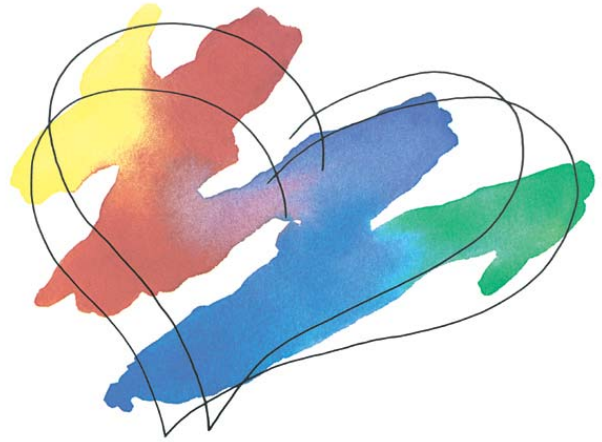


H.E.A.R.T. Program Health Enhancement & Risk Therapy



Program Goals

Provide all participants with a personalized exercise prescription

Provide monitored exercise in a medical setting

Education on risk factors and prevention of heart disease

Work with patients and their physicians to optimize health

Lifestyle Coaching Topics include:

- ♥ Nutrition
- ♥ Stress Management
- ♥ Weight Loss
- ♥ Goal Setting
- ♥ Fitness Testing

This self-pay program is designed for patients with two or more risk factors. A physician approval is needed to be in the H.E.A.R.T. program.



*Sutter Davis
Hospital*

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Please call for more information
on the program and pricing.