

LifeFit
Fitness and Nutrition Program
Contact Information:

Improving
your fitness and
nutrition--
in pursuit of a healthy
lifestyle--is a great
way to maintain your
independence.



If you know of someone who could benefit from *LifeFit* or if you want more information, please contact:

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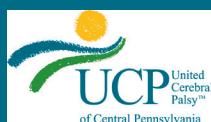
LifeFit is a service of UCP Central PA.

The *LifeFit* program accepts private pay or waiver funding. We encourage individuals to contact the county Mental Health/Intellectual and Developmental Disability (MH/IDD) office to determine if funding is available.

We assure equal opportunities for all individuals regardless of age, sex, race, color, religious creed, ancestry, national origin, disability, handicap, sexual preference, life style, political belief, union membership, limited English proficiency, and any other class of individuals protected from discrimination under state or federal law.

LifeFit
for individuals with intellectual/
developmental disabilities

Health and Wellness Education



For more information about
UCP programs and services,
call locally: 717-737-3477
call toll-free: 800-998-4827
or visit www.ucpcentralpa.org

*Because life without limits
includes a healthy lifestyle.*

Why choose LifeFit?

LifeFit provides education and modeling of healthy living to increase the individual's health, independence, and ability to perform activities of daily living.

In fact, the *LifeFit* Program offers people--many of them for the first time in their lives--the knowledge and ability to improve their own health and overall wellness.

All our *LifeFit* staff have experience working with individuals with all levels of intellectual and/or developmental disabilities, behavioral challenges, and chronic illnesses. What's more, the *LifeFit* program can be modified, as needed, to meet individual and/or group funding parameters.

Additionally, we have a team of exercise physiologists whose backgrounds include a minimum of a four-year degree in:

- Kinesiology
- Exercise Science
- Rehabilitation Education
- Health Education
- Pre-Physical Therapy
- Recreation & Fitness Management

All staff are also certified and receive ongoing training in First Aid and CPR.

What UCP brings to the table is substantial.

At UCP, we've been working hard to ensure that individuals have the greatest choice and control over the services they receive, and indeed over their very quality of life.

UCP's *LifeFit* program offerings include:

- One-on-one consultations with an experienced Exercise Physiologist designed to increase physical activity.
- Partner or small group health and wellness coaching sessions in the home or at a fitness center of your choice.
- Group classes (3 or more participants) to include fitness and nutrition education at a location of your choice.



- Consultations or ongoing diet and menu planning with UCP's Registered Dietitian.

Our pricing options let you choose.

Our consultation and pricing structure is designed to accommodate your preferences and your budget. Session structure may vary according to the needs of participating consumers. The service may be provided at a fitness center of the consumer's choice or in the home. All gym membership fees are covered by the consumer.



An additional fee may be incurred for private pay consumers outside a 20-mile radius of the *LifeFit* headquarters in Camp Hill.

There is no limit to what we can offer either on an individual or group basis!

LifeFit accepts waiver funding or private pay. Contact your supports coordinator to determine your eligibility for waiver funding.