Commit to Get Fit @HOME – 90 Day Program

UVM Employee Wellness is excited to partner with The EDGE Preventative Care to offer UVM employees a special opportunity to focus on your wellness during these challenging times. You and your adult family members can now participate in this program from the comfort of your home or office! And at a special discounted price!

Attend Information Session
To learn more, register for a FREE Introduction session by clicking the date/time below:

Friday, March 27th 12-1pm
Thursday, April 2nd 4:30-5:30pm
Friday, April 3rd 12-1pm

To Enroll
Take advantage of this one-time opportunity to enroll at a significantly discounted rate! The deadline to enroll is Monday, April 6th via email to Nicole Williams at nicolew@edgevt.com

What’s Included?

- 13 weekly one hour VIRTUAL group sessions with your Certified Health Coach
  - One hour lecture/discussion on nutrition, stress management and behavior change topics
- 3 one-on-one Tele Nutrition sessions with a Registered Dietitian
  - Customize your meal plan and what is in your pantry or foods found in the grocery store while at home or working remotely.
- Weekly whole foods meal plans and hundreds of recipes
- Journaling your nutrition, fitness and stress with your Health Coach on our secured portal
- Access to an electronic binder with weekly curriculum and helpful resources to implement healthy changes into your lifestyle outside of the weekly classes

What’s The Cost?
Your cost is only $25 for the whole session (normally $113). This is a GREAT opportunity to focus on something positive while at home or in the office!

What UVM employees are saying:
“This program really motivated me to start exercising and approach my nutrition differently. I love how strong I feel now.”

“I feel healthier and have made a lot of adjustments to better myself, mentally and physically.”
“It was smart, well-planned, well-represented with a great leader at the helm. It is about progress, not perfection. It was terrific!”

“The Commit to Get Fit 90 Day Program taught me how to make me and my 60 year old body healthier overall.”

“The food guidance was only the tip of the iceberg with this program, the accompanying 13-week topics examined realities of our health and well-being.”

*If you are unable to attend an Introduction session please email Nicole Williams at nicolew@edgevt.com for a recorded link to the session and more information.

*If you would like to confirm your spot prior to an Introduction Session please email Nicole Williams.