



START LIVING A HEALTHIER LIFESTYLE TODAY WITH HELPS!

The **Healthy Exercise & Lifestyle Program** is located in the WFU Clinical Research Center next to BB&T Field in Winston-Salem. Participants are generally at the facility for approximately 1 hour for each exercise session. How often you exercise and when you exercise in the HELPS program is up to each individual participant and their needs. Our professional staff will work with you to implement an exercise plan that works best for you.

The cost of the program is \$35.00/month regardless of how many times you attend. Also, our program is part of the **SilverSneakers/Prime** and **Silver & Fit** network of benefits. The facility is open on **Monday, Wednesday and Friday mornings from 6-9 am** and **Monday, Tuesday and Thursday evenings from 5:30-7 pm**. Locker room facilities are available. Each person who joins the program will have an initial **Health & Fitness Assessment**. These assessments will be based on your current risk factors and functional capacity. As part of this assessment, you will have an individual consultation with an **Exercise Physiologist** to go over your results, discuss your exercise plan and set goals. You will also have the option (not required) of an individual assessment and consultation with our **Nutritionist**.

The HELPS program offers a **FREE** one week trial in the program if you would like to learn more. To set up an appointment or if you have any questions, feel free to contact our office at **336-758-5853**.

