

TRANSFORM YOUR LIFE



WITH TERRAWELL

Your Complete Guide to Sustainable
Weight Loss with GLP-1 Support



TERRA
HEALTH COACHING

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Hello.

Introduction

Welcome to the beginning of your transformation journey. The TerraWell GLP-1 program has helped countless individuals achieve what they once thought impossible – sustainable weight loss of up to 25% of your body weight while building habits that last a lifetime. This isn't just another weight loss program; it's a comprehensive approach to rebuilding your relationship with health, combining cutting-edge medical support with personalized coaching and community encouragement.

Understanding the TerraWell Difference

What sets TerraWell apart is our understanding that sustainable weight loss requires more than just medication – it needs a complete support system. Our program combines:

- **Medically supervised GLP-1 treatment**
- **One-on-one coaching with certified health professionals**
- **Group support and accountability**
- **Comprehensive lifestyle education**
- **Mindset and behavioral transformation**
- **Long-term maintenance strategies**



How the 6 Pillars of Lifestyle Medicine Enhances Your GLP-1 Journey

The TerraWell program complements a GLP-1 weight loss journey by incorporating the 6 Pillars of Lifestyle Medicine, providing a comprehensive approach to health and weight management. Here's what you can expect working with a national board certified health coach focused on each pillar that will enhance the effectiveness of your GLP-1 medications:

NUTRITION

Proper nutrition is crucial when taking GLP-1 medications.

The program emphasizes:

- **High-protein foods:** Beans, legumes, nuts, seeds, quinoa, and lean meats help maintain muscle mass and increase satiety, working synergistically with GLP-1's appetite-suppressing effects.
- **Fiber-rich foods:** Fruits, vegetables, and whole grains improve digestion, control blood sugar, and enhance feelings of fullness, complementing the actions of GLP-1 medications.



PHYSICAL ACTIVITY

Regular exercise is essential to counteract potential muscle loss associated with rapid weight loss on GLP-1 medications:

- **Strength training:** Bodyweight exercises and functional activities help preserve lean muscle mass.
- **Post-meal walks:** Light activity after eating can help regulate blood sugar levels, enhancing the effects of GLP-1 medications.

SLEEP

Quality sleep is vital for weight loss success and overall health:

- **Muscle recovery:** Adequate sleep supports muscle repair and growth.
- **Hormone regulation:** Proper sleep helps balance hunger hormones and metabolism, working in tandem with GLP-1 medications to control appetite.

STRESS MANAGEMENT

Stress reduction is crucial for optimal weight loss:

- **Cortisol regulation:** Managing stress helps prevent cortisol-induced overeating and fat storage, supporting the appetite-suppressing effects of GLP-1 medications.

RELATIONSHIPS

Positive social connections can significantly impact weight loss success:

- **Emotional support:** Strong relationships can boost self-worth and motivation, enhancing adherence to the GLP-1 medication regimen and lifestyle changes.

SUBSTANCE USE

Addressing substance use, including modern "substances" like processed foods and excessive technology use, can improve overall health:

- **Reducing harmful habits:** Minimizing alcohol intake and processed foods consumption can enhance the effectiveness of GLP-1 medications and support weight loss efforts.

By integrating these six pillars, the TerraWell program provides a holistic approach to weight loss that complements and enhances the effects of GLP-1 medications, leading to more sustainable and comprehensive health improvements.

Overall, this program offers a long term solution to your weight loss journey, giving you the support and knowledge for a healthy lifestyle.

Your 12-Month Journey to Transformation

Phase 1: Building Your Foundation (Months 1-3)

Your First Steps to Success

During these crucial first three months, you'll receive intensive one-on-one support through:

- **Weekly coaching sessions in months 1-2 (8 sessions)**
- **Bi-weekly sessions in month 3 (2 sessions)**

This phase is designed to:

- **Create your personal vision for health and wellness**
- **Identify and address potential obstacles**
- **Explore your core values and motivation**
- **Master the fundamentals of health according to the American College of Lifestyle Medicine**
- **Develop powerful mindset tools for success**
- **Build self-efficacy and autonomy**

Your coach will help you tap into your inner strengths and resources, setting the stage for lasting change. This isn't about temporary fixes – it's about rewriting your health story from the inside out.

Your 12-Month Journey to Transformation

Phase 2: Growing Through Community (Months 4-9)

Strengthening Your Success Through Shared Experience

During this transformative period, you'll participate in bi-weekly group coaching and education sessions that focus on:

MONTHLY THEMES AND CHALLENGES

- Protein optimization for weight loss
- Hydration strategies
- Blood sugar balance
- Effective resistance training
- Mind-body connection and stress management
- Gut health optimization
- Nutritional diversity and anti-inflammatory eating
- Sleep quality enhancement

PRACTICAL SUPPORT

- Managing GLP-1 medication side effects
- Building a healthy kitchen environment
- Recipe sharing and meal planning
- Community support and celebration
- Interactive wellness challenges
- Book club discussions focused on habit formation
- Social pressure and stressors

You'll receive engaging resources like:

- 28-day wellness guides
- Wellness bingo challenges
- Healthy recipe collections
- Reading materials that support your journey
- Short form video content

Your 12-Month Journey to Transformation

Phase 3: Securing Your Success (Months 10-12)

Cementing Your New Lifestyle

The final phase includes:

- **Month 10: Two personalized coaching sessions**
- **Month 11: Two personalized coaching sessions**
- **Month 12: Four intensive sessions to ensure long-term success**

This phase focuses on:

- **Refining your new healthy lifestyle**
- **Creating maintenance strategies**
- **Developing ongoing support structures**
- **Celebrating your progress**
- **Planning for continued growth**

**Options for ongoing coaching support are available after the program.*



Success Stories

"The TerraWell program didn't just help me lose weight – it helped me find myself. With the support of my coach and community, I've lost 72 pounds and gained a whole new perspective on health."

Sarah M., Lost 72 pounds

"I tried everything before finding TerraWell. The combination of medical support and coaching made all the difference. For the first time in my life, I feel in control of my health."

Michael R., Lost 85 pounds



Frequently Asked Questions

Q: How is TerraWell different from other weight loss programs?

A: TerraWell combines medical supervision, personalized coaching, and community support in a year-long program designed for sustainable results. We focus on both the physical and psychological aspects of weight loss.

Q: What kind of support will I receive?

A: You'll receive a combination of one-on-one coaching, group sessions, medical supervision, educational resources, and community support throughout your journey. In between your scheduled calls, you will have access to secure text messaging with your coach.

Q: How much weight can I expect to lose?

A: While results vary, our program has helped participants lose up to 20-30% of their body weight pounds through our comprehensive approach. However, the focus is on sustainable, healthy weight loss rather than rapid results.





Your Next Steps

Ready to transform your life? Here's how to get started with TerraWell:

1. **Schedule** your initial consultation
2. **Meet** your dedicated health coach
3. **Receive** your personalized program plan
4. **Begin** your journey to lasting health

Contact us today to start your transformation journey with TerraWell. Your future self will thank you for taking this important step toward lasting health and wellness.

