

Binge & Emotional Eating Workshop

This workshop will provide specialized support and guidance for anyone who struggles with binge or emotional overeating. Classes will focus on how to create a healthier relationship with food by better understanding the roles food may be serving in one's life and provide strategies on how to better manage at home. This small group experience will both empower and inspire you to learn how to prioritize self-care instead of relying on the 'false-fix' that food provides in the heat of the moment.

TESTIMONIAL



“Erin did a fabulous job of putting together a fun and informative program that taught me new ideas on my relationship with food and many areas that needed to be refreshed with me. If anyone is coming to H3 because they have emotional, boredom, or stress eating issues I highly recommend they add this program to their trip.”

- Workshop Participant

Fee: \$400

Group is limited to 10 participants.

PROGRAM INCLUDES:

3 eating pattern assessments & analysis, as well as a 45 minute individual intake session with Erin Risius.

WELCOME ORIENTATION

Identifying and Understanding Your Eating Patterns

This class will help you to better understand your current eating patterns and will clarify the difference between emotional eating, compulsive overeating, binge eating and feelings of food addiction.

WHAT ARE YOU REALLY HUNGRY FOR? Tuning into Body Wisdom

This interactive class will explore past and current influences on our relationship with food as well as the physical, emotional and spiritual hungers that influence the role food may be filling in one's life, such as companion, comfort, or for stress management.

GUIDED MINDFUL LUNCH

This guided mindful eating experience will walk you through what it means to mindfully eat and to allow time for practicing what you learn in class.

BREAKING THE CYCLE OF BINGE AND EMOTIONAL OVEREATING

This class will provide key strategies for breaking this cycle and for cultivating self-compassion and patience for learning how to respond to urges to eat with mindfulness and self-care in the heat of the moment.

STEP BACK FROM THE CHATTER WITH MEDITATION AND MINDFULNESS

Much of the challenge associated with emotional eating and binge eating begins with obsessive thoughts and upsetting emotions. In this session we will practice multiple forms of meditation and mindfulness which will provide a break in obsessive thoughts and upsetting emotions so that you leave feeling relaxed, centered, and with more tools.

IT STARTS WITH THE BODY

A negative body image is a perpetual trigger for emotional and binge eating. So, if you want a healthy relationship with food, it starts with healing your relationship with your body. This session will explore practical ways to shift your body image and begin a new appreciation for your body.

OOPS, I DID IT AGAIN!

Lapse Prevention & Management Strategies

This class will explore how to better manage trigger foods and high-risk situations at home, as well as how to rally effective support from family, friends and/or professionals at home. Resources will also be reviewed for helping to continue eating pattern management or for getting unstuck.

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SAMPLE WEEKLY SCHEDULE

Subject to Change

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Beach Walk					
7:30 AM	BREAKFAST					
8:00 AM						
8:30 AM	Body Basics					
9:00 AM	Orientation (1st week) Treading 20/20/4 Cardio Hydro Circuit (Pool)	Treading Cardio Boxing Aqua Zumba (Pool)	Treading Aqua Intervals (Pool) Big Band Cardio Blast	Treading Zumba Hydro Circuit (Pool)	Morning Stretch Barre Fit Aqua Resistance (Pool)	Treading Yoga on the Beach Bands, Balls & Bar
9:30 AM						
10:00 AM	Aqua Tabata (Pool) Barre Fit	Deep Water Conditioning (Pool) Cardio Core Circuit Cardio Boxing	Nautical Noodle (Pool) Mat Pilates TRX Circuit	Deep Water Intervals (Pool) Yoga for Bone Health Medicine Ball	Pilates on the Ball Treading Cardio Boxing	Cooking Demo
10:30 AM						
11:00 AM	FitBite					
11:30 AM	Mastering Motivation Deep Water Balance (Pool)	Setting Yourself Up for Success Intro to Swimming (Pool)	Nutrition for Health Recipe Makeover (H3\$)	Portion Control Yoga Nidra	Staying on Track Intro to Meditation Pilates for Back Strength	Water Class Pilates Posture
12:00 PM						
12:30 PM	LUNCH Thermal Walk		Guided Mindful Lunch	LUNCH Thermal Walk		
1:00 PM						
1:30 PM	ABC's of Moving Well Ultra Circuit	Lecture Application	Tabata Fitness	Lecture Application	It Starts with the Body	Developing Your Fitness Strategy Recreation Activity (H3\$) <i>varies weekly</i>
2:00 PM		30 Minute Core				
2:30 PM	Aqua Resistance (Pool) Intro to Yoga	Intro to Pilates Tabata Fitness	Barre Fit Cardio Core Circuit	Aqua Resistance (Pool) Cardio Strength Circuit		Water Fitness (Pool) Dance Fit
3:00 PM						
3:30 PM	Beach Walk Fitball Strength Cardio Core Circuit Open House: Recovery	Tips to Curb Nighttime Eating Beach Walk Resistance Band	Beach Walk Deep Water Conditioning (Pool) Roll It Out	Beach Walk Yoga in the Pool Fitball Strength	Beach Walk Barre Aqua Aerobics (Pool)	Absolute Aqua (Pool)
4:00 PM						
4:30 PM	Welcome Orientation	Step Back from the Chatter	Breaking the Cycle of Binge and Emotional Overeating - Part One -	Breaking the Cycle of Binge and Emotional Overeating - Part Two -	Oops, I Did it Again!	Cooking Demo (H3\$)
5:00 PM						
5:30 PM						
6:00 PM	DINNER					
6:30 PM	Thermal Walk					

Individual Fitness, Behavioral, Nutritional and Spa Services also available.

*Program and instructors subject to change.

**This workshop may be added to your LivingWell program for a workshop fee of \$400, to be paid with your deposit at time of booking. H3\$ cannot be applied to workshop fees.