

HEALTHY LIFESTYLE

WEIGHT MANAGEMENT

...HEALTHY.LIFESTYLE...HEALTHY.LIFESTYLE...
HEALTHY.LIFESTYLE...HEALTHY.LIFESTYLE
...HEALTHY.LIFESTYLE...



WEIGHT MANAGEMENT



MIRAMONT
LIFESTYLE FITNESS

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Change Your Life...

HEALTHY LIFESTYLE is a six-week **WEIGHT MANAGEMENT PROGRAM** that will help you develop nutritional strategies and effective exercise habits for life. Successful weight management is dependent on an active lifestyle and a healthy diet.

HEALTHY LIFESTYLE

Program Includes:

- Six Sessions with a Weight Loss Coach
- Materials to Motivate and Track Success
- Eight-Week Membership for Non-members
 - Weekly Weigh-ins
 - Accountability and Support

Members \$199

Non-members \$299

No membership required.

NORTH LOCATION
1800 HEATH PKWY.
970.221.5000

CENTRAL LOCATION
2211 S. COLLEGE AVE.
970.225.2233

SOUTH LOCATION
901 OAKRIDGE DR.
970.282.1000

We Engage, Energize, and Inspire Our Members and Team.

We Impact Lives!