

LIFESTYLE EDUCATION PROGRAM OVERVIEW

The purpose of the Lifestyle Education Program is to encourage the participation of Medical Plan Members in educational classes and programs. These programs provide members with an opportunity to gain knowledge and skills, with the intention of improving or maintaining personal health and well-being, including, but not limited to:

- Weight Management
- Smoking Cessation
- Stress Management
- Chronic Disease Management
- Disease Prevention
- Nutrition
- Emotional Health
- Financial Health

GENERAL REIMBURSEMENT CRITERIA:

- Be developed based on established best practices in the field of health promotion and ideally developed by health professionals with a minimum 4-year bachelor's degree in one of the following areas as related to reimbursement requested: Health Promotion, Public Health, Dietetics, Nursing, Exercise Science, Community Health, Physician Assistant, Medical Doctor, Psychology, Counseling, Behavior Change, Smoking Cessation, or a related field.
- Be taught, at least in part, by a health professional with a minimum 4-year bachelor's degree in one of the following areas: Dietetics, Health Promotion, Public Health, Nursing, Exercise Science, Community Health, Physician Assistant, Medical Doctor, Psychologist, Counseling, Behavior Change, Smoking Cessation or a related field. Exception: Should a class be taught by an experienced instructor without the above credentials, it can qualify for the reimbursement only if class content was developed by a health professional and follows best practices. (i.e. Weight Watchers Meetings).
- All programs are subject to review.

LIFESTYLE EDUCATION

Amount of Reimbursement:

- Medical Plan Members can be reimbursed up to \$500 per Calendar Year for Lifestyle Education through this credit.

Guidelines for Weight Management Programs to be Eligible for Reimbursement:

- Slow, steady weight loss is emphasized, approximately 1-2 pounds weight loss per week.
- There is no list of forbidden or "bad" foods.
- There is no promotion of specially formulated foods or vitamin supplements.
- Balanced food choices from all food groups are emphasized, as well as sensible portion sizes and physical activity.
- Establishing lifelong health habits is emphasized.
- Information regarding the health risks and program side-effects is provided.
- Physical activity may be included as a component of a comprehensive program, i.e. personal training.
- Documented success, as evidenced by program outcomes.

Exclusion List (not all inclusive): Items Not Eligible for Reimbursement through this Credit:

- Co-pays or other member/patient financial responsibility for medical, vision or prescription claims.
- Individual or Group Physical Activity or Fitness Classes (i.e. Zumba, Nia, Pilates, Yoga, Body-shaping, Cross fit), or other exercise programs that are exclusively focused on physical activity, and Gym Memberships. Note: physical activity may be included as part of a comprehensive weight management program, subject to review and approval for reimbursement.
- Physical Activity Event Registration Fees.
- Safety Classes.
- Personal Training, Counseling, or Wellness Coaching.
- Food, supplements, dietary aids, optional resources, or any non-educational components of class/program.
- Metabolic Research Center, Slimgenics.

TOBACCO CESSATION

Specific Reimbursement Criteria:

- Program must be a minimum of four (4) weeks in length.
- Program must contain a minimum of four (4) classes.
- Program must contain an evaluation to identify behavior change and/or change in health risk.

Exclusion List: Items Not Eligible for Reimbursement through this Credit:

- Smoking cessation products, such as Nicorette gum, Nico Derm CQ patches and Commit lozenges. These are available with prescription through your pharmacy benefit at a \$0 copay.
- Hypnosis is not eligible for reimbursement.

HDHP MEMBERS: You are responsible for paying the full cost for these programs up front and you will NOT be reimbursed until you meet your deductible. You can use your HSA money to pay for this though if desired.



LIFESTYLE EDUCATION: APPROVED PROGRAMS

CSU YOUTH SPORT CAMP	<p>Smart Fit Girls- based on the popular program and designed for adolescent girls. For more information on this program, please visit the Smart Fit Girls website</p> <p>FunLIFE (Learning to Improve Fitness and Eating)- camp which combines sports and physical activity with healthy lessons and curriculum.</p> <p>Sport Science- explore the science involved in sport and exercise (ages 10 and up).</p> <p>Outdoor Adventure Camp- designed for campers to help them experience some of what Colorado has to offer in outdoor activities. Depending on weather, activities include bicycling, hiking, geo-caching, exploring, and other outdoor pursuits (ages 10 and up).</p> <p>Super Sport Camp- day-camp program that is offered in two-week sessions. Includes a focus activity (basketball/volleyball, soccer, baseball/softball, team/field sports, and track and field), plus group activities, swim lessons, and field trips.</p> <p>Contact: www.chhs.colostate.edu/hes-youth-sport-camps/</p>
BURN BOOT CAMP	<p>As a working woman, busy parent, boss lady, super dad or student on the go, we know that life can become hectic! The Burn Boot Camp workout is designed to maximize your results in just 45 minutes with an average burn of 700 calories per camp. Eligible for 4-week sessions only.</p> <p>Contact: https://burnbootcamp.com/</p>
12-WEEK FITNESS TRAINING & NUTRITION PROGRAM	<p>Christi Sullivan is the founder of Loveland Yoga & Core Fitness and creator of Strength Yoga. She has created a 12-week program to get you oriented into fitness using barre or strength yoga. Her goal is to educate you, give direction and boost your confidence while seeing great results from your workouts.</p> <p>Contact: (970) 292-8313 or send an email to Christi_sullivan@msn.com</p>
28-DAY FITNESS & NUTRITION TRANSFORMATION CHALLENGE	<p>Naturally balance your blood sugar and help eliminate cravings. Supports hormone production and rebalancing; helps with fertility, brain health, memory, digestion, energy levels, quality of sleep, anxiety and mood swings.</p> <p>Contact: (970) 292-8313 or send an email to Christi_sullivan@msn.com</p>
IOME: Self-Care Services	<p>IOME offers guilt-free care directly to you, the employee! Feel the benefit consistent self-care will have on your life.</p> <p>Contact: www.iowemenowmcom; (970) 658-5598</p>
SLEEP SOLUTIONS FOR CHILDREN	<p>Personalized sleep solutions and support for families with small children, ages 0-5 years old. Clients can expect personalized education and support including: an initial assessment, consultation, customized sleep plan, feeding and lactation support, and sleep resources guides.</p> <p>Contact: www.sleepsolutionsforchildren.net; (970) 462-9229</p>
DCPP: Diabetes Prevention Program & Diabetes Education (UCHealth)	<p>Get weight loss help with healthy eating plans, physical activity tips, behavior modification skills, and learn how to manage emotional eating and problem-solving tools.</p> <p>Contact: www.uchealth.org; (970) 495-8205</p>
HEALTHY YOU: Weight Management & Mindful Eating Program (CSU)	<p>Interactive/In-Person-Online/Self-Paced classes. Participants receive program manual, pedometer, weekly snacks and prizes, and social support.</p> <p>Contact: http://nutritioncenter.colostate.edu/programs-services/weight-loss.aspx</p>
WEIGHT WATCHERS (In-person or online)	<p>Focuses on making healthy lifestyle changes to lose weight and maintain it. Encourages healthful habits, support, movement, and eating smarter.</p> <p>Contact: www.weightwatchers.com</p>
CORE MOTION FITNESS BOOT CAMP	<p>Physical activity education and group training, along with nutrition education, food journaling and support.</p> <p>Contact: www.coremotion.fitness; www.kristisbuilders.com/</p>

LIFESTYLE EDUCATION: APPROVED PROGRAMS (cont'd.)

FORT COLLINS WEIGHT LOSS: Weight Management Program	Includes individualized nutrition assessment, group education and support; focused on nutrition and lifestyle.
	Contact: www.ftcollinsweightloss.com
WORKING AGAINST GRAVITY (Online)	Nutrition coaching based on flexible dieting (macro counting); targeted toward competitive weightlifters, and people who do Cross fit. Weekly coaching sessions; focus on overall well-being, including mood, sleep, and stress.
	Contact: www.workingagainstgravity.com
CURVES COMPLETE Note: Supplements, meal plans, etc. are not covered.	A fully integrated, personalized weight loss and weight management solution that includes the Curves Fitness® program, a customizable meal plan and one-on-one coaching and support.
	Contact: www.curves.com
MAYO: RIGHT WEIGHT FOR LIFE (Online)	The Mayo Clinic Diet is the official diet developed by Mayo Clinic, based on research and clinical experience. It focuses on eating healthy foods that taste great and increasing physical activity. It emphasizes changing your lifestyle and adopting healthy new habits helps keep the weight off.
	Contact: https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/mayo-clinic-diet/art-20045460
STRESS LESS WITH BIOFEEDBACK	Biofeedback training session will involve a review of skills and the teaching and practice of new self-regulation skills. Note: Biofeedback is ONLY covered under the Lifestyle Education Program.
	Contact: www.fortcollinsbiofeedback.com
MINDFULNESS-BASED STRESS REDUCTION	Counseling for individuals struggling with stress, anxiety and worry. MBSR (8-week course) and Koru Mindfulness (4-week course) are evidence-based courses that provide guidance on how to live life more fully.
	Contact: http://www.mindfulnessmattersinstitute.com
FOOD FOR LIFE/ COOKING FOR CANCER	Nutrition and cooking classes, choosing healthy food alternatives.
	Contact: sapnavonreich@yahoo.com
CALM APP	One-year subscription (maximum reimbursement \$60.00)
	Contact: www.calm.com
NOOM APP	NOOM is an app-driven diet plan that provides motivation and professional guidance for users to make easy lifestyle changes on their own. Offers a personal health coach and nutrition plan.
	Contact: www.noom.com/app
FOOGAL APP	Foogal is an app that will help people eat healthier by making the preparation and cooking processes easy, fun, and engaging. It keeps track of the foods purchased by the user from a Foogal supermarket partner and their associated nutritional values. It will provide you with a personalized nutrition report and incentive plan.
	It also provides chef-designed recipes and step by step detailed instructions to prepare and cook your meals.
	Contact: https://www.foogal.com/
FOUNDATIONS OF WELL-BEING - Rick Hanson, PhD	Guided practices, talks and guest experts focusing on less stress, emotions and relationship building.
	Contact: www.rickhanson.net
FIT CANCER: HEALTH & EXERCISE SCIENCE	The Fitness Therapy for Cancer Program (Fit Cancer) is a supportive group- based exercise program designed for cancer survivors at any phase of the cancer journey, including those who have become deconditioned or chronically fatigued from the treatment process.
	Contact: www.hes.chhs.colostate.edu/outreach/fitcancer ; www.patplab.chhs.colostate.edu ; (970)491-4653; patplab@colostate.edu
INTENSIVE DIETARY MANAGEMENT PROGRAM	The Intensive Dietary Management Coaching Program provides education, guidance, support, and structure necessary for weight loss and type 2 diabetes reversal.
	Contact: https://idmprogram.com/join/
PENNYWISE FINANCIAL COACHING	Work with a financial coach to achieve financial health. The Budgeting 101, Behavior 201, and Saving 301 courses are covered.
	Contact: www.pennywisecoaching.com ; (970) 215-7618

LIFESTYLE EDUCATION: APPROVED PROGRAMS (cont'd.)

LARIMER COUNTY & GENESIS: WELLNESS PROGRAM	<p>Five month program addressing weight management, stress management, diabetes or diabetes prevention, high cholesterol and prevention, tobacco cessation, hypertension and prevention, nutrition, emotional health, chronic disease management, and nutrition and healthy eating.</p> <p>Contact: See flier for more information.</p>
YOGA POD ASHTANGA (Immersion Only)	<p>This immersion into the Ashtanga Yoga method will guide you as you take a deep dive into the transformative process that is the backbone of the Ashtanga practice. Discover how Ashtanga is actually a simple, functional approach to posture, movement, and breathing that encourages wellbeing, internal health, fitness and longevity. Through this workshop you will discover how the Ashtanga yoga method embodies yoga philosophy as a process for personal transformation. You will see how concepts through yoga, demonstrate that radical change can come from making even the smallest shifts.</p> <p>Contact: www.yogapod.com/fortcollins/workshops-events/</p>
ULTIMATE PORTION FIX BY BEACH BODY	<p>Lose weight without the guesswork. The Ultimate Portion Fix program includes 30+ videos grouped into 7 modules that explains everything about Ultimate Portion Fix: how to use your containers, and how to plan, prep, and make healthy, delicious meals. Plus, you get to the core of your food and eating decisions, and learn how Ultimate Portion Fix can help you get on the path to a lifetime of weight-management success for the whole family, even kids.</p> <p>Contact: www.teambeachbody.com/shop/us/b/nutrition-programs/ultimateportionfix</p>
CSU ONLINE: LIVING MINDFULLY	<p>Mindfulness offers us the ability to pay attention to our everyday moments with curiosity and an open heart and mind. This experiential online program will introduce you to fundamental mindfulness concepts, principles, and practices that can help you cultivate greater awareness, better manage stress, and tap into more joy, gratitude, and compassion.</p> <p>Contact: www.online.colostate.edu/badges/living-mindfully/</p>
SELF-CARE COACHING	<p>Participants of the Self-Care Course will learn:</p> <ul style="list-style-type: none"> · How to set intentional goals and plans to achieve them. · How to manage their time according to their priorities. · How to manage their thoughts and feelings. <p>This is an 8-week group coaching course that meets via Zoom for one hour each week via video conferencing. The cost is \$500.</p> <p>Contact: mary@intentionallifecoaching.com</p>
UCHEALTH MINDFULNESS CLASSES - ASPEN CLUB	<p>This introductory mini-course talks about mindful eating and how it can be useful for curbing overeating and emotional eating. Taught by Deanna O'Connell, UCHealth Dietitian and Mindfulness practitioner.</p> <p>Contact: Register at 970.495.8560.</p>
AM I HUNGRY? MINDFUL EATING WORKSHOP	<p>Learn how to:</p> <ul style="list-style-type: none"> • be in charge of your eating instead of feeling out of control • eat the foods you love without overeating or guilt • end mindless and emotional eating • eat healthier without depriving yourself <p>Taught by Deanna O'Connell, UCHealth Dietitian and Mindfulness practitioner.</p> <p>Contact: Register at 970.221.6644</p>
ULTIMATE PORTION FIX KIT	<p>Fix Kit Package Only (\$99). Ultimate Portion Fix improves on Beachbody's biggest breakthrough in portion control for healthy weight loss with a complete, easy-to-follow 30-day program. Available in digital streaming format or a base kit that includes digital content and printed materials.</p> <p>Contact: www.teambeachbody.com/shop/us/d/ultimate-portion-fix-kit-FIXBaseorStreaming#Program</p>

LIFESTYLE EDUCATION: APPROVED PROGRAMS (cont'd.)

NUTRITION HEALTH COACH PROGRAM	<p>“Developed by Clancy Brown PT, DPT, this program provides quality nutritional education to help individuals achieve their health and fitness related goals. By teaching about proper diet, portion control, nutrient timing and food quality, clients will be able to improve their overall diet and begin to live a more healthy life. This program will utilize a hybrid model including both face to face and phone/telehealth communication methods in order to maximize interaction with health coaches. Prior to beginning, each client will be assessed based on their goals, current diet, and general understanding of nutrition. We then utilize a tiered system designed to provide an appropriate starting point for clients at all levels. After completion, clients will be proficient in their Tier and will be able to sustain a significantly more healthy diet and lifestyle going forward.”</p>
HEADSPACE APP	<p>Headspace is one of the only meditation apps committed to advancing the field of mindfulness meditation through clinically-validated research on our product. We are currently in progress on research studies with large national institutions that could be among the largest mindfulness meditation trials ever conducted. We are committed to ensuring Headspace can actually make an impact in our lives.</p> <p>Contact: www.headspace.com</p>
I LOVE KICKBOXING	<p>6-Week Challenge program is divided into 3 Pillars for Success: Fitness – Nutrition – Accountability. Buy the Challenge out-right for \$299. You receive all the benefits of the challenge, without the opportunity for reimbursement. You get 18 classes, Nutrition Guide/Meal Plan and Accountability Coaching through the Challenge.</p> <p>Contact: ilkbfortcollins@gmail.com</p>
INSIGHT TIMER	<p>Mediation App is free, but you may choose to download the following: 1. Meditation Teacher Donation \$1.99, 2. Meditation Teacher Donation \$4.99, 3. Meditation Teacher Donation \$19.99, 4. Insight Premium Meditation \$9.99, 5. Meditation Course: Single Use \$4.99, 6. Insight Premium Meditation \$9.99, 7. Meditation Course: Multi Use \$19.99, 8. Meditation Course: Upgrade \$14.99, 9. Free from Anger Course – Own \$19.99, 10. Truth Anxiety course – Own \$19.99, 11. Sleep & Insomnia Course - Own \$19.99</p> <p>Contact: www.insighttimer.com</p>
CENTR APP	<p>Train at home or the gym; from 20 to 40 minutes. HIIT, boxing, yoga, strength training, MMA & more. Log your goal and set workout intensity. Beginner to advanced, modify your plan to fit at any time. New & bonus workouts released weekly. Convenient breakfast, lunch, dinner & snack options, all dietician-approved. Wholesome recipes from world-class chefs. Gluten-free, vegetarian, vegan & pescatarian options. Auto-generated shopping lists. Swap meals to suit your taste & mood. Guided meditations to get you centered. Confidence-building hacks for everyday life. Sleep visualizations to help you switch off. Expert tips to stress less & stay motivated. 24/7 community support to keep you focused.</p> <p>12 months: \$120; 3 months: \$59.99; or 1 month: \$29.99.</p> <p>Contact: https://centr.com/join-us</p>
RENAISSANCE PERIODIZATION	<p>Formulas, calculations, and literature reviews replace gurus, hunches, and attachments to tradition. Apps, Templates, and Coaching available. Exclusions: CONTEST PREP Coaching, templates, plans etc.</p> <p>Contact:</p>
NOOM	<p>Work with Your Body’s Needs to Create a Sustainable Weight Loss Plan. Get Started Today. Health Benefits Beyond Weight Loss, to Last a Lifetime.</p> <p>Contact:</p>
TAKING CARA BABIES	<p>Newborn, 3-4 Month, and 5-24 Month programs available. Price ranges from \$34-\$319. All programs acceptable for reimbursement.</p> <p>Contact: https://takingcarababies.com/sleep-training/</p>

LIFESTYLE EDUCATION: APPROVED PROGRAMS (cont'd.)

THERAPEE	<p>Dr. Sagie's Face-to-Face Treatment for Bedwetting: The multimodality treatment is based on clinical and research experience in the last thirty years with more than 40,000 patients with enuresis ages four to thirty-five. The treatment model is unique and takes into consideration all aspects of bedwetting such as frequency, the patient's age, day control, dribbling, sleep depth, child motivation and more. It is specifically tailor-made for the patient. The model encompasses behavioral therapy of enuresis, including use of an enuresis alarm, short- and mid-term positive reinforcements, modeling, measurements of reflex and awakening response, and daily training to increase bladder capacity and strengthen sphincter muscles. In some cases, the model utilizes other therapeutic techniques, such as forced intake, relaxation, placebo, and more.</p> <p>Contact: www.bedwettingtherapy.com</p>
REBUILDING SEMINARS	<p>Becoming more validated and open with their reactions and feelings, members move to a truer awareness of themselves.</p> <p>Contact: www.rebuildingseminars.com</p>
INTUITIVE EATING CLASS	<p>Making peace with food and nourishing yourself. 6 week workshop guided by Esther Hansen, RD and Julie Derry, LPC. Cost: \$500</p> <p>Contact: esther@ftcollinsweightloss.com</p>
COSMIC KIDS APP	<p>The complete Cosmic Kids video library including yoga, mindfulness and brain games. Unlimited streaming on desktop, iOS, Android, Apple TV and Roku apps. Safe viewing: no commercials, links or suggested videos. Great to support parents working from home.</p> <p>Contact: https://app.cosmickids.com/</p>
SHAMBHALA MOUNTAIN CENTER: Online Mindfulness Meditation and Movement for Wellness	<p>This four-week online course is designed to introduce mindfulness meditation and mindful movement, and methods for how we can apply them in daily life to reduce anxiety, work with difficult emotions, strengthen resilience, and increase our capacity to stay present through life's challenges. Four 90-minute weekly sessions.</p> <p>Contact: mgayner@shambhalamountain.org; www.shambhalamountain.org/about/shambhala-vision/</p>
NEUROFEEDBACK AT PEAK CLARITY THERAPY	<p>Neurofeedback therapy package that includes the QEEG brain map assessment plus 6 sessions of neurofeedback for \$500.</p> <p>Contact: www.peakclarity.com/neurofeedback/</p>
ONSITE YOGA FOR STRESS WITH SIOBHAN	<p>Onsite classes taught by Siobhan Seymour offered at the Sheriff's office administration building weekly classes in 7 week sessions.</p> <p>Contact: 970-888-0128; siobhan@thekalyanaproject.com</p>
CHILDBIRTH PREPARATION	<p>3-Week class preparing parents for childbirth, with Associates in Family Medicine.</p> <p>Contact: https://afmnoco.com/resources/classes/</p>
MATERNITY CLASSES	<p>FCEA is a non-profit organization providing a variety of educational classes ranging from \$35-\$150, with Foothills Childbirth Education Association.</p> <p>Contact: www.foothillschildbirth.org/classes.html, 970.225.6477</p>
MATERNITY CLASSES	<p>A variety of educational classes ranging from \$30-\$190 with the Women's Clinic of Northern Colorado.</p> <p>Contact: womensclinicnoco.com/classes-2/</p>
INDIVIDUAL NUTRITION COACHING	<p>Individual Nutrition Coaching is a personally designed program for individuals looking for the right things to focus on and personal accountability. We believe in the right quality, the right quantity and the right timing of nutrients for each individual.</p> <p>Contact: www.trainftw.com/nutrition-coaching</p>
RELATIONSHIP/MARRIAGE COUNSELING	<p>Licensed Provider of choice up to \$500 annually per covered person</p> <p>Contact:</p>
REBUILDING SEMINARS	<p>Our 8-week seminar begins with healing and recovery from relationship loss, and then moves to uncovering the self-worth necessary for confidence and healthier future relationships.</p> <p>Contact: www.rebuildingseminars.com</p>

1-ON-1 NUTRITIONAL COACHING OR COOKING CLASSES WITH SAPNA	Buy 4 one-hour sessions for \$240 and get a free one-hour session. Food for Life Nutrition and cooking classes also eligible. Contact: www.sapnavonreich.com/
HEALTHY WEIGHT COLORADO	Larimer County employee. Contact: www.healthyweightcolorado.com/medically-driven-weight-loss.html
STRAVA PREMIUM APP	Running, riding and swimming app. Contact: Strava.com
NATALIE WILLES: BABY SLEEP TRAINER	Together we can empower your baby to get their best sleep possible. Online Programs, Resources, and 1-on-1 Coaching for Newborn to 3.5 Years Old Contact: www.babysleeptrainer.com/
CURABLE HEALTH	A different approach to pain. Our mission is to provide widespread access to evidence-based, safe, and effective chronic pain solutions for all those in need. Contact: curablehealth.com
CITY OF LOVELAND CHILSON CENTER	Many Eligible Session Programs: Realistic Weight Loss Package, reDefine Boot Camp, Nutritional Consultations, Krav Maga, Tai Chi and other seasonal Wellness topic classes Contact: www.lovgov.org/home/showpublisheddocument/54910/637604933597770000
CURE FOR CHRONIC PAIN	Online anxiety management course designed to teach you that anxiety is not necessarily a “disorder” its a natural human reaction to your daily challenges. Contact: www.thecureforchronicpain.com/anxiety-course
ROCKY MOUNTAIN SLEEPING BABY	We help parents all over the world achieve sleep success! Whether you’ve just started your child on the journey towards great sleep or have been struggling for years, our team is here to help you and your little one find the gentle sleep solution that works for your family. Contact: rockymountainsleepingbaby.com
WONDER WEEKS APP	It’s not your imagination– all babies go through a difficult period around the same age. Research has shown that babies make 10 major, predictable, age-linked changes – or leaps – during their first 20 months of their lives. During this time, they will learn more than in any other time. With each leap comes a drastic change in your baby’s mental development, which affects not only his mood, but also his health, intelligence, sleeping patterns and the “three C’s” (crying, clinging and crankiness). Contact: www.thewonderweeks.com/about-the-wonder-weeks/
SPENGA	Unlike any gym or studio of its kind, SPENGA combines the three pillars of fitness to create what’s simply known as the best workout ever. Spin, strength training, and yoga workout packs of 10,20 or 30 good at Fort Collins or Loveland locations Contact: ehileman@spengafortcollins.com , www.spengafortcollins.com
BEST 10 APP	It’s time to discover that your body is more powerful and capable than you ever thought possible – time to honour your body by moving and eating in ways that give you confidence and freedom. That’s the promise of Best10 and we’re here to help you make it a reality. Contact: www.best10.app/pricing/
YOUTH COACHING WITH DONOVAN HALL	Youth coaching for self skills to enable growth, self care, mental wellness, confidence, and empowerment. Geared toward middle school to undergraduate aged students. Contact: donovantaylorhall@gmail.com
ORANGE THEORY, FORT COLLINS	The Orange Theory method trains your body through heart rate based interval training. This multidimensional workout of rowing, cardio, and strength training allows for you to maximize your workout. Good for 10,20 or 30 punch passes only. Contact: www.orangetheory.com/en-us/locations/colorado/fort-collins/2261-east-drake-road-suite-140/
IFITT APP	iFitt engages all types of fitness levels through strength and cardio session workouts. Whatever your fitness goals may be, iFitt can help you reach them through professionally lead classes. Contact: www.ifit.com/apps

DRALA (FORMERLY SHAMBHALA MOUNTAIN CENTER)	<p>Shambhala Mountain Center (SMC) provides the perfect retreat setting for studying yoga, meditation and contemplative arts. SMC combines natural beauty, unspoiled wilderness, blue skies, and crisp mountain air with the comforts of a modern retreat campus.</p> <p>Contact: www.dralamountain.org/programs-retreats/</p>
SLUMBER APP	<p>Your next great day, starts with a great nights sleep. By listening to Slumber, you can create a healthy ritual that honors this transition from day to night, and encourages calm and relaxation. You'll find a variety of techniques within Slumber that are proven to promote relaxation and encourage sleep, including: ASMR (autonomous sensory meridian response), Mindfulness, Breath control, Gratitude habituation, Guided imagery and visualizations, Ericksonian hypnosis, Progressive muscle relaxation.</p> <p>Contact: https://slumber.fm/about</p>
"THE TAPPING SOLUTION"	<p>Tapping, also known as EFT (Emotional Freedom Technique), is a powerful holistic healing technique that has been proven to effectively resolve a range of issues. It is based on the combined principles of ancient Chinese acupressure and modern psychology. The basic Tapping technique requires you to focus on a negative emotion at hand - a fear, a worry, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on 9 specific meridian points of the body. Tapping on these meridian endpoints, while verbally or mentally addressing the root cause of distress, sends a calming signal from the body to the brain, allowing you to feel relaxed and in control.</p> <p>Contact: www.thetappingsolutionapp.com</p>
STRETCH LABS	<p>StretchLab provides one-on-one or small group, customized assisted stretching sessions. The stretches are designed by Flexologists who will customize your stretch to your needs and talk you through your stretches. The Flexologists employ a "push & release" type of stretching (technically "proprioceptive neuromuscular facilitation stretching", or PNF) where you will be resisting a bit at times during the stretch and then releasing, resulting in a more effective stretch.</p> <p>Contact: www.stretchlab.com/</p>
SLEEPER TEACHERS	<p>We get it... You don't have the time or energy to continue troubleshooting possible sleep solutions on Google. You can't stand to get one more piece of sleep advice from your neighbor. And if you spend one more nap time trying to sneak your way out of your little one's room, you might go totally nuts. Good news is you don't have to do that anymore. Sleep support interest form and evaluation call to determine level and type of assistance needed. Any Sleep teachers package or resource is eligible for this benefit.</p> <p>Contact: https://sleeperteachers.com/sleep-training-services/</p>
PELETON	<p>The Peloton App Membership gives you access to thousands of live and on-demand classes anywhere, anytime, with or without equipment. It includes a diverse selection of indoor cycling, running, walking, bootcamp, strength and outdoor (audio-only) classes.</p> <p>Contact: www.onepeloton.com/digital/checkout/digital-30d</p>