

HEALTHY Lifestyle

Balancing Diet and Exercise

*“...be successful and healthy for
the rest of your life.”*

Healthy Lifestyle, a 12-week lifestyle improvement program, is designed to help you find the right balance of diet and exercise to achieve your personal weight loss goals.

The program includes:

- Metabolic Assessments
(at the beginning and end of the 12 weeks)
- Weekly weigh-ins
- Diet/Nutrition Information
(meal plans, label reading, eating out, recipes and more)
- Introduction to a variety of different types of exercise programs
- Three-month membership to Belleville Health and Sports Center

A \$500 value for just **\$195**. Class size is limited. To register, call Memorial's Community Relations Department at 618-257-5649



2009



2011

“I tried every program out there to lose weight. When I joined Memorial Hospital's Healthy Lifestyle program I learned the necessary tools to manage my diet and exercise in the most healthy way possible. This program helped me lose over 110 pounds in the past two years. I use the knowledge I gained from it every day!”

- Jessica Templin

Class begins Thursday, February 2
6 to 8 p.m.

Memorial's Belleville Health
and Sports Center

- 1001 South 74th Street, Belleville



Dedication. Compassion. Innovation.