

# Lose weight the healthy way.

*Lite-4-Life!*

Lite-4-Life is a nine-week healthy eating and exercise program based on the four principles of aerobic exercise, strength training, healthy eating and positive thinking.

#### **Program features:**

- Individualized healthy eating plans
- 15 personal training sessions with a degreed/certified personal trainer
- Eight weekly educational sessions
- Personal pre- and post-program fitness assessment
- **Unlimited access** to the ETMC Olympic Center
- Nutrition log

#### **Program cost:**

*ETMC team members and ETMC Olympic Center members:*

Individual - \$319      Couple - \$529

*Non-members:*

Individual - \$369      Couple - \$579

*"I loved the program. Lite-4-Life is the total package!"*

G. Brown

*"The best program I've ever done because of the focus on health and not just weight loss."*

M. Vance

***To enroll in our next session  
or for more information,  
please call 903-596-3233 or speak  
with a fitness staff member.***

 **ETMC**  
**OLYMPIC**  
CENTER