GLP-1 & Lifestyle Coaching Series

NORTH CYPRESS
Internal Medicine and Wellness

Sign up now!

ATTENDANCE TO ALL SESSIONS IS HIGHLY ENCOURAGED TO ENHANCE THE GROUP COACHING EXPERIENCE FOR ALL PARTICIPANTS!

About GLP-1 & Lifestyle Medicine Group Coaching Series

Our GLP-1 and lifestyle medicine group coaching experience offers the opportunity to learn more about GLP-1 medications and their interactions with other key health variables such as nutrition, exercise, stress, and sleep.

The real power of group coaching, however, lies in the community that we create together. A group coaching experience creates a trusting space for exploring your journey alongside people with similar goals. In this collaborative and safe environment, you are more likely to discover something new that will help you grow. Sharing similar interests, objectives, and achievements can empower everyone in the group.

The GLP-1 & Lifestyle Medicine group coaching experience will meet for 6 weeks. Over that time, relationships will develop, learning and growth will be fostered, and focus and direction will be achieved.

SCHEDULE

Sessions will meet via Zoom at 1pm on Tuesdays, starting on September 22nd, and each session will last one hour.

Session One: Starting Your Journey — 9/22
- Understand the science behind GLP-1 medications.
- Explore the intersection of these medications and lifestyle medicine.
- Introduce the role of coaching in your long-term success.

Session Two: Optimizing Nutrition — 9/29
- Explore the important nutrition choices for people taking GLP-1 medications and on a weight loss journey.
- Reexamine your relationship to food.

Session Three: The Impact of Emotional Eating — 10/6
- A frank discussion of emotional eating and how GLP-1 medications might assist in overcoming it.
- Deep dive into strategies to cope with emotional eating.

Session Four: Exercise and Movement — 10/13
- Explore how exercise assists in maintaining muscle mass, bone density, and metabolic rate while taking GLP-1 medications.
- Discover your best options for physical activity.

Session Five: The Impact of Stress and the Power of Sleep — 10/20
- Understand how stress impacts your health and your ability to lose weight and keep it off.
- A look at the ways that sleep benefits overall health and weight maintenance.
- Examine your personal stressors and the best ways for you to cope.

Session Six: Putting It All Together — 10/27
- Discover strategies for maintenance, including your key takeaways and future options for ongoing care and support.
- Reexamine your self-identity and designing a plan for success.

To RSVP, email info@northcypressinternalmedicine.com