



# Roseville Health & Wellness Center

1650 Lead Hill Blvd, Roseville | 916.677.1200 | [www.rosevillehwc.com](http://www.rosevillehwc.com) |  Like us on Facebook

## Bariatric Fit for Life Exercise Program

At Roseville Health & Wellness Center

Our Bariatric Group for Life Exercise Program is designed to create a positive group fitness atmosphere with participants who are pre/post bariatric surgery. This format welcomes all fitness levels and incorporates strength, cardiovascular, flexibility and functional training.

- Designed for pre/post bariatric patients
- All fitness levels welcome
- 8-week ongoing program

### Program Includes:

- Weekly Fit for Life Class
- 8-week membership to aquatic & land group exercise classes at RHC.
- Pre/Post Measurements on request
- Program Cost: \$199



**For more information on how you can start your new life journey with RHC's Bariatric Fit for Life Exercise Program call Lisa Robinson at 916-677-1200**

At the age of 50 Rick Siegel decided to take control of his health beginning with bariatric surgery (losing 50 pounds in 4 months). Rick knew he needed to become active and with a referral to the Roseville Health & Wellness Center he started his new life journey!

Rick currently attends classes 5 days a week at RHC and says that fitness literally saved his life. He is grateful to the wellness staff that have instructed him and cheered him along the way in meeting his weight loss and fitness goals! Rick has now lost 130 pounds and his advice to anyone on a similar journey is to "begin slowly but remain consistent."