

Bariatric Exercise Support Training B.E.S.T.

Research and experience show that consistent habits of regular exercise and good nutrition are critical to your long term success. Consistent exercise will:

- * help you **lose more weight than surgery alone** and **keep it off** long-term
- * help **tighten loose skin**
- * **tone muscles**
- * **increase your energy** levels and feeling of well-being

Get all of the amenities of our 3 Wellness Centers plus 3 personal training sessions

- *3 one-on-one sessions with a Certified Personal Trainer to make sure you exercise correctly and effectively. (More sessions available for \$20/session.)
- *Use of pool, water aerobics, machines, group fitness classes, steam room, sauna, 3 locations, etc.
- *Consults with Certified Personal Trainers are available weekly. Consults with Licensed Physical Therapist, Certified Athletic Trainer, and other professionals are available by appointment.
- *Non-intimidating atmosphere
- *Access 7 days a week

Up to 90 days for \$90 – Save up to \$146

Payment information

- *Free O&A, Pro-rate current month, Pay 2 months at \$45/month and 3rd full Month is Free
- *Ongoing rate \$45/month or best applicable – EFT monthly/OTC quarterly - No Contract
- *Please present this flyer when you join to receive up to \$146 Savings
- *Good for up to 6 months after discharge.
- **Membership required to receive Personal Training and Consults.*

256-265-WELL
Facebook.com/WellnessCtr

Please present this flyer when you join



**Huntsville Hospital reserves the right to discontinue programs/specials without notification.
Staff: Code as Wellness Is Medicine*