

# Exercise is the best medicine!

Did you know that physical activity is the #1 predictor of your overall health? Regular exercise at the right intensity can:

- » Reduce the risk of heart disease by 40%
- » Reduce the incidence of high blood pressure by almost 50%
- » Lower the risk of stroke by 27%
- » Reduce the incidence of diabetes by almost 50%



## THE ANTI-GYM

People don't usually come to us because they love to exercise. At LIVE WELL you will fit in, feel comfortable and find exercise fun, social and inspiring. As one member puts it:

“When I come in to exercise, it's like I have someone putting their arms around me.”

-Susan, age 61  
LIVE WELL member

## Location

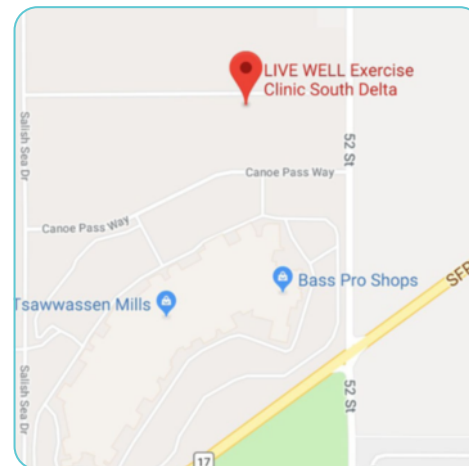
### South Delta

#350 - 4949 Canoe Pass Way  
Tsawwassen, BC V4M 0B2

Phone: **604-359-8875**

Fax: 604-359-9697

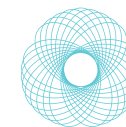
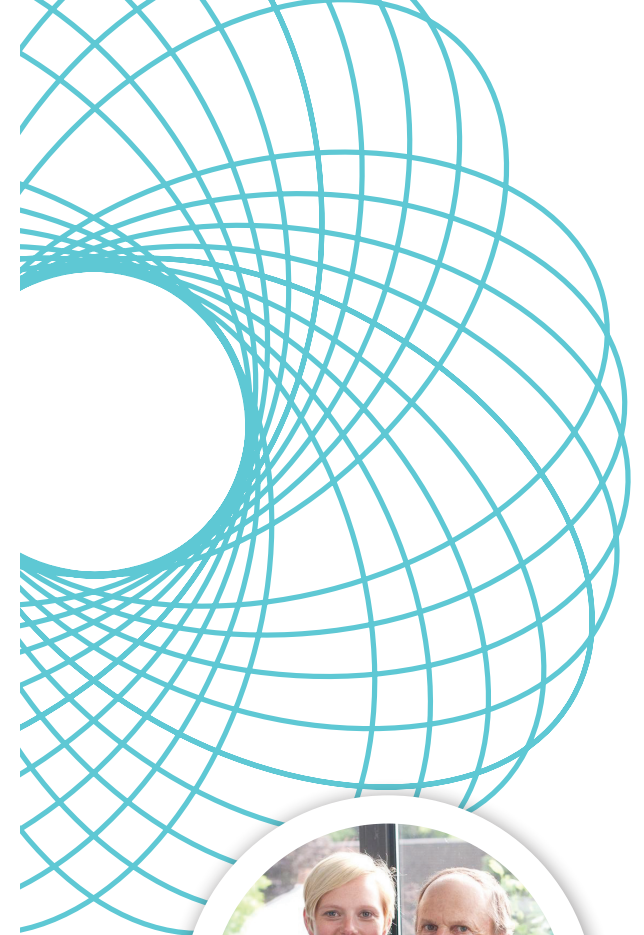
[info@southdelta.livewellclinic.ca](mailto:info@southdelta.livewellclinic.ca)



For a list of our  
National locations visit:

[www.livewellclinic.ca/locations](http://www.livewellclinic.ca/locations)

[info@livewellclinic.ca](mailto:info@livewellclinic.ca)  
[www.livewellclinic.ca](http://www.livewellclinic.ca)



**LIVE WELL**  
EXERCISE CLINIC

More than just exercise  
[www.livewellclinic.ca](http://www.livewellclinic.ca)

## What we do

LIVE WELL is a medical fitness clinic specializing in supervised exercise and healthy lifestyle coaching for people who have chronic health conditions such as heart disease, diabetes, obesity, and for prevention.



## How we are different

LIVE WELL's mix of inspirational coaching, clinical oversight, customized programs and individualized attention produces literally life-changing results. Since joining LIVE WELL some of our members have reduced or eliminated their blood pressure medications, regained their mobility, dropped 50 lbs, and even reduced their need for diabetes medications.

Got into my wedding dress for 20<sup>th</sup> anniversary

Biking Again After 20 years!

I cooked every night this week. No eating out!

## Our programs

All of our programs offer a customized exercise program, goal-setting, nutritional counselling and healthy habit formation, and ongoing monitoring of your health vitals.



GET TO TARGET  
DIABETES MANAGEMENT



HEART STRONG  
CARDIAC REHAB



MY HEALTHY WEIGHT  
OVERCOMING OBESITY



PRO ACTIVE  
PREVENTION

EXERCISE IS THE BEST MEDICINE

## Real people, real results

“

I am the fittest and healthiest I've been in my life. I get a level of support I would not get at a community gym. At LIVE WELL there is no chance of being overlooked. They hold you accountable to yourself and to them. And they are on top of your medical challenges.”

-Ted Myrah, age 64  
LIVE WELL member



## Let us help you LIVE WELL

1. Call or email to book your FREE program consultation where we learn about your medical history, exercise experiences and your health and fitness goals.
2. Join our community and start on your path to a healthier, more active life!!

Find more information at: [www.livewellclinic.ca](http://www.livewellclinic.ca)

## Membership fees

Starting at **\$199** a month

Please call us for more information.

