

## The Ultimate Weight-Management Program

Helping LivFit members reach goals since 1993.

Our highly effective, 15-week weight-management program incorporates exercise, nutrition and lifestyle changes to help you achieve your weight-loss goal and a healthier lifestyle.

### Registration opens Wednesday, January 1

Register at the front desk at the Health First's Pro-Health & Fitness Center locations shown at the bottom of the page.

**Our program features** 15 weekly one-hour educational classes led by our team of experts, including a registered dietitian/nutritionist, behavior specialist, health educator and exercise professionals. We will guide you through the process of change as you work to achieve your goals.

We develop a personalized exercise program for each LivFit participant that is monitored by their own exercise trainer. The program includes monthly reassessments with your exercise trainer, as well as ongoing support and guidance throughout the program.

For more information about our LivFit program, please email us at [LivFit@HF.org](mailto:LivFit@HF.org) and indicate "LivFit Program" in the subject line, or call one of the locations listed below.

### Registration deadline: Friday, January 17

Class Schedule	Viera	Merritt Island	Melbourne
Day of the week	Tuesdays	Wednesdays	Thursdays
Dates	January 21 – April 28	January 22 – April 29	January 23 – April 30
Times	6 to 7 p.m.	6 to 7 p.m.	6 to 7 p.m.
Address	8705 N. Wickham Road	255 Borman Drive	611 E. Sheridan Road
Phone	321.434.9149	321.434.5801	321.434.7149

### Program Fees

Regular Enrollment	\$294* (\$98 down payment, then \$98 per month for two months)
Health First Associates	\$294* (payroll deduct \$49 for six pay periods)
Repeaters	\$240* (\$80 down payment, then \$80 per month for two months)
	*plus regular monthly Health First Pro-Health & Fitness membership dues

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## Additional LivFit Program Information

### A balanced approach.

The LivFit program teaches healthy, balanced principles. We do not advocate fad or low-calorie diets, pills or supplements. We teach real-life nutrition that the whole family can follow. We believe in changing long-term habits, not offering short-term solutions, so that the changes you make become permanent, allowing you to maintain your new lifestyle without struggle and relapse.

### Trained, experienced professionals.

At LivFit, we offer you the “best of the best.” Our LivFit team is made up of experienced professionals who are experts in their fields. Our program coordinator is a registered and licensed dietitian/nutritionist who has specialized in weight management since 1983. Our life coach has more than 20 years of experience as a health education specialist and has been involved in the LivFit program since 1996. The exercise team comes from a variety of backgrounds, all in the area of exercise science, with a minimum of a bachelor’s degree. We are all here to help you, and will give you the knowledge, support and motivation you need to make the changes you desire. All of our professionals are available for one-on-one private consultation as needed.

### Behavior change is the key.

Most people are aware that diet and exercise are necessary for successful weight loss. However, there’s a third component that is often left out of weight-management programs, and that is the behavior component. This component deals with learning to control your thought processes so that you stay in a positive state of mind, learning to overcome emotional eating and obstacles that life throws your way, learning to manage the stress in your life, and adjusting your self-image so that you become the person you want to be. Our behavior specialist provides the “glue” that holds all of this in place. This is a truly unique facet of our program and is one of the reasons that LivFit participants are successful for the long term.

### Built-in flexibility.

The structure of the LivFit program allows for a great deal of flexibility with classes and workout schedules. For example, you may attend any of the ongoing educational classes at any location and at any time that best suits your schedule on that particular week. Likewise, you could attend educational classes at one facility, but work with an exercise trainer at another location. We will work with you to give you as much flexibility and as many options as possible to assure your success.

**We look forward to working with you, and helping you achieve your goals.**

Melbourne	Merritt Island	Viera
611 E. Sheridan Road 321.434.7149	255 Borman Drive 321.434.5801	8705 N. Wickham Road 321.434.9149