

Quick Start 2 A Healthier Family



By **D & D Sports Med_{SM}** & *Love to Live Well_{SM}*

This interactive program shows families with kids ages 18 & under how fun healthy habits like eating better, moving more, and stressing less can be. Great for healthy weight management and overall wellness; includes home family fitness activities to use throughout the program.

What will you gain?	What will you receive?
<ul style="list-style-type: none">• Better eating habits and tips to make changes easier• Increased physical activity• Increased confidence level• Improved fitness level• Better stress management & coping techniques• Injury prevention & safety tips• Knowledge you are using proper form while exercising• Better relationship with food• Weekly wellness goals personalized to you	<ul style="list-style-type: none">• Pre- & post-fitness assessment• Pre- & post-nutrition screening• Instruction on setting SMART goals to eat better, move more, & stress less• Group health coaching with practical tips to help outside of class• Feedback on food/activity logs• New ways to incorporate play into daily life

Designed & led by a team that includes: Registered Dietitian, Health Educator, Athletic Trainer, Physical Therapist, Certified Strength & Conditioning Specialist

Next class starts Oct. 20th and ends Nov. 12th

Registration Deadline Oct. 9th by 5 pm

[Register online](#) today or [contact us](#) should you have any questions

Embrace true wellness today!



D&D SPORTS MED
DENTON • SANGER • AUBREY



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Cost: \$100 for 1 child and 1 parent/guardian (\$300 value)

Cost for each additional child: +\$50

Cost for each additional parent/guardian: +\$25

This 4-week program is for families with kids ages 18 & under who:

- Are relatively healthy
- Are active but recovering from an injury
- Struggle with overweight/obesity & want to lose weight the healthy way, then keep it off
- Live with a disability, but want to improve overall wellness
- Want to improve their overall wellness, but don't know where to start.
- May not be comfortable with gyms or physical activity.

Each class consists of:

- Orientation before the first class
- Class meets twice a week (3.5 hours/week total) at D & D SportsMed_{SM}:
 - Tues 6:30-7:30 pm for Fitness class
 - Thurs 6-6:30 for Wellness & 6:30-7:30 for Fitness (+ 1 home workout/wk)

Call or email today for more information and start your journey to a healthier family (crichardson@ddsportsmed.com or 940-380-9111)



D & D Sports Med & Love to Live Well

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