



F.A.S.T. PROGRAM

FIT AND STRONG TOGETHER

Join the FAST Program if you want to:

- Manage your weight
- Be more active
- Improve your health

If you are able to attend classes two times a week for 12 weeks, ask your doctor about the FAST Program.

What to expect:

- Initial meeting with a physical therapist
- Group education and exercise sessions two times per week for 12 weeks
- Education and support from your healthcare team and patients who share the same healthcare goals
- Long term planning on how to improve health and quality of life

CURRENT SCHEDULE	ENGLISH	SPANISH
Group education (1 hour) and group exercise (30 minutes)	Mondays: 10:30 a.m. – Noon In-person or virtual	Mondays: 10:30 a.m. – Noon In-person or virtual
Nutrition class	Fridays: 9 a.m. or 11 a.m. Virtual only	Wednesdays: 10:30 a.m. Virtual only
Group exercise (30 minutes)	Fridays: 1– 1:30 p.m. In-person or virtual	Fridays: 1–1:30 p.m. In-person or virtual

Location for in-person class

Fournace Rehabilitation Department
4800 Fournace Place, Ste C-100
Bellaire, TX 77401

**HARRIS
HEALTH**