



## What is it?



A group-based, in person strength training program with out of class aerobic activity



Participants meet 2x per week for 8 weeks



Improve fruit and vegetable consumption, create a community around healthy living, and build lifelong changes

## Interested in Joining?

Visit the LIFT website at [parcilab.org/liftparticipants](http://parcilab.org/liftparticipants) for more information and materials

OR

Speak with your local LIFT instructor about starting today!

Name:

Phone:

Email: