How will I benefit from healthy living?

* Helps manage weight
* Prevents and helps control diseases (high blood pressure, high cholesterol and some types of cancer)
* Helps you feel good about yourself
* Helps you have more energy to do your everyday tasks

Please Contact us for more info or to get started

Sam Houston Health Center
Phone: 936-294-1805
• We sit down with you and help you figure out a meal plan that will work for you based on the food pyramid.
• We provide you a food journal to record your daily meals in

“We are here for you to help you achieve your goal towards a healthy lifestyle”

We have an App for that!!

Meal Tracker
*Myfitpal.com
*Lose it!

Exercise Tracker
*Map My Run
*Instant Heart Rate

Sleep Tracker
*SleepBot-Sleep Cycle Alarm