



Lite-4-Life!

Lose weight the healthy way.

Lite-4-Life is a 13-week program that offers a comprehensive approach to weight management through the implementation of lifestyle changes and behavioral modifications. Lite-4-Life is overseen by a credentialed team of health and fitness professionals.

Program features:

- Fifteen personal training sessions with a certified personal trainer.
- Six group educational sessions.
- Pre-and post-program fitness assessment.
- Pre-and mid-program visit with our weight management coordinator.
- Full-access membership to the UT Health East Texas Olympic Center.

Program cost:

- UT Health East Texas employees and Olympic Center members: \$339; non-members: \$389.

To enroll or to receive more information, please speak with a fitness staff member or call 903-596-3233.



UTHealth
East Texas
Olympic Center