



Spring into Vitality Schedule

Day 1: Friday, March 22, 2013	
7:30 am - 8:45 am	BREAKFAST (Meals provided for VIP members)
7:30 am - 9:00 am	Registration
9:00 am	Welcome Activities Stretch Break Setting Intentions and Goals
10:30 am	BREAK
10:45 am	Health Evaluations Testing Your pH, Nitric Oxide and Minerals
12:30 pm	LUNCH (Meals provided for Lunch/VIP members)
2:00 pm	Blood Sugar Testing
2:30 pm	Snack Attack Strategy Food Demo – Healthy Snacks
3:30 pm	BREAK
4:00 pm	Recap and Questions
4:20 pm	Guest Fitness Expert: Teresa Tapp Fit and Fabulous in 15 minutes
6:00 pm	DINNER (Meals provided for VIP members)
7:15 pm - 9:15 pm	Head, Heart, and Habits Model for Vibrant Health Conscious Body Language Greens for Vibrant Health Food Demo – Green Recipes to Get You Going Why a Good Night's Sleep is a Good Idea



Day 2: Saturday, March 23, 2013	
7:30 am - 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	Welcome and Sharing Yesterday's "Ah Ha" Moments Foundations of an Energizing Diet Eating in Sync with Natural Rhythms Quell the Fury of Comfort Eating
10:00 am	T-Tapp Movement Break
10:15 am	BREAK
10:30 am	Guest Weight Loss and Body Image Expert: Laura Fenamore Body Image and Permanent Weight Freedom
12:00 pm	LUNCH (Meals provided for Lunch/VIP members)
1:25 pm	Stretching and Moving
1:30 pm	Power Charge Your Energy by Balancing Your Adrenal and Thyroid
3:00 pm	BREAK
3:20 pm	Energy Recharge in Action: Stories From the Front Lines
4:20 pm – 5:10 pm	Energy Recharge Support: Strategies for Refilling Your Tank
6:30 pm	VIP BANQUET

Notes:



Day 3: Sunday, March 24, 2013	
7:30 am - 8:45 am	BREAKFAST (Meals provided for VIP members)
9:00 am	Movement Recap and Sharing Yesterday's "Ah Ha" Moments Creating a Healthy and Happy Gut: Digestion Balancing Strategies Food Demo – Sandwiches, Spreads and Roll-ups
10:15 am	BREAK
10:45 am	Guest Hormone Expert: Dr. Lindsey Berkson Balancing Hormones for Health
11:45 am	Questions & Answer Session with Dr. Ritamarie and Dr. Berkson
12:00 pm	LUNCH (Meals provided for Lunch/VIP members)
1:15 pm	Movement Refuel Your Immune System Food Demo – Tantalizing Low-Glycemic Desserts
2:45 pm	BREAK
3:00 pm – 5:00 pm (approximately)	The Art of Meal Planning How to Keep Up the Energy When You Get Home Stepping into Your New Future

Notes: