Do you catch yourself saying: “I want to start exercising and changing my diet, BUT...” Then this program is for you!

What: 12 week educational, behavioral, and exercise program
Who: Any Truman faculty or staff member wanting to make changes to their health
How: Call Jennifer Hurst at (660) 785-4464 or e-mail jhurst@truman.edu
When: Fall or Spring Semester sessions available
Where: Student Recreation Center

Program will incorporate behavior education sessions to assist members in learning:
- Creating motivation for change
- Planning strategies for change
- Combating negative thoughts
- Managing emotional eating
- Goal setting for success
- Overcoming obstacles
- Nutrition tips and education

This successful program only costs $35! Plus, if you attend 80% of the sessions during the 12 week program, you receive a gift!

If you are interested in learning more about TruFit Faculty Staff Wellness program or would like to sign up, please contact:

Jennifer Hurst, Program Founder and Director
Phone: (660) 785-4464
Email: jhurst@truman.edu

Act now to change your health for life!