



Exercise Program (We Like to Move It!)

You feel the time is now to start feeling better. You have put it off long enough. You can't even fit your 'big' clothes. Call Virginia Premier to begin exercising for a better outlook on life. Increase your physical activity and fitness level.

Why participate in the Exercise program?

- You are overweight and have no energy
- You have hypertension or your cholesterol is a little high
- You want to be able to run behind your kids
- You need help getting a jump start on exercise
- You want to look and feel better

What does the program include?

- Assessment of your overall health by your health educator
- Exercise plan designed for you
- Pedometer for tracking steps
- DVDs or home exercise routines
- Gym membership to specific fitness center when applicable
- Ongoing support from your health educator
- A better outlook on life

Follow-up calls

Your health educator will check on you to see how you are doing and assess your ever-changing needs.

Additional Information

Learn more about Exercise

<http://www.mayoclinic.com/health/exercise/HQ01676/NSECTIONGROUP=2>

What is a pedometer?

<http://www.pbs.org/americaswalking/gear/gearpedometers.html>

Access Curves for Women exercise program here: <http://www.curves.com/index.php>