & CHALLENGES

[WWW.UTOPIAWELLCARE.COM](http://WWW.UTOPIAWELLCARE.COM)

## Nutrition-Based Programs

Title	Description
<b>DashDietRx™ - Your Prescription for a Heart Healthy Lifestyle</b>	This program sends daily content in an email that includes your meals for that day. You can log in to your account on a web browser or in the app in order to access any Bonus Content such as the Guide, 28-day Meal Plan, or grocery shopping lists.
<b>28 Day Mediterranean Diet</b>	A heart-healthy eating plan, that incorporates the basics of healthy eating characterizing the traditional cooking style of countries bordering the Mediterranean Sea, focusing on whole foods, while minimizing processed foods and added sugars. This plan provides clients with a 28-day menu cycle including breakfast, lunch, dinner, and snack options.
<b>Anti-Inflammatory Meal Planning and how it can help you feel better</b>	Anti-inflammatory meal plans and how they can benefit you. This plan is helpful for anyone who has aches and pains or just wants a nice boost of energy and reductions on their waste line. It can also help folks with issues with gas and bloating and food sensitivities. Learning how to implement a anti-inflammatory meal plan will help you foster life-long changes that improve one's health and well-being.
<b>Clean28 Healthy Life</b>	The Clean 28 Healthy Life Program is a practical and healthy diet plan that focuses on eating whole foods, including lean meats, fruits and vegetables, and healthy fats (avocados, olive oil, and nuts). This dietary plan emphasizes a low-carb, moderate protein, moderate fat diet, never exceeding 1200 calories, in which carbohydrates never go over 20% per day.
<b>Healthy Weight Loss Program</b>	Healthy Weight Loss Program is a practical, healthy, and safe way to learn about weight loss tools. It is all about learning how to eat healthy foods and promote weight loss and maintenance for life.
<b>Learn About Intermittent Fasting for Healthy Weight Loss</b>	Learn how Intermittent Fasting can support healthy Weight Loss. We will share practical, healthy and safe weight loss tips needed for a successful intermittent fast. It is all about eating healthy foods and actions.
<b>Learn what is needed to follow an Elimination Diet</b>	This program is ideal for people who want to learn what an elimination diet is used for, who can benefit and what to expect from using it. This is great for people who have sensitivities, allergies, skin outbreaks, stomach problems, low energy, headaches and more.

<p><b>Functional Nutrition Fundamentals Eating Your Way to Better Health - LM</b></p>	<p>This program is an introduction to what Functional Nutrition is all about, finding the right way for each of us as individuals to eat—using food to maximize the potential for health and reverse dysfunction or disease. There is no single “right diet” that applies to this program but instead you will be guided and supported by a dietitian to develop an eating plan that best suits your unique individual needs.</p>
<p><b>Learn How to Meal Plan with Gluten Free Foods</b></p>	<p>This program will provide you with all of the information you need, day to day, to follow a Gluten Free diet. It will give you guidelines, tips, food lists, and meal ideas to help you easily enjoy the Gluten Free diet lifestyle for better health.</p>
<p><b>Gluten Free Mediterranean Diet</b></p>	<p>The Gluten Free-Mediterranean diet incorporates colorful fruits and vegetables, hearty fish — plus a splash of flavorful olive oil and perhaps even a glass of red wine — among other components characterizing the traditional cooking style of countries bordering the Mediterranean Sea. Although historically rich in grains, this diet is easily made gluten free.</p>
<p><b>Learn how to meal plan with Paleo Principles</b></p>	<p>This program will explain what is needed to follow a Paleolithic or Paleo Diet is based on eating modern day foods that mimic foods of our pre Agricultural Revolution (about 333 generations ago), eating unprocessed “real” foods such as meat, seafood, eggs, vegetables, fruits and nuts.</p>
<p><b>Understanding Low Carb Foods and Meal Planning.</b></p>	<p>Learn what low carbohydrate foods are and how to incorporate them into a meal plan that helps optimize your health.</p>
<p><b>Learn how to meal plan for Improved Energy</b></p>	<p>The Mitochondria Health Program is an anti-inflammatory, low-glycemic, gluten-free, low-grain, high-quality fats approach to eating. The plan focuses on supporting healthy mitochondria through the use of therapeutic foods that improve energy production. Your dietitian will help you implement this plan that supports cellular energy production, overall vitality, and healthy aging, using food for optimal energy while preventing accelerated aging in our most susceptible tissues.</p>
<p><b>Optimize your health: Learn how to Meal Plan without counting calories.</b></p>	<p>This is a 28 Day Program: The premise of this Paleo diet program is not low calorie or low fat. There is no calorie counting or food weighing. It is not so much a diet for weight loss but more of a nutritional approach to help to optimize your health, minimize your risk of chronic disease and help you lose weight. The emphasis is on the quality of foods you consume. You are encouraged to buy local, organic, grass-fed foods as much as possible and avoid processed, refined, and packaged foods including grains, legumes, and excess sugar (especially fructose).</p>
<p><b>*Plant Based Diet</b></p>	<p>This plant based diet program is a way of eating that focuses on whole, clean, natural foods that have had no chemical processing or genetic modifications involved from the point of</p>

	<p>creation to delivery to your plate. This diet differs from the vegetarian and vegan diets in that it actually permits animal food products like meat, dairy, fish and eggs. However, most of the required protein comes from plant sources and animal products must also comply with the principle of eating foods that have had little to no chemical processing or treatment involved.</p>
<p><b>Learn new skills and habits needed for a healthy lifestyle</b></p>	<p>Learn new skills and habits to help you embrace a healthy lifestyle. This Program goes over the key steps needed for healthy living. It can help you reach your health goals.</p>
<p><b>*Vegan Plant-Based Diet</b></p>	<p>This program is great for those dealing with a chronic disease. For this program, you will be following the complete vegan, plant-based approach. The nutrition guidelines for a vegan lays heavily on variety. Following the vegan, plant-based guidelines of eating means not eating meat, fish or poultry as ll as any animal by-products like eggs, dairy and honey. Instead, meals focus on generous portions with a variety of fruits, vegetables, leafy greens, whole grain products, nuts, seeds and legumes. Protein requirements can easily be met with adequate calorie intake and with focus on a variety of vegan food groups.</p>
<p><b>Vegetarian Diet - (30 Day)</b></p>	<p>This vegetarian program will serve as a guide to provide you all the tools to easily transition from your current diet to a vegetarian lifestyle that fits your needs.</p>
<p><b>*Weight Loss Roadmap (5 Phases: Education, Elimination, Reintroduction, Transition, Healthy for Life)</b></p>	<p>The Weight Loss Roadmap is the last diet you'll ever need. Why? Because this is not a "diet" in the way you think of diets. Losing weight and getting to the healthy size and shape that your body is meant to be at, is not about a diet. It's about a lifestyle change. This roadmap is your complete guide to losing weight and keeping it off, for life. Our Dietitian provide you wiht the support and the skills you need after the diet phase, so you can stick to a plan that works for your lifestyle. And a lasting understanding of how easy it is to switch to healthy living habits, in a practical and joyous way, every day for the rest of your life.</p>
<p><b>Welcome to UtopiaWellCare - 365!</b></p>	<p>This is our Daily Affirmations and Health Tips Guide that gets dripped out to your email to keep you motivated to stay in your health and wellness zone that gets results.</p>

## Activity & Exercise Programs:

Title	Program
<b>12 Days of Stretching</b>	This program consists of various stretching exercises that are focused on loosening muscles to aid in preventing injuries, decreasing stiffness, and increasing blood circulation. Different videos are provided to assist with stretching exercises for different muscle groups.
<b>8 Week Toning Plan</b>	This toning plan is designed to get you in shape by performing a combination of strength and cardio training, that will get increasingly more challenging as the weeks go on. Each day will begin with short cardio warm-ups, followed by a strength training workout that will train a specific muscle group or a longer cardio workout. After 8 weeks muscle definition will be apparent.
<b>8 Week Advanced Training Plan</b>	This advanced training plan consists of 8 weeks, taking you through a series of challenging workouts that will get you to an optimized fitness level. The days will be divided by muscle groups, combined with cardiovascular sessions. Each participant will need access to weights. This advanced program is great for anyone willing put in the work to get fit.
<b>Beginner 6 Week Exercise Program</b>	This beginner plan is best performed at the gym. Home gym users will need a bench, dumbbells, a bar with weights, and ankle weights. Clients or patients who are deconditioned and have minor restrictions will find this beginner workout to be an easy way to get back into shape. Plan is delivered to email daily and viewable on BodySite as well. Text message delivery is optional.
<b>Basic Walking Program</b>	This walking schedule is based on guidelines from the National Heart, Lung, and Blood Institute and the National Physical Activity Guidelines and can start you on the path to better fitness and health. In this six-week program, the beginner walker will improve overall health and increase energy. Walks start at 10 minutes or less and gradually work up to 30-plus minutes. Health experts have found that about 30 minutes a day of regular moderate exercise is effective for improving health and reducing the risk of many diseases.
<b>Five Day Split Workout</b>	This workout is a five-day split with 2 days' rest. Here is what is recommended: Monday - Chest and Triceps; Tuesday - Back and Biceps; Wednesday - Shoulders and Legs; Thursday - Rest; Friday - Chest, Back and Arms; Saturday - Shoulders and Legs; Sunday - Rest
<b>Get Ripped Program for Women</b>	This 12-week program is designed specifically for women who- are looking to take their fitness to a new level. Whether you're looking to rock that tiny bikini, get in

<p><b>Healthy Pregnancy Wellness Program</b></p>	<p>This plan is designed to get you moving in the right direction and keep you going throughout your pregnancy. Whether you are wanting to lose a little or a lot of weight or get more active and improve your health, this plan will get you started. It will include a beginning exercise plan along with tips for starting and succeeding on your wellness plan. It will start out slowly and gradually get more challenging through the 8 weeks.</p>
<p><b>Intermediate 8 Week Program</b></p>	<p>This 8-Week intermediate workout plan is designed for individuals with access to a gym or who have gym equipment. This plan includes strength training workouts and cardio. Days of the week are split up based on the muscle group to be exercised.</p>
<p><b>Jessica Biel 8-Week Strength Program</b></p>	<p>This NEW! Push-Pull Program with Cardio, focuses on rotating strength exercises, cardio, warm-ups, cool-down, and stretches.</p>
<p><b>Losing the Baby Weight - An at Home Plan</b></p>	<p>This 8-week program will help to get your body back in shape. This program begins with walking, then adds bodyweight exercises to help rebuild your strength. Each day of this program always starts with a five-minute, slower-paced walk to warm up, and ends with a five-minute, slower-paced walk to cool down. Each week, you will add a longer walk in between your warm-up and cool-down.</p>
<p><b>Men's 6-Week HRT Beginner Fitness</b></p>	<p>This program is designed for individuals who have one or more of the following complaints: lack of energy, fatigue, loss of mental function, weight gain, and/or low libido. Research has proven that exercise is very important to overcome the symptoms you are experiencing, as many of them are, in part, due to being out of shape or overweight, or both. This plan provides exercises to support overall wellness and weight loss.</p>
<p><b>Men's 8-Week Home Fitness</b></p>	<p>This program is designed for individuals who have one or more of the following complaints: lack of energy, fatigue, loss of mental function, weight gain, and/or low libido. Research has proven that exercise is very important to overcome the symptoms you are experiencing, as many of them are, in part, due to being out of shape or overweight, or both. This plan provides exercises to support overall wellness and weight loss. It is best to have access to a gym for this plan.</p>
<p><b>Men's 8-Week Intermediate Fitness</b></p>	<p>This program is designed for individuals who have one or more of the following complaints: lack of energy, fatigue, loss of mental function, weight gain, and/or low libido. Research has proven that exercise is very important to overcome the symptoms you are experiencing, as many of them are, in part, due to being out of shape or overweight, or both. This plan provides exercises to support overall wellness and weight loss. It is best to have access to a gym for this plan.</p>

<p><b>Medical Weight Loss Transition Phase for 12 Weeks</b></p>	<p>This 12-week transition program is designed specifically for those who are coming off of a medical weight loss plan or other supervised weight loss program that already involved an introduction to resistance training and moderately difficult exercise. The program consists of a combination of circuit training, high-intensity interval training, as well as weight training incorporating supersets at different levels. Some days will focus only on specific muscle groups, and some days will be a combination of exercises as well as cardio resistance training. As the weeks progress, the intensity and difficulty of each workout will increase.</p>
<p><b>Six Week Bikini Bootcamp Workout Program</b></p>	<p>This six-week plan is based on a series of strength and circuit workouts, mixed with cardiovascular exercise to build up resistance and burn calories and fat. Each day should be done as instructed, with a short warm-up on circuit days. This plan includes reminders to drink plenty of water, take a rest whenever necessary, eat a balanced diet every day, and refuel on off-days with plenty of rest and water.</p>
<p><b>Six Week Bootcamp Workout - High Intensity Workout</b></p>	<p>This six-week plan is designed for individuals who are already in shape and ready to tear it up. This plan is based on a series of strength and circuit workouts, mixed with cardiovascular exercise to build up resistance and burn calories and fat. Each day should be done as instructed, with a short warm-up on circuit days. This program includes reminders to drink plenty of water, take rests whenever necessary, eat a balanced diet every day, and refuel on off-days with plenty of rest and water. Dietary advice includes cutting out added sugar, all bread, and as much caffeine, dairy, and alcohol as possible.</p>
<p><b>The Lean 13 Exercise Program - Get in Shape in 20 Minutes</b></p>	<p>This plan lasts for 13 weeks and can make an enormous impact on your life in just 20 minutes a day. Since there are 3 workouts per week, you'll exercise only an hour a week for just 13 total hours in 13 weeks. This program is designed to help you feel healthier and stronger and as a result, you'll probably also be smaller and have lower body fat, which is good for many health reasons.</p>
<p><b>True Beginners Exercise Only Program</b></p>	<p>This plan is designed to get you moving in the right direction and keep you going. Whether you are wanting to lose a little or a lot of weight or get more active and improve your health, this plan will get you started. It will include a beginning exercise plan along with tips for starting and succeeding on your wellness plan. It will start out slowly and gradually get more challenging through the 8 weeks. As a beginner you will start walking 5 - 10 minutes at a time and will gradually move up to at least 30 minutes per session; add no more than 5 minutes at a time. It is better to lengthen your walks before increasing your intensity.</p>
<p><b>Women Over 40 Six Week Shape Up</b></p>	<p>This program is geared toward getting you on the road to fitness and better health by treating each person as an individual and focusing on helping you feel better inside and out. This plan includes daily recommendations for vitamins and supplements, exercise</p>

	<p>recommendations and, and other lifestyle recommendations. Each day individuals receive strength training workouts and cardio. Days of the week are split up based on the muscle group to be exercised.</p>
<p><b>Physical Activity Guidelines for 55 and older - FS</b></p>	<p>This program addresses best practices and routines when being active over 50. Participants will learn the ideal exercise for those 50 and over: yoga, tai chi, Qi Gong, Pilates, stretching, resistance, cardio, breathing and rest.</p>



## Lifestyle / Stress Management / Sleep Programs

Title	Descriptions
<b>12 Days of Stretching</b>	This is a 12 Day Whole body stretching program that incorporates warm up, cool downs, yoga, neck, shoulder; abs Core; Hips; Mobility; calf, quadriceps, Myofascial relief for Mid Back; Myofascial Relief for quadriceps; routines and more
<b>Breathing Techniques to Soothe the Soul</b>	15 - 60 minute Mini Course: Learn and experience how abdominal breathing can help you to relax, reset, and refocus
<b>Cultivating Self-Awareness and Mindfulness</b>	15 - 60 minute Mini Course: Learn tools and experience what it feels like to cultivate self-awareness and mindfulness to anchor yourself in the present to improve your health and happiness
<b>Diet, Nutrition, and Lifestyle Journaling -</b>	15 - 60 minute Mini Course: Learn how to create a diet, nutrition and lifestyle journal to optimize your health.
<b>Goal Setting for Behavior Change</b>	15 - 60 minute Mini Course: Learn how to set S.M.A.R.T goals for behavior change to consciously improve your health. Let our Dietitians guide and support you on your path to better health on your terms.
<b>Health Benefits of Napping</b>	15 - 60 minute Mini Course: With the hectic pace of day-to-day life, many people don't get the recommended amount of sleep each night. Combat the effects of sleep deprivation—and repay some sleep debt—by incorporating daytime napping into your schedule. Learn the most beneficial nap types and lengths.
<b>Healthy Living COVID-19</b>	Protect yourself against COVID-19 with practical measures and steps that you can take right now, from your own home. The Healthy Living COVID-19 program is a 30-day plan that includes daily healthy recipes, 21 mindfulness videos to reduce stress and anxiety, daily recommendations to protect yourself from the coronavirus, stretching and yoga routines, and updates as well as tips from the CDC and WHO.

<b>Meditation How to Get Started</b>	15 - 60 minute Mini Course: Improve productivity and mood while promoting health with learning simple 3 minute meditations. Even in small doses, meditation changes brainwaves and improves resilience.
<b>Mindfulness for Insomnia and Sleep Disorders</b>	15 - 60 minute Mini Course: Learn mindfulness techniques to combat Insomnia and Sleep Disorders. Daytime mindfulness activities can improve overall health and contribute to a healthy, deep rest.
<b>Power of Rest in Creating Optimal Health</b>	15 - 60 minute Mini Course - Learn how to focus on the process of restoration, to take charge of your health and wellness. Learn mental, physical, and/or emotional restorative activities that help to promote resilience.
<b>Practicing Gratitude Journaling for better Health</b>	15 - 60 minute Mini Course - “When I started counting my blessings, my whole life turned around.” —Willie Nelson; Learn how to turn 15 minutes of daily journaling into a lifetime of health and wellness
<b>Reducing Exposures to Harmful Chemicals</b>	15 - 60 minute Mini Course - Learn the 10 Categories of toxic chemical that may be sabotaging your weight loss, mood and overall health. Learn tactics for reducing exposure and improving your bodies resiliency when or if exposure occurs.
<b>Resources and Referrals - Active Living (Exercise and Fitness)</b>	15 - 60 minute Mini Course - Learn the Resource: Books, Devices, Wearables, Journals, Apps; Websites, that are helpful for living an Active Life
<b>Resources and Referrals - Mindfulness and Restoration</b>	15 - 60 minute Mini Course - Learn the Resource: Books, Devices, Wearables, Journals, Apps; Websites, that are helpful for Improving Mindfulness
<b>Resources for Wearable Devices and Tracking Tools</b>	15 - 60 minute Mini Course - Learn and Compare Devices & Wearables to support you in tracking your Health Journey.
<b>Restoration Prescription -</b>	15 - 60 minute Mini Course - Creating a Restoration Prescription to jump start your wellness
<b>Strategies for Improving Sleep</b>	60-minute Mini Course - You are not alone. It’s time you got proper sleep. Learn the key habits, foods and activities to achieve proper sleep. Activity: We utilize the Sleep Questionnaire during this program

<b>Strategies for Transforming Stress</b>	15 - 60 minute Mini Course - You are not alone. “The time to relax is when you don’t have time for it.” —Sydney J. Harris; Learn and Experience Strategies for Transforming Stress
<b>Suggestions for Better Sleep</b>	15 - 60 minute Mini Course - Learn Key Suggestions for achieving better sleep. Also learn Key Nutrients and Supplements to support more restorative sleep
<b>The Power of Movement - Living an Active Lifestyle</b>	<p>This plan is designed for the true beginner in exercise and wellness. Whether you are looking to lose a little or a lot of weight, or just want to get active and healthier, this plan will get you started. It will start out slow and will gradually get more challenging as the weeks progress. This is a comprehensive true beginners wellness plan. It will start out with basic tips for successful weight management and an exercise plan that starts at the beginners level and gradually become more challenging over time.</p>
<b>The True Beginners Guide to Wellness</b>	<p>This plan is designed for the true beginner in exercise and wellness. Whether you are looking to lose a little or a lot of weight, or just want to get active and healthier, this plan will get you started. It will start out slow and will gradually get more challenging as the weeks progress. This is a comprehensive true beginners wellness plan. It will start out with basic tips for successful weight management and an exercise plan that starts at the beginners level and gradually become more challenging over time.</p>
<b>Tips to Incorporate Mindful Movement Every Day</b>	15 - 60 minute Mini Course - Mindfulness brings a new dimension to movement. Rather than moving for the sake of moving, or to accomplish a goal, mindful movement is practiced to anchor the body in the present moment.
<b>Strategies for Learn about and Addressing Toxin Exposure for better health</b>	15 - 60 minute Mini Course - Take the Assessment to determine you Toxin Exposure Level & Learn the 10 Categories of toxic chemical that may be sabotaging your weight loss, mood and overall health. Learn tactics for reducing exposure and improving your bodies resiliency when or if exposure occurs.
<b>Welcome to Wellness!</b>	<p>This program is an engagement tool to use with prospective patients before they have committed to a program or while they’re considering their options of working with a dietitian one-on-one. This program allows prospective patients and newly acquired patients to get acquainted with Utopia WellCare and some introductory details of what options Utopia WellCare Dietitians can offer them for a healthier lifestyle.</p>

<b>4Rs of Gut Healing</b>	<p>The four R's protocol (Remove, Replace, Re-inoculate, Repair) works to address the underlying causes of imbalance and aids in alleviating symptoms. The first step in this program is to determine the best approach for the individuals' particular situation and symptoms, then move through these four steps.</p>
<b>Strategies for Understanding the Importance of Colon Transit Time</b>	<p>This program educates individuals on a series of steps that include learning the length of food transit time and foods used to aid digestion to a more normal range.</p>
<b>Learn about Cross Reactions Between Food and Environmental Allergens</b>	<p>This program helps individuals take control of their health by helping them understand that cross-reactivity occurs when the proteins in one substance are like the proteins in another. As a result, the immune system sees them as the same. In the case of food allergies, cross-reactivity can occur between one food and another. Cross-reactivity can also happen between pollen and foods or latex and foods. This program can help individuals figure out trigger foods and learn to minimize or eliminate them.</p>
<b>DashDietRx™ - Your Prescription for a Heart Healthy Lifestyle</b>	<p>This program sends daily content in an email that includes your meals for that day. You can log in to your account on a web browser or in the app in order to access any Bonus Content such as the Guide, 28-day Meal Plan, or grocery shopping lists.</p>
<b>Understanding and Identifying Dental Amalgam Removal</b>	<p>60-minute Mini Course – to understanding and identifying the reasons behind dental amalgam removal. Learn Safety techniques and benefits of removal.</p>
<b>Healthy Aging</b>	<p>This evidence based program based on key component of the National Council on Aging's Guideline addresses key components of healthy aging with a focus on meal planning that supports nutrient quality that help with fall prevention, chronic disease self management and ways to reverse some conditions, mental health support, oral health, activity, productivity and quality of life</p>
<b>Importance of Gut Health after 50</b>	<p>Gut Health plays a significant role in healthy aging. This program is designed to help participants over 50 optimize their gut health to support mood and mental health, energy, sleep, focus, aches and pains.</p>
<b>Leaky Gut Protocol</b>	<p>Your program will consist of 40 days of healthy breakfast, lunch and dinner recipes that will help to heal your gut, eliminate harmful bacteria, and restore good bacteria. Each day you'll be given specific tasks, they are intended to bolster your overall health goals as well as remind you to take your supplements.</p>

<p><b>Low FODMAP Diet</b></p>	<p>FODMAPs or High FODMAPs are certain carbohydrates (sugars) found in foods. These foods are known to pull water into the intestinal tract, resulting in poor digestion/absorption, and could be fermented by bacteria in the intestinal tract, producing unwanted gas or diarrhea. This protocol begins with a 3-week elimination phase, in which you will eliminate High FODMAP foods from your diet. This is designed to nearly eliminate or at the very least minimize your food-related symptoms so you have a blank canvas to work with and can more easily examine which High FODMAP foods are bothering you in Phase II. Phase II will aid in the observation of which foods you can tolerate and those you cannot and in what quantities.</p>
<p><b>Learn Key Nutrients and Supplements needed to support Mental Health &amp; Memory</b></p>	<p>Participants will learn the key nutrients and supplements geared towards brain functions, neurotransmitters, and hormone signals to promote good overall health and mental clarity.</p>
<p><b>Learn Key Foods needed to support a Healthy Microbiome</b></p>	<p>Participants will learn the key foods and lifestyle activities that influence a healthy, well-functioning microbiome in the gastrointestinal tract to promote good overall health, digestion, and nutrient absorption.</p>
<p><b>Learn how to reduce heartburn and acid reflux</b></p>	<p>Participants will learn the key foods, supplements and lifestyle activities that can reduce or help resolve upper GI issues for proper functioning of the upper gastrointestinal tract to promote good overall health, digestion, and nutrient absorption.</p>
<p><b>Learn how to build a strong and balanced immune system</b></p>	<p>Participants will learn the foods and nutrients needed to support both innate immunity and Th1 response; to promote cytokine balance and cell-mediated immunity (including natural killer cell and macrophage activity), as well as healthy Th1 cell status.</p>
<p><b>Learn an integrative approach to mental health</b></p>	<p>Participants will learn what is included in an integrative approach to mental health that is geared towards foods and nutrients that support brain functions, neurotransmitters, and hormone signals to promote good overall health and mental clarity.</p>
<p><b>Learn an integrative approach to Breast Health</b></p>	<p>Participants will learn what is included in an integrative breast health program. Learn what foods and nutrients are needed to support hormones, neurotransmitters, and hormone signals to promote good overall health.</p>
<p><b>3 Steps to Men's Wellness: Learn the importance of Antioxidants,</b></p>	<p>Participants will learn different areas of wellness, including antioxidant enhancement, defense, and repair systems, improving cellular health, and promoting a healthy immune response through foods and nutrition.</p>

<b>Detoxification and Cellular Repair for your health</b>	
<b>3 Steps to Women's Wellness: Learn the importance of Antioxidants, Detoxification and Cellular Repair for your health</b>	Participants will learn different areas of wellness, including antioxidant enhancement, defense, and repair systems, improving cellular health, and promoting a healthy immune response through foods and nutrition.
<b>Learn an integrative approach to supporting Ovarian Health</b>	This program is geared towards women's health including female reproductive hormones, neurotransmitters, and hormone signals to promote good overall health. Participants will learn the key foods, nutrients and lifestyle habits that support these.
<b>Learn an integrative approach to lessen PMS</b>	Participants will learn ways to reduce PMS symptoms through diet, nutrition, and lifestyle approaches.
<b>Learn an integrative approach to improve memory and focus for postmenopausal women</b>	Participants will learn ways to reduce cognitive decline and improve memory and focus through diet, nutrition, and lifestyle approaches.
<b>Learn an integrative approach to healthy weight loss, reduced blood pressure and better cholesterol</b>	Participants will learn ways to improve weight, blood pressure and cholesterol through diet, nutrition, and lifestyle approaches.
<b>Learn an integrative approach to good hormonal health after 50</b>	This program supports the repletion of key nutrients needed for healthy hormone balance as we age. Using a detoxification meal plan and key botanicals, balancing hormones for improved resilience, mood, energy, and weight is possible.
<b>Learn an Integrative Approach to weight loss and long-term weight Maintenance</b>	Participants will Learn 5 simple steps to losing weight and keeping it off long-term. This program includes a 12-week meal plan incorporating the 5 simple steps.

## Group Challenges

Title	Description
<b>Water &amp; Hydration Challenge</b>	This is a 1 week – This challenge is based on individual needs. Participants will learn about water quality learn to calculate their individual goals, determine signs and symptoms of proper hydration and so much more.
<b>Walking</b>	This is a 2-week challenge – This challenge allows you to link your tracking device to our app to monitor and meet your daily walking goals. You will receive an electronic Prize each time you reach your set goals
<b>Fabulous with Fiber</b>	This is a 2-week challenge to get participants to consume an extra 15 – 20 grams of fiber daily.
<b>Eat the Rainbow</b>	This is a 2-week challenge to get participants to consume a variety of colorful produce foods daily.
<b>The Power of Protein</b>	This 2-week challenge gets participants to better understand and implement the use of protein for better health.
<b>Cleaning Out Your Cupboards</b>	This 1-day challenge gets participants to clean out and clean up their cupboards from health draining to health-supportive foods, spices, herbs, and more.
<b>21 Days of No Added Sugar</b>	This 21-day challenge gets participants to remove added sugars/sweeteners from their daily intake. Participants learn how to make healthy swaps that increase energy and vitality.
<b>21 Days of No Added Salt</b>	This 21-day challenge gets participants to remove added salt from their daily intake. Participants learn how to make mouthwatering tasty dishes using fresh and dried herbs, spices, and more. This is a great challenge for individuals wanting to improve their blood pressure.
<b>Chew on This</b>	This 7-day challenge gets participants to be mindful of the importance of thoroughly chewing food. Participants will experience the joys of improved digestion with less gas, bloating, and indigestion. Participants will learn techniques to support the autonomic nervous system and stress management techniques associated with chewing.
<b>I Want Better Sleep</b>	This 7 -day challenge gets participants to be mindful of the importance of good quality sleep on health, weight loss, stress management, and brain health. Participants will learn what lifestyle actions, activities, foods, and nutrients support a better night’s sleep.
<b>5 Minute Meditations</b>	This 7-day challenge gets participants to experience the joys and relaxation of adding a 5-minute meditation regimen to one’s daily routine. Participants will learn multiple 5-minute meditations they can incorporate into their daily lives.

<b>Weight Loss Challenge</b>	<p>This 28 -day challenge gets participants to work in groups to achieve weight loss by focusing on improving elimination, detoxification, inflammation, clean eating, and exercise. Participants groups with the biggest weight loss percentages earn bragging rights and more.</p>
<b>New Year New You: Get Healthy Now Challenge</b>	<p>This is a 14 Day (2-week) challenge where participants learn the basics of healthy eating and the key steps to support a healthy lifestyle.</p>
<b>Get In Shape Inside &amp; Out</b>	<p>This is a 30 Day (4-week) program where participants learn the environmental toxins that may be sabotaging their health &amp; weight loss efforts; and learn the key steps, nutrients, foods, and activities to support healthy long-term weight loss and improved health.</p>
<b>Embrace the Outdoors: Healthy Habits Scavenger Hunt</b>	<p>This is a 14 Day (2-week) program where participants are encouraged to get outdoors. Working in teams (family, friends, coworker groups), participants are encouraged to complete an outdoor scavenger hunt made up of activities that support health and fitness.</p>
<b>All My Ducks Are in Order: Preventive Care Screenings Challenge</b>	<p>This is a 90 Day (12-week) program where participants have the option to work as an individual or as a team in getting all their annual preventive health screenings completed. This program reinforces health tools provided by participants’ insurance carriers as well.</p>

**Note:** The programs and challenges listed above are our base programs and challenges. Utopia WellCare reserves the right to update programs and challenges along with name titles and content to meet the needs of participants, patients and employees of companies under contract.





# EAT REAL GOOD FOOD

HEALTH IS WEALTH, START INVESTING  
IN WHAT WE PLACE INSIDE OUR  
PANTRY, KITCHENS & BODIES

UtopiaWellCare

