

## GIFT Works!

### Participants Testimonials

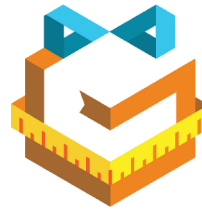
*"The support and encouragement and the attitude that this is a lifestyle change made me take this seriously. It wasn't just the class information, but the way you presented it, always being supportive, open, honest, and positive. I had my lab work done and the office nurse called to say how happy my doctor was with the results."*

*"I have lost 18 pounds since I started GIFT. Lots of exercise and eating right... it's wonderful! Thanks so much for giving me the motivation."*

**Give yourself a GIFT today and have a healthier tomorrow.**



**GIFT Program**  
**Florida Department of Health in Hillsborough County**  
**P.O. Box 5135**  
**Tampa, FL 33675-5135**



**Enroll today!**  
**813-307-8009**  
**GetIntoFitnessToday.net**  
Clases locales disponibles en español.



**Hillborough.FloridaHealth.gov**



**GIFT**  
**Get Into Fitness Today!**



**Weight Loss and Wellness Program**  
**Department of Health in Hillsborough County**

## What is GIFT?

GIFT is a 12-week weight loss and wellness program developed by registered dietitians, health educators, and nurses. The program focuses on small gradual changes in lifestyle habits that lead to sustainable health improvements.

Since 2007, GIFT has reached over 3,500 people in Hillsborough County. Of these, **over 75% lost weight, improved their lifestyle habits, and improved their health.**

GIFT participants have the added option of contacting our Registered Dietitian for added support. Our dietitian can help groups and individuals that find success difficult by providing additional resources or activities.

## DID YOU KNOW?

Individuals who lose as little as 5% to 7% of their weight, despite being obese and 100 pounds or more overweight, can significantly improve their health and improve risk factors such as blood pressure, cholesterol, blood sugar, joint immobility, and sleep apnea.



## How is GIFT Different?

- It's FREE.
- No fad diets to follow.
- No special foods and drinks to purchase.
- It's realistic.
- All program materials are provided at no cost to you.
- Access to a registered dietitian for professional nutrition counseling.

## What will I Learn?

- Action planning for health.
- Portion control for weight loss.
- Improved nutrition.
  - sample meal plans.
  - easy substitutions.
- Physical activity tips.
- How to cook, shop, and eat out—healthy.
- Handling parties and social events.
- Proper water intake.
- Disease prevention.

### Physicians and Health Care Providers: Join the GIFT Referral Program

Call 813-307-8009 for referral forms.

Are you motivated to teach others how to live a healthy lifestyle?

### Become a GIFT Facilitator

All training and materials are FREE!

Contact us now and we can help get you ready to start changing lives with Get Into Fitness Today!

## 3 GIFTs For You!

We want you to be successful and we realize that one size does not always fit everyone. This is why GIFT is available in three different formats, giving you three ways to succeed at being healthy.

### 1 Community Group

Community groups meet weekly in a convenient location. Groups are made up of others who want a healthier lifestyle like you.

### 2 Worksite Wellness Group

Worksite groups meet weekly where you work! Support and get supported by your co-workers as you take the journey to be healthier.

GIFT program CD's are available at no cost for businesses—provide employee wellness activities at no or low cost using GIFT!

### 3 Online

Sign-up for access to recipes and tips, plus get support from our health experts and others as you make healthy lifestyle changes.

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