



UT Tyler

THE UNIVERSITY OF TEXAS AT TYLER

Lifestyle Change Programs

Small changes make a big difference

34.2 MILLION

Americans are living with diabetes.



Quit smoking



Control cholesterol



Manage blood pressure

47%

of American adults have high blood pressure.



Eat better

READY TO GET STARTED?

Call or email us to register.



Get active

Almost 1 in 5 cancers is caused by excess body weight, alcohol consumption, poor diet, and physical inactivity.



Stay on track when eating out



Reduce blood sugar



Lose weight



Manage stress

88 MILLION

people have prediabetes.

Visit our website to learn about other services we offer,
www.uthct.edu/lifestyle-change-programs.





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Blood Pressure Management



- 12 Weeks
- Seven (7) biweekly meetings
- Free blood pressure monitor
- Record blood pressure readings throughout entire series
- Log and report blood pressure readings at biweekly meetings
- Earn gas gift cards

Active Living After Cancer



- 12 Weekly in-person and/or virtual meetings
- Support from other survivors
- Manage stress and reduce fatigue
- Increase steps using FREE pedometer
- Increase strength and flexibility using FREE resistance bands
- Improve overall health and reduce risk of cancer recurrence

Diabetes Management



- Single session
- 1.5-hour course
- Virtual or in person
- Learn about managing diabetes and heart health

Diabetes Prevention



- Learn about creating healthy habits
- Friendships and support
- Earn gas gift cards
- 12-month CDC-recognized interactive program taught by a Certified Lifestyle Change Coach
- Meet weekly for months one through five; biweekly for months six through nine; monthly for months 10-12

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