



LIVING LEAN

ARE YOU READY TO
LOSE WEIGHT? IMPROVE SLEEP?
BOOST ENERGY? THINK CLEARER?

Living Lean is a medically supervised weight loss program offered through the Baton Rouge General's Health and Wellness Center. This comprehensive weight loss program allows you to achieve effective weight management and improved physical fitness through a combination of lifestyle and behavioral change modifications.

Clients have access to a multi-disciplinary team which includes a nurse practitioner, registered dietitians, and licensed social worker. For more information, contact BRG's Health and Wellness Center to speak directly to a Living Lean representative.

PROGRAM BENEFITS INCLUDE:

- Lifestyle and behavioral assessments
- Functional fitness assessment*
- Educational classes and materials
- Access to BRGFit gyms and (4) fitness classes per month—all free of charge
- Stretching packets for home use
- Prescription for weight loss/appetite suppressants available

Baton Rouge
General
Health &
Wellness
Center
225.819.1175

USE THIS
COUPON FOR
\$25 OFF
YOUR 1ST
MONTH OF
LIVING LEAN



**Functional Fitness Assessment includes analysis of structural/postural deviations, joint range of motion/muscular flexibility measurements and spinal range of motion deficiencies.*