



Rev It UP! Fitness



A new way of living...A better way of feeling!

START 2011 OFF RIGHT!!!

REV It UP!

Rev It Up! is a 9-week program taught by a licensed dietitian that helps you understand why your body works the way it does and why typical “diets and fitness plans” *don't* work. Rev it Up! is a practical, interactive lifestyle program designed to help you achieve a more “revved up” metabolism and a healthy, balanced life. It's the guidance you have been looking for to help create a plan that is right for you, right for your body, right for your lifestyle.

WHEN? **Begins January 2011**

WHERE? **Jackson County Health Department**

COST? **FREE**

Includes a 275 page instruction book
with a built-in maintenance journal!

Don't just DIET. Change your life! You owe it to yourself and your body.

To register, contact The Healthy Communities Healthy People Program at 850-526-2412 extension 282 or email WellnessBuddy@doh.state.fl.us and provide your name, phone number and email address.