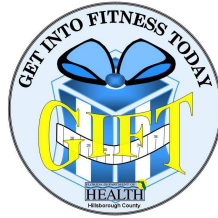


# DOES G.I.F.T. WORK?



**You bet it does.**

**No tricks, no shots, pills, or special food.**

**G.I.F.T. class lessons are developed by a Registered Dietitian who manages the program. The most up-to-date information about nutrition, physical activity and how they affect weight loss is used to provide the healthiest guidelines for achieving optimum health.**

## **The proof:**

**Since January 2008, 11 G.I.F.T. groups in various community locations**

**58 participants**

**19 have lost weight**

**40 are now exercising regularly**

**50 have increased the number of fruits and veggies in their diet**

**April through June, 2008, 60 participants from one employer**

**80 pounds lost by the group**

**More are exercising regularly**

**More have increased fruit and veggie consumption**

**This program focuses on making lifestyle changes that reduce risks of chronic disease. Your changes can help drive your family to make changes, too.**

**This is a FREE program. The only cost is your time and commitment to change!**

