

## Intermediate/Advanced (2.0) Program Schedule

\*Most suitable for individuals that consistently meet the Physical Activity Guidelines\*  
 “One-on-one” exercise training & nutrition counseling (both virtual until further notice),  
 with weekly group options for mind-body experience & accountability (virtual).

Eligibility: OU-benefits eligible; Cost: NONE; Contact: christej@ohio.edu

Week	Group Components – Optional participation	Individual Components – Scheduled individually, ongoing basis
Week 1 2/8/2021	M, 2/8 – Restorative Yoga 5:30-6:30 PM T, 2/9 – Team Meeting 12-1 PM W, 2/10 – Mindful Moment 8-8:15 AM	Personal Training (via Microsoft Teams) Nutritional Counseling (via Microsoft Teams)
Week 2 2/15/2021	M, 2/15 – Restorative Yoga 5:30-6:30 PM T, 2/16 – Team Meeting 12-1 PM W, 2/17 – Mindful Moment 8-8:15 AM	<p style="text-align: center;"><b>Program Component Details</b></p> <p><b>Personal Training:</b></p> <ul style="list-style-type: none"> <li>• 62 sessions available</li> <li>• up to 1-hour per session</li> <li>• used w/in 12 months (no exceptions)</li> <li>• Scheduled w/personal trainer</li> <li>• <i>Recommended</i> – 2 to 3 per week</li> <li>• Virtual (via Microsoft Teams, etc.)</li> <li>• Personal trainers are students in exercise physiology or related field.</li> </ul> <p><b>Nutrition Counseling:</b></p> <ul style="list-style-type: none"> <li>• 4 total sessions available (initial 1-hour session &amp; 3 half-hour follow-up sessions)</li> <li>• used w/in 12 months (no exceptions)</li> <li>• Scheduled w/dietitian</li> <li>• Virtual (via Microsoft Teams)</li> <li>• w/Louise Cruz, Registered Dietitian</li> </ul> <p><b>Team Meetings:</b></p> <ul style="list-style-type: none"> <li>• Open-ended.</li> <li>• Emphasis on self-selected “weekly experiments” (goals) that provide a direction and an opportunity to learn about oneself.</li> </ul> <p><b>Restorative Yoga &amp; Mindful Moments:</b></p> <ul style="list-style-type: none"> <li>• Regular mind-body practices in yoga, relaxation techniques, and breath focused sitting meditation.</li> </ul>
Week 3 2/22/2021	M, 2/22 – Restorative Yoga 5:30-6:30 PM T, 2/23 – Team Meeting 12-1 PM W, 2/24 – Mindful Moment 8-8:15 AM	
Week 4 3/1/2021	M, 3/1 – Restorative Yoga 5:30-6:30 PM T, 3/2 – Team Meeting 12-1 PM W, 3/3 – Mindful Moment 8-8:15 AM	
Week 5 3/8/2021	M, 3/8 – Restorative Yoga 5:30-6:30 PM T, 3/9 – Team Meeting 12-1 PM W, 3/10 – Mindful Moment 8-8:15 AM	
Week 6 3/15/2021	M, 3/15 – Restorative Yoga 5:30-6:30 PM T, 3/16 – Team Meeting 12-1 PM W, 3/17 – Mindful Moment 8-8:15 AM	
Week 7 3/22/2021	M, 3/22 – Restorative Yoga 5:30-6:30 PM T, 3/23 – Team Meeting 12-1 PM W, 3/24 – Mindful Moment 8-8:15 AM	
Week 8 3/29/2021	M, 3/29 – Restorative Yoga 5:30-6:30 PM T, 3/30 – Team Meeting 12-1 PM W, 3/31 – Mindful Moment 8-8:15 AM	
Week 9 4/5/2021	M, 4/5 – Restorative Yoga 5:30-6:30 PM T, 4/6 – Team Meeting 12-1 PM W, 4/7 – Mindful Moment 8-8:15 AM	
Week 10 4/12/2021	M, 4/12 – Restorative Yoga 5:30-6:30 PM T, 4/13 – Team Meeting 12-1 PM W, 4/14 – Mindful Moment 8-8:15 AM	
Week 11 4/19/2021	M, 4/19 – Restorative Yoga 5:30-6:30 PM T, 4/20 – Team Meeting 12-1 PM W, 4/21 – Mindful Moment 8-8:15 AM	
Week 12 4/26/2021	M, 4/26 – *tentative yoga this week TBD T, 4/27 – Team Meeting 12-1 PM W, 4/28 – Mindful Moment 8-8:15 AM	

Team Meetings & Mindful Moments via Microsoft Teams; Restorative Yoga via Zoom