



**renou**  
Health & Wellness Coaching

renou™ (ree-noo)  
Health & Wellness  
Coaching – simplifying  
nutrition and wellness!

## L.E.A.N. Essentials

### What's the Difference Between L.E.A.N. Start and L.E.A.N Essentials?

L.E.A.N. Essentials is designed for parents and caregivers of children between the ages of 3 – 12 years old who are unable to commit to a 6-week nutrition course, uncertain about the concept of nutrition or perhaps find the concept of nutrition overwhelming.

Consider this program a “baby step” into the world of healthier living for you and your family. This is a one-time, two-hour workshop, focusing on the four pillars of health: Lifestyle, Exercise, Attitude and Nutrition (L.E.A.N.). We cover the same information as in L.E.A.N. Start, and still in a highly interactive format, but the info is presented as more of an overview. All workshops are taught by Lynn Logg, founder of renou™ and certified health coach, by the Dr. Sears Wellness Institute.



The hard facts remain. There are plenty of statistics highlighting the fact that more than 20% of kids between the ages of 2 – 5 years are classified as obese or overweight<sup>2</sup>, which is leading to an increase in the number of kids with type 2 diabetes, high blood pressure, asthma, sleep disorders, low self-esteem & being bullied, behavioral and learning problems and depression.<sup>3</sup> Once obesity develops in children, a powerful set of physiological process and behavior patterns are set into motion, making it challenging to lose weight and reverse the process and patterns.<sup>1</sup>



**BUT, we also realize** everyone learns and processes information in different ways and at a different rate. The goal of any of our coaching programs is for you to be successful – which is really the “WHY” behind offering both programs.

1. [Brookings Institute. 2012. Obesity, Prevention & Healthcare Costs](#)
2. [CDC - Childhood Obesity Facts](#)
3. [Mayo Clinic - Childhood Obesity - Symptoms, Causes, Potential Outcomes](#)