

# THE WELLNESS BLUEPRINT

OCTOBER 2025



## Weight Management for Disease Prevention

One of the most powerful ways to maintain your health is to prevent chronic disease, and weight management plays a crucial role in this effort. I've been a dietitian for more than 30 years. In that time, there have been a lot of changes in the way we look at weight. Obesity is now recognized as a complex, multifactorial disease, and simple advice like "eat less and move more" isn't always effective.



People who write down their goals are

**42%**

More likely to achieve them



Teamwork makes the dream work! It's easier to form a new habit when you have a support system in place. Surround yourself with people who have similar goals to increase your chance of success.

## Inspiration Corner

Ready for a wake up call? About 40% of the average person's daily actions are habitual – they do them without even thinking. The start of a new year is the perfect time to examine habits to see what's really worth bringing into 2026 and what no longer serves us. Our 30-Day Habit Change Challenge is the perfect way to jumpstart change with expert support and guidance. To learn more about habits, [click here to see the full infographic.](#)

## Looking Ahead to December & January

Finish the year healthy, happy, and restored to take on 2026! Looking for inspiration? Here is a selection of programs grouped by seasonal themes.

### HEALTHY HOLIDAYS

Celebrate the season with a healthier approach!

- *Seminar / Webinar / On-demand Video:* Dining Solutions for a Healthy Holiday
- *Cooking Class:* Quick, Easy, Fresh: Holiday Meals in Minutes
- *On-site Health Fair Station:* Mocktail Hour
- *Virtual Health Fair Mainstage Session:* From My Kitchen to Yours: Healthy Holiday
- *Challenge:* 30-Day Mindfulness Challenge

### A FRESH START

A new year is the perfect time to check in on goals and habits.

- *Seminar / Webinar / On-demand Video:* Goal Setting & Reaching Resolutions
- *Cooking Class:* Quick, Easy, Fresh: Everyday Meals in Minutes
- *On-site Health Fair Station:* Behavior Change 101
- *Virtual Health Fair Mainstage Session:* Ditch the Diets
- *Challenge:* 30-Day Habit Change Challenge