

# One to One Health



A Virtual Lifestyle Education Program

## OVERVIEW

HealthKick is a 6-week virtual education program which addresses physical activity, nutrition, creating healthy habits and decreasing stress. Brief education (about 5-minute video) is delivered to participants via text message or email (depending on preference) Monday through Friday for six weeks. At the end of each week, participants must complete a survey which is sent to a health coach to provide insight to the health journey of each individual.

Health Coaches reach out personally each week (via email or text message) to support and encourage the participant and makes themselves available for in-person or telephonic health coaching as needed. The program has 3 “built-in” one-on-one sessions which are established at the beginning of the program (see timeline below). The goal of this program is to increase education surrounding nutrition and develop healthy habits over 6-weeks to last a lifetime.

## TIMELINE

**Prior to start:** **SIGNUP AT [HEALTHYBOILER.COM](http://HEALTHYBOILER.COM); select Engage> Wellness Events> HealthKick**  
**Initial one-on-one meeting (telephonic or in person) Optional:**  
**Establish initial InBody and labs (if in person)**

**Week 1:** **MOVEMENT & WATER | Videos 1-5 sent daily**  
November 1-5  
Survey 1 sent Friday; personal health coach email sent 48 hours following completion

**Week 2:** **NUTRITION LABEL | Videos 6-10 sent daily**  
November 8-12  
Survey 2 sent Friday; personal health coach email sent 48 hours following completion  
Follow-up one-on-one meeting (telephonic or in person)

**Week 3:** **ALL ABOUT FATS | Videos 11-15 sent daily**  
November 15-19  
Survey 3 sent Friday; personal health coach email sent 48 hours following completion

**Week 4:** **ALL ABOUT CARBOHYDRATES | Videos 16-20 sent daily**  
November 22-26  
Survey 4 sent Friday; personal health coach email sent 48 hours following completion  
Follow-up one-on-one meeting (telephonic or in person)

**Week 5:** **ALL ABOUT PROTEIN | Videos 21-25 sent daily**  
November 29-  
December 3  
Survey 5 sent Friday; personal health coach email sent 48 hours following completion

**Week 5:** **CREATING HABITS TO LAST | Videos 16-20 sent daily**  
December 6-10  
Survey 6 sent Friday; personal health coach email sent 48 hours following completion  
Follow-up one-on-one meeting (telephonic or in person)

**QUESTIONS? CONTACT LINDSAY BLOOM AT [LMBLOOM@PFW.EDU](mailto:LMBLOOM@PFW.EDU)**



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