

Health



HABITS FOR LIVING.COM



FITNESS



NUTRITION



LIFESTYLE



WHAT IS *Healthé* Habits for Living?

Healthé Habits for Living provides a customized and unique solution to weight loss and other chronic diseases. We are committed to changing the way people think, relate to, consume, and manage food and exercise on a daily basis.

Our mission is to train, coach, and counsel individuals in appropriate and effective skills in exercise, basic nutrition, and the mental strategies to maintain these lifestyle changes for life.

WHAT ARE THE *Benefits* OF HEALTH HABITS?

The benefits of HHL are limitless; with many perks included in our program:

- Non Intimidating, Safe, and Therapeutic Environment
- **One on One visits with an Occupational and/or Physical Therapist specializing in chronic diseases.**
- Physical Function and Lifestyle Evaluations
- Therapeutic Exercise Plans Created for Each Client
- On-going Communication with your Physician



WHO IS *Eligible*?

WHO WILL *Benefit*?

Anyone who currently suffers from any chronic disease including - obesity, joint pain, arthritis, sleep apnea, asthma, high blood pressure, diabetes, fibromyalgia, back pain, cancer, hypothyroidism, CAD, PCOS and COPD to name a few.

WHAT IS THE *Cost*?

WHAT PROGRAMS ARE *Offered*?

The cost of the program is typically covered by medical insurance with a referral from your doctor. The program cost includes the initial evaluation, reports to your physician, therapeutic exercise plan to fit your abilities, 2 - 3 visits per week with a therapist.



HEALTH

EXERCISE

NUTRITION

REST

POSITIVE THINKING

Road to Longevity