

Introducing South Jersey Healthcare's New Weight Loss Program

Looking for some expert help in the battle to lose 5 to 20 pounds, then *A Better Fit* is tailored just for you. The new South Jersey Healthcare weight loss plan brings together the expertise of a certified personal trainer and registered dietitian to help you reach your goal in 12 weeks.



The program provides:

- blood tests: including cholesterol, thyroid, and blood glucose levels;
- 6 hours with a certified personal trainer;
- 3 visits with a registered dietitian;
- e-mail communications with the personal trainer and dietitian, throughout the 12 - week program;
- a three-month membership to the SJH Fitness Connection; and
- the opportunity to earn a free massage; or one yoga or tai chi session.

This 12 - week program is priced right at \$299.95 — about \$3.50 a day.



For more information or to enroll call:
SJH Fitness Connection at (856) 696-3924