

Program Costs & Registration



Cost: \$180 for 8-wk program

Senior Rate: \$135 for 8-wk program

For class to make, we must have

- Minimum of 10 enrolled
- Maximum of 18 enrolled

Save your spot in this class today!

Call or email Keri Strong at D & D Sports Med_{SM}-Denton for more information (see back for contact information).

Love to Live Well_{SM}

Simplifying the changes it takes to eat better, move more, and stress less

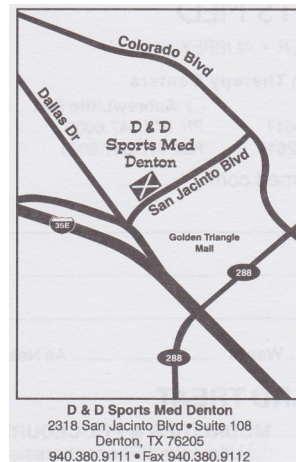
www.lovetolivewell.com
www.facebook.com/lovetolivewell

D & D Sports Med_{SM}

Learning to enjoy fitness safely
www.ddsportsmed.com
www.facebook.com/DDSportsMed

Classes are offered throughout the year.
Call or click today to take the next step to wellness.

Class schedule is available at:
www.ddsportsmed.com &
www.lovetolivewell.com



Total Wellness Program

Contact Keri Strong for more information at:
kstrong@ddsportsmed.com

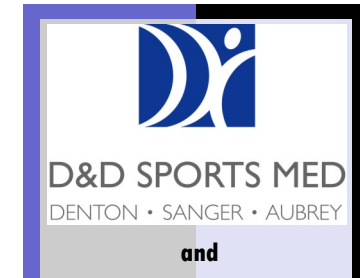
D & D Sports Med_{SM}-Denton

2318 San Jacinto Blvd, Suite 108
Denton TX 76205

Phone: 940-380-9111

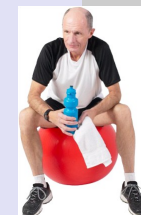
Web: www.ddsportsmed.com

 www.facebook.com/DDSportsMed



Have partnered to bring you:

Quick Start to Wellness Program



Held at
D & D Sports Med_{SM}-Denton

8 Weeks to a Healthier You

Tired of quick fixes that do not work or last?

Choose the **Quick Start to Wellness**

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.



*Embrace true
wellness today!*

Program consists of:

1. **Pre-Screening Appointment in Week 1** for fitness testing, body composition measures, nutrition screening, wellness and lifestyle pattern assessments (leave with goals and worksheets in hand to start week 1 activities)
2. **6 Weekly Love to Live Well_{SM} classes/health coaching** (30 min)- education & group health coaching on eating better, moving more, & stressing less designed by a doctorate-level registered dietitian and health coach

3. **6 Weekly D & D Fitness Classes** (1 hr)
- group workout designed and led by a Licensed Athletic Trainer (plus 1-2 tailored home workouts focused on technique)
4. **Final Fitness Assessment** in Week 8 to measure changes over entire program

If you are already participating in a D & D Sports Med_{SM} fitness program, you may participate in the Love to Live Well_{SM} class only for an add-on fee of \$65.

Benefits

For \$22.50/week you receive:

- Pre- and post-fitness assessment
- Nutrition screening
- Wellness assessment
- Lifestyle pattern assessment
- Training in setting SMART goals for any behavior change you want to make
- Practical tips to incorporate “eat better, move more, & stress less” into each day
- Group health coaching on eating better, moving more, and stressing less
- Weekly goals on eating better, moving more, and stressing less
- Guidance on methods of tracking food, activity, & stress management
- 2-3 workouts/wk (1 supervised/2 at home)
- Education on online wellness trackers

How Do You Know if This Program Is For You?

This program is for people who want to improve their overall wellness regardless of whether they are 1) relatively healthy, 2) active but recovering from an injury, 3) over 65 years of age, 4) struggling with overweight/obesity, or 5) living with a disability.

Each class* consists of:

- Week 1: individual pre-screening appointment
- Weeks 2-7: class meets on Wednesdays
 - 6:30-7 pm Love to Live Well_{SM} Class/Health Coaching
 - 7-8 pm D & D Fitness Class
- Week 8: final measurements/evaluation

*Participants leave each meeting/class with wellness goals in hand.

Other Services Available:

At D & D Sports Med-Denton_{SM}:

- Adult Fitness Class: 1 hour fitness class @ 2x/week \$80 for 8 weeks
- Senior Fitness Class: 1 hour fitness class @ 2x/week \$60 for 8 weeks
- Individual Package: One-on-one customized fitness program with Licensed Athletic Trainer (\$45/hour)

At Love to Live Well_{SM}:

(Denton or Flower Mound office):

- Individual Package: One-on-one counseling/health coaching sessions with Registered Dietitian/Health Coach (\$80/hr if purchased in packages; \$60/hr for Medicare recipients)

