

HEALTHY LIFESTYLE PROGRAM

Guiding you towards better health with food and fitness

You can start a journey towards wellness and improved health with the Healthy Lifestyle Program. This comprehensive program is designed to help improve your heart health and body composition. Led by experienced dietitians, certified personal trainers and a board-certified cardiologist, this program has helped hundreds of Lowcountry residents improve their food choices, outline a lasting exercise program and reduce the amount of prescription medications that they need. If you need support, accountability and expert guidance to start your path to wellness, this program is right for you.

ELIGIBILITY

You must have at least one of the following cardiovascular risk factors to participate:

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

INDIVIDUAL ASSESSMENT

All participants meet with their dietitian and personal trainer for nutritional and fitness assessments. If you have symptoms of heart disease or are screened as higher risk for cardiovascular disease (2 or more of the above risk factors), and don't already see a cardiologist, a cardiology referral will be made.

GROUP EXERCISE

Patients will meet twice a week with a small group (3-5 people) at our private gym for supervised exercise sessions. All sessions are tailored to your individual abilities and goals.

NUTRITION COUNSELING

Once a month you will meet with your dietitian individually to discuss your eating plan and make changes and modifications as needed. No gimmicks or fad diets—we only recommend realistic plans that are both effective and sustainable.

GROUP NUTRITION EDUCATION

Monthly nutrition lectures are offered to enhance your understanding of what to eat and how to change old habits and behaviors.

LOCATIONS

Roper St. Francis Mount Pleasant Hospital
3500 Highway 17 North
Mount Pleasant, SC 29466

Roper Hospital
316 Calhoun Street
Charleston, SC 29401

GET STARTED

To ask about enrollment or general questions, contact Monica Horne at (843) 606-7186 or monica.horne@rsfh.com

Roper St. Francis Healthy Lifestyle Program

Initial Assessments



Foundation Program

- Foundation**
- Twice a week group exercise sessions (3-4 per group) led by Certified Personal Trainer
 - Monthly Individual Nutrition visits with Registered Dietitian
 - Monthly Group Education classes

3 Months	\$599	<ul style="list-style-type: none"> • 24 exercise sessions • 3 individual nutrition visits • 3 group education classes
	\$999	<ul style="list-style-type: none"> • 48 exercise sessions • 6 individual nutrition visits • 6 group education classes

Transition Program

- Transition**
- Only available after completion of Foundation Program
 - Twice a week larger group exercise sessions (5-6 per group)
 - Less frequent individual nutrition visits with Registered Dietitian
 - Monthly Group Education classes

3 Months	\$449	<ul style="list-style-type: none"> • 24 exercise sessions • 2 individual nutrition visits • 3 group education classes
	\$699	<ul style="list-style-type: none"> • 48 exercise sessions • 4 individual nutrition visits • 6 group education classes

To enroll: Monica Horne (843) 606-7186 or monica.horne@rsfh.com