

ProCare Rx

You Made It!

Lean Forward

Thank you for showing up, week after week.

Whether you made big changes or small shifts, it matters.

Let's take a deep breath and celebrate progress!

Icebreaker: One word to describe your Lean Forward journey.



Our Journey, One Step at a Time

- Setting Intentions & Making a Commitment
- Nutrition Basics & Meal Planning
- Fitness & Movement that Fits You
- Food Labels & Cravings
- Hydration & Electrolytes
- Journaling, Mindful Eating, Anti-Inflammatory Foods
- Overcoming Roadblocks
- Strengthening Connections & Nourishing Your Body
- Gut Feeling: How to Cultivate a Happy Gut & Why You Should Care
- Mastering Low-Sugar Choices
- Hormone Havoc: Taming the Tiny Tyrants
- Skin Deep: Unlocking Radiance from the Inside Out
- Your Foundation for a Thriving Future

The Mental Health & Food Connection

- Understanding how our brain and emotions influence what we eat.
- Why this matters for lasting change.



The Brain is Always at the Table

- Our eating behavior is shaped by emotional states & brain chemistry.
- Key players:
 - Dopamine (reward-driven eating)
 - Serotonin (gut-brain connection)
 - Cortisol (stress + cravings)
- Mental states can override physical hunger cues.



Mood + Food: What's Going On?



Depression: Appetite changes, low energy, emotional eating.

Anxiety: Cravings, nausea, gut discomfort.

Stress: Cortisol spikes trigger desire for fatty/sugary food.

Trauma: Disconnect from hunger, over/under-eating.

Gut-Brain Axis - Your Second Brain

1. 90% of serotonin is made in the gut.
2. Stress affects digestion and inflammation.
3. A healthy gut = better mood and vice versa.
4. It's a two-way street!



Gentle Tools for Mental + Physical Wellness



- **Nourish your gut:** Fiber, probiotics, healthy fats.
- **Practice mindful eating:** Slow down & check in.
- **Move your body daily:** Exercise boosts mood.
- **Journal:** your food & emotions.
- **Get support:** Therapy, coaching, connection.

Real Talk

- When do you eat healthiest?
- What emotions drive your eating the most?
- What have you learned about your own patterns?
- Let's share and learn from each other.



You Deserve Nourishment.

- This isn't about perfection. It's about self-awareness.
- You are not broken. You are healing.
- Your body is not the enemy. It's your partner.
- Keep leaning forward. Keep choosing you.





Thank You