



# Rethink your Thinking!

Prairie Rehab and Fitness is proud to offer our Complete Health 4 Life (CH4L) program. CH4L provides you with the important tools needed to be successful not only with losing weight, but creating a new foundation of values to support a more healthy and active lifestyle.

- Take Shape for Life (TSFL)/Medifast food program
- Weekly Group Education Class
- Weekly Healthy Activity Group
- TSFL online support and tracking tools (tsfl.com)
- Personal Training
- Circuit Training Class
- Dietary Services
- Complete Health 4 Life Garden
- Bike and Walking Groups
- Personal Health Coach
- Prairie Rehab and Fitness 24 hour fitness center
- Prairie Rehab and Fitness Oxford fitness center access

These are just a few of the tools the Complete Health 4 Life program has to offer. We invite you to take advantage of this unique opportunity to make a change in your life. Together, we will shift the focus past the point of losing weight, to making a healthy lifestyle change.



Contact Troy Van Orman today to find a location near you that offers this complete weight loss and lifestyle change opportunity!  
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