

# WELL+FIT

## Do you have diabetes?

Do you want to feel better and have better diabetes control through lifestyle changes?

A WellFit nutrition and exercise plan can help.

Patient Centered Wellness™

# WELL+FIT

WELLNESS CENTER OF THIBODAUX REGIONAL

726 N Acadia Rd.  
Thibodaux, LA 70301  
985.493.4765



*Medically-Integrated, Customized Plan for  
Improving Overall Health & Well-Being*

## Diabetes Care

Patient Centered Wellness™

Your **customized WellFit plan** will include nutrition and fitness education and unlimited access for the duration of your program to the Fitness Center of Thibodaux Regional. The plan may also include physical therapy and behavioral health services.

**Program Cost: \$99 for 8 weeks.**

*Ask Your Physician About WellFit  
or Call: 985.493.4765.*

Unlimited access to  
The Fitness Center of Thibodaux Regional  
is included for the length of the program.

*For a Virtual Tour:  
[FitnessCenterofThibodauxRegional.com](http://FitnessCenterofThibodauxRegional.com).*

## WHAT THE RESEARCH SHOWS

Studies have shown that following proper nutrition and exercise has many benefits and can:

- Result in weight loss
- Improve your emotional health
- Increase mobility, flexibility and range of motion
- Increase functional capacity
- Decrease pain

WellFit integrates medical care with wellness to give you the highest quality, most active lifestyle possible. WellFit strives to optimize your strengths while lowering your medical risks.

## WELLFIT CAN HELP YOU GAIN CONTROL OF YOUR DIABETES

WellFit can also help improve your diabetes control by helping to keep your blood glucose, blood pressure, and cholesterol in your target ranges, thereby preventing or delaying diabetes complications.

