



G.I.F.T.

GET INTO FITNESS TODAY

Like most gifts, G.I.F.T. is free. Participants meet weekly to learn how to improve their health outcomes by incorporating good nutrition and physical activity into their lifestyles.

G.I.F.T. participants also receive accountability for losing weight by “buddying up” with another member, keeping their own personal food, activity, and weight logs, and if they need it, tobacco cessation logs.

Group meetings always have an educational topic that is simple to understand with ideas about how to fit the application into their daily lives.

It works! G.I.F.T. participants are already losing weight, lowering their blood pressure and learning how to cook healthier meals without sacrificing flavor. They’ve learned how adding a little activity regularly can make a big difference.

Physicians and other medical providers can use pre-printed referral forms we provide to refer patients who need the support of a group to get back on track to better health.

G.I.F.T. groups are already in full swing, but joining is available anytime. Groups can be as few as 3 or 4 or as many as 20 and they can be anywhere, too! Workplaces, churches, libraries, private homes, community centers – anywhere people can meet regularly.

START OR JOIN A GROUP. BRING A FRIEND. CALL US.

(813) 307-8071

