

Quick Start 2 A Healthier U



By D & D Sports Med_{SM} & *Love to Live Well*_{SM}

Tired of quick fixes that do not work or last? Choose the **Quick Start 2 A Healthier U** program instead and you will Love to Live Well_{SM} at D & D Sports Med_{SM}. Learn how to go beyond reaching wellness goals to maintaining healthy changes for a lifetime. Try a new approach to wellness!

What will you gain?	What will you receive?
<ul style="list-style-type: none">• Better eating habits and tips to make changes easier• Increased physical activity• Increased confidence level• Improved fitness level• Better stress management & coping techniques• Injury prevention & safety tips• Knowledge you are using proper form while exercising• Better relationship with food• Weekly wellness goals personalized to you	<ul style="list-style-type: none">• Pre- & post-fitness assessment• Pre- & post-nutrition screening• Body composition measures• Wellness & stress management assessment• Instruction on setting SMART goals to eat better, move more, and stress less• Group health coaching with practical tips to help outside of class• Feedback on food/activity logs• New ways to incorporate activity into daily life

Designed & led by a team that includes: Registered Dietitian, Health Educator, Athletic Trainer, Physical Therapist, Certified Strength & Conditioning Specialist

Next class starts March 24 & ends May 13th

Registration Deadline March 11 by 5 pm

[Register here](#) today or [contact us](#) should you have any questions



Embrace true wellness today!

D&D SPORTS MED
DENTON • SANGER • AUBREY



D & D Sports Med_{SM} & Love to Live Well_{SM}

Cost: \$180 (\$360 value)

Senior rate for ages 65 & over: \$135 (25% off reg. rate)

Buddy rate: sign up together and receive 10% off each person (\$162)

If you already participate in a D & D Sports Med_{SM} fitness program, you may participate in the Love to Live Well_{SM} wellness class series for a fee of \$65.

This 8-Week Program is for ages 19 & over who:

- Are relatively healthy
- Are active but recovering from an injury
- Struggle with overweight/obesity & want to lose weight the healthy way, then keep it off
- Live with a disability, but want to improve overall wellness
- Want to improve their overall wellness, but don't know where to start
- Have lost weight & want to keep it off the healthy way

Each class consists of:

- Orientation before the first class
- Class meets once a week for 1.5 hours on Thursdays at D & D SportsMed_{SM}
 - 5:30-6:30 pm D & D_{SM} Fitness Class (1-2 home workouts given) (1 hr)
 - 6:30-7:00 pm Love to Live Well_{SM} Wellness Class (30 min)

Call or email today for more information and start your journey to a healthier you (crichardson@ddsportsmed.com or 940-380-9111)



D & D Sports Med & Love to Live Well

Love to Live Well

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