

How to Eat, Move and Groove to Boost Lifelong Health and Well-Being

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3/20/24 Update for Class #1

Books:

Hello everyone! I'm excited to meet you all on 3/25 and start our four-part program investigating Eat Move Groove! My new book is truly hot-off-the-press, as I will have them in hand tomorrow! We will be using the book for the course, and you can secure one several ways:

1. [Join my book launch team](#), and you will have access to a free PDF of the book.
2. I invite you to come to my "meet and greet" and book signing on Friday, 3/22 at Triptych Brewing in Savoy from 5-7 pm. I will have books there for sale along with food, prizes, and general excitement around the book launch!
3. I will bring books to our first class on Monday, 3/25 at 11:30 am.
4. Books will be available on April 1st and beyond at The Literary in downtown Champaign.

Program Resources:

Program resources will be posted in the Dropbox. I will also be utilizing materials on my [Eat Move Groove](#) book resources web page and on the [Eat Move Groove YouTube page](#). You can keep these links handy. You are welcome to subscribe to Eat Move Groove and the YouTube page if you like.

EAT:

For those of you attending in-person, we will end each session with a tasting of an Eat Move Groove recipe. For those of you Zooming in, in case you want to eat along with us at home, the first recipe tasting will be the Sunshine Breakfast Bowl (recipe is in the Dropbox). Please make it at home and enjoy it with us at the end of class!

MOVE:

If you'd like you can join in the MOVE break during class. For this Monday, we will be moving along with Leah from Golden Oak Personal Training in Chicago, one of my team members with Eat Move Groove. The MOVE break we will be enjoying is [Leah's Stability Video #1](#), which can be found on the Eat Move Groove YouTube channel [here](#). You can find more 5–6-minute MOVE videos on my channel. Participating in the MOVE breaks is up to you. Join if it's comfortable for you. If you are at home, be sure you are in a safe and supportive environment.

GROOVE:

We will practice a simple relaxing breathing exercise as part of our first class. It can easily be done any time – in class, or at home.