

HEALTHY LIFESTYLE PROGRAM

Guiding you towards better health with food and fitness.

You can start a journey towards wellness and improved health in just three to six months with the Healthy Lifestyle Program at Roper St. Francis Mount Pleasant Hospital. This comprehensive program is designed to help improve your heart health and overall well-being. Led by Cardiologist Dr. John Ciccone, along with dietitians and certified personal trainers, this program will help you make better food choices, outline a lasting exercise program that is customized to you and may reduce the amount of prescription medications that you need.

ELIGIBILITY

You must have one of the below cardiovascular risk factors to participate:

- High Blood Pressure
- Abnormal Cholesterol
- Diabetic or Pre-diabetic
- Obesity
- Family history of Heart Disease

INDIVIDUAL ASSESSMENT

In one coordinated visit, you will meet with the cardiologist for a cardiac risk evaluation as well as the dietitian and personal trainer for nutritional and fitness assessments.

GROUP EXERCISE

Patients will meet twice a week with a small group (3-4 people) at our private gym for supervised exercise sessions.

INDIVIDUAL NUTRITION COUNSELING

Once a month, you will meet with one of our dietitians to ensure your diet is on track to reduce your heart disease risk factors and to help you lose weight, if necessary.

GROUP SUPPORT AND EDUCATION SESSIONS

We also offer a variety of educational sessions and support group opportunities throughout the program.

COMMUNICATION

Monthly progress reports will be sent to Primary Care and Referring Physicians for care coordination.

LOCATION

Roper St. Francis Mount Pleasant Hospital
3510 Highway 17 North, Suite 110
Mount Pleasant, SC 29466

GET STARTED

To get started or if you have questions visit our website or, call Amy Mendez, Program Navigator, at (843) 606-7890.