



## Healthy Living Fact Sheet

The Healthy Living program provides guidance and resources for a healthy lifestyle through local, on-site services. Healthy Living offers an exercise room, educational activities, group exercise sessions, and health screenings at Healthy Living Centers throughout Hillsborough County. Services are available to HCHCP members, Hillsborough County residents and BOCC county employees.

### Healthy Living Centers offer:

- Exercise with cardio and strength equipment
- Group Fitness classes
- Free classes on health related topics like –
  - Fitness Nutrition / Healthy Eating Choices
  - Cooking Classes
  - Diabetes Prevention/Diabetes Maintenance
  - Weight Loss
  - Hypertension
  - Heart Healthy
  - Smoking Cessation
  - And More!!!

## **Healthy Living Fitness Center locations are as follows:**

### **Lee Davis Community Resource Center**

Healthy Living Fitness Center  
3402 N 22nd St Tampa, FL 33605

### **Plant City Community Resource Center**

Healthy Living Fitness Center  
307 N. Michigan Ave. Plant City, FL 33566

### **SouthShore Community Resource Center**

Healthy Living Fitness Center  
201 14th Avenue SE Ruskin, FL 33570

## **Who can join?**

- HCHCP
- Residents of Hillsborough County
- BOCC Hillsborough County employees

## **How much does it cost?**

- There is no cost to HCHCP members or other participants in the Healthy Living Program

## **What are the requirements to join?**

- Sign the Healthy Living Release/Waiver
- Must be a Hillsborough County Resident
- Must be 18 years of age or older

## **What do I need to bring when I come to join?**

- Bring your identification (Driver's License, State Identification Card, HCHCP ID card and one other item of proof of residency – if for community resident membership)

## **What's in it for me?**

- A personalized workout developed by a Wellness Specialist
- Free workouts at the Healthy Living Center
- Free group exercise, nutritional guidance and health screenings
- **For HCHCP members only** –
  - Limited dental coverage after you've met certain participation goals. These goals will be explained to members once they join