

■ Why Choosing Fit for Life Makes Sense

► Improve Your Health

In the United States, the following is true:

- 1 out of 3 have high cholesterol
- 1 out of 3 have high blood pressure
- 2 out of 3 are overweight or obese
- 3 out of 4 don't exercise regularly
- 4 out of 5 eat poorly

67%

More than 67% of serious illnesses are preventable, but lifestyle changes must occur to stave off diseases like diabetes and heart disease. Fit for Life helps you make those lifestyle changes.

84%

► Benefit from Fit for Life's Proven Success Record

More than 1,200 adults have graduated from Trinity Hospital Twin City's Fit for Life program. More than 84% of graduates lost weight, and 60% reported maintenance of their weight loss. Nearly 100% of participants said they would recommend Fit for Life to family and friends.

■ Fit for Life is Transforming Lives

"The Fit for Life program offers people the opportunity to make positive, lasting changes in their lives. It does so at an appropriate pace using tried and true practices anyone can follow. If you are serious about making a healthier choice in life, this program can help you do it."

David Wheeler

"...Dr. Tim McKnight was so knowledgeable and focused on telling us just the right things and gave us hope and enthusiasm to continue. I wish this could be a mandatory class that everyone would have to take." **Patti Strickling**

"I am proud to say that I have lost an additional 18 pounds since the class (ended) bringing my total weight loss to almost 40 pounds. I am back to the weight I was in high school!...the Fit for Life class has changed my life." **Shannan Boone**

■ Why Wait?

Call the staff of Fit for Life today at (740) 922-7471 to learn how you can benefit from this successful wellness program.



*Ministry of Sylvania Families Health
Sponsored by The Sisters of St. Francis
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*Educate, Motivate,
Inspire, Change!*

Fit for Life at Trinity Hospital Twin City

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Educate, Motivate, Inspire, Change! Fit for Life can help you!

■ Who We Are

Trinity Hospital Twin City's Fit for Life program is an innovative wellness program that helps people make the lifestyle changes necessary to achieve overall wellness and lead happier, more productive lives. Thanks to grants from the Health Resources and Service Administration Office of Rural Health Policy, Fit for Life began in May 2006 under the direction of Dr. Tim McKnight, a Board Certified Family Practitioner.



FIT FOR LIFE HELPS MAN START HIS JOURNEY TO BETTER HEALTH

Looking for help, Larry Parrish of Uhrichsville, Ohio, participated in the Fit for Life wellness program in the fall of 2011. After twelve weeks of attending Fit for Life classes and learning from Dr. Tim McKnight and other presenters, Larry's results spoke for themselves. "I lost a little over thirty pounds and went down about three or four pant sizes," he shared. "I feel a lot better. I'm more mobile than I was. I can tie my shoes and bend down to the floor to pick up things. I can even drive my car comfortably. Before losing weight, my stomach used to touch the steering wheel, and now I have more room."

Before Fit for Life, Parrish had trouble breathing, had high blood pressure and was borderline diabetic. Now he's feeling better and planning to continue his weight loss progress. "I consider Fit for Life to be a life extender," noted Parrish. "I think the program's terrific and that everyone ought to at least try it. Fit for Life focused on helping the whole person—spiritually, mentally, physically and emotionally."

■ Why Fit for Life Works

Fit for Life participants experience success where they may not have experienced success with other programs because Fit for Life provides a more holistic approach to achieving wellness. Participants are encouraged to make gradual changes to their lifestyles, changes that are much easier to sustain over time.

Traditional wellness programs focus on how much a person eats or exercises. Instead, Dr. McKnight emphasizes how to maintain balance between behaviors, thoughts, emotions and relationships to achieve overall wellness. Fit for Life provides the education, motivation and inspiration needed for positive change.

■ What We Offer

Fit for Life classes take place once weekly for 12 weeks. The curriculum emphasizes realistic lifestyle changes, resulting in enhanced levels of health and fitness. Class participants meet for one hour weekly and use customized nutrition and fitness plans. Some of the class topics include stress management, the wellness choice, nutrition for life, eat to live, food labels, cardiovascular fitness, flexibility fitness, strength fitness, disease prevention, healthy aging and more.

■ What to Expect from Fit for Life

After taking the 12 week Fit for Life class, the average person will achieve the following:

- Lose at least 7 pounds from starting weight
- Lower systolic blood pressure by about 7 points
- Lower diastolic blood pressure by about 2.5 points
- Lower total cholesterol by over 13 points
- Lower triglyceride level by over 20 points

■ About Our Staff



Trinity Hospital Twin City's Fit for Life Program Director, Dr. Tim McKnight, is a Board Certified Family Practitioner who earned his medical degree and Master's degree in Nutrition from Ohio State University. He has been a featured guest speaker at many physician seminars on preventative medicine across the United States.

Other Fit for Life program staff includes a chiropractor, psychologist, registered dietitians, renowned coach, fitness instructor, wellness educator and more. Together with Dr. McKnight, the Fit for Life staff is dedicated to meeting your health and wellness needs.

Any approach

to healthcare that does not start with
and health promotion is simply rearranging

deck chairs on the

prevention

Titanic.