

GIFT works!
Actual group
participants tell you how
(excerpts)

"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."

"All my blood work was perfect. Even my doctor is asking my what I have been doing. I feel great."

"My doctor's office says my triglycerides have improved since before I lost weight. I will keep doing what I'm doing and thank you for all your inspiration!"

GIVE YOURSELF A *GIFT*
TODAY AND HAVE A
HEALTHIER TOMORROW.



**CALL
TODAY!**

(813) 307-8071

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

www.hillscountyhealth.org



Get into Fitness Today

GIFT



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Get into Fitness Today* is changing lives.



- **FREE**
- **Weight loss/health program**
- **Support group based**
- **Accountability style**
- **Meet 1 time a week for 6-12 weeks in convenient community locations or at your worksite**

What will I Learn?

- **Action planning**
- **Weight and portion control**
- **Improved nutrition**
 - sample meal plans
 - easy substitutions
- **Exercise/Daily Activity**
- **Healthy cooking, shopping, & eating out**
- **Handling parties & social events**
- **Proper water intake**
- **Diabetes prevention**

Will I be Successful?
YES!!!

How is GIFT Different?

- **FREE**
- **No fad Diets**
- **No special foods/drinks to purchase**
- **Realistic**
- **ALL program materials provided FREE**
- **Access to a Registered Dietitian for professional nutritional counseling**



***GIFT was developed by Registered Dietitians, Health Educators, and Registered Nurses. (Classes in Spanish available)**

Become a GIFT Facilitator!

Are you motivated to teach others how to live healthy?

- ⇒ **All training is FREE!**
- ⇒ **Training materials are FREE!**

Physicians and Healthcare Providers: REFERRAL program is available. Call us for referral forms.

MEDICAL NUTRITION THERAPY Available for a fee.

CALL (813)-307-8015 Ext. 7103



GIFT program CD'S available at no charge for organizations.

Provide employee wellness activities at no or low cost using GIFT!

MANY DISEASES & CONDITIONS CAN BE PREVENTED & IN SOME CASES, REVERSED!

LET US HELP YOU GET & STAY FIT AND HEALTHY!