

Eat Right For Life Program Particulars

Title: Eat Right For Life

Theme: The majority of illnesses and chronic diseases currently so prevalent in America are largely preventable, and in some cases, fully reversible, simply by eating the right foods. The *Eat Right For Life* Challenge will inspire participants to focus on the five basic tenets for making healthy food choices, as outlined in the *Eat Right For Life* book. Participants are challenged to work toward transforming unhealthy eating behaviors into healthy habits that will promote a lifetime of stellar health.

Duration: 10 weeks

Tracking Mechanism: *Eat Right For Life* Journal

Wellness Emphasis: Nutrition

Goal(s): The goal for participants is to adopt healthy eating habits in five key areas as outlined in Dr. Ann Kulze's *Eat Right For Life*. These include:

- Do your fats right.
- Do your carbs right.
- Eat your fruits and veggies.
- Select the right proteins.
- Drink the right beverages.

Incentive Prize Ideas: Subscription to the Nutrition Action newsletter; gift cards to an organic market, grocery coop, area farmers market or community supported agricultural coop; gardening supplies; fruit basket; healthy cookbook; or cooking equipment and/or tools.