IT'S NEVER TOO LATE
to make healthy lifestyle changes! Whether you are looking to manage high blood pressure, diabetes, weight loss or other medical conditions, or just looking for an opportunity to exercise safely, ask your physician to refer you to the Live Better Institute for a Live Better Assessment. The assessment will help you create a realistic wellness plan that is just right for you.

“It’s an integration of services that are all working to help me,” said Ann Knox of Londonderry. Ann underwent a Live Better Assessment that helped her identify areas of concern and provided her with the tools she needed to uncover and control a daytime sleep disorder that contributed to her medical conditions. As part of Ann’s plan, she enrolled in the Elliot Medical Fitness Center, 1070 Holt Avenue, Manchester. “I really hate to exercise but I love to exercise at the Medical Fitness Center. The exercise physiologist and others encourage me and work with my doctor when needed,” explained Ann. After three months of exercising, nutrition counseling and applying what she has learned, Ann is exercising 5 days a week and making progress towards lowering her blood pressure and cholesterol numbers. “I never thought I would exercise as much as I do but I feel that I have a responsibility to myself because of the support that I receive from the team,” said Ann.

The Live Better Assessment costs $29 and is a 90-minute appointment that examines your current health status, your risks and goals. A physician’s referral and your most recent lab values will be needed. To begin, call the Live Better Institute at 663-4LBI (4524). At your scheduled visit, you’ll meet one-on-one with a Health Management Nurse, who is experienced in cardiovascular risk assessments, overall health management and motivational strategies.

You will also meet with an Exercise Physiologist who will evaluate your physical activity needs. Together with the Health Management Nurse you will set goals that are obtainable and appropriate. Your plan may include: an appointment with a nutritionist, diabetes educator, tobacco treatment specialist, physical therapist or a membership to our Medical Fitness Center. These services may be fee-for-service programs or covered by insurance. A report of these recommendations will be given to you and your physician.

After three months, you will meet again with the Health Management Nurse to follow up on your progress and needs.

We are the team you need to create and live your health plan. For more information, call 663-4LBI (4524).