

Green Mountain At Fox Run

Description:

Green Mountain at Fox Run was established in 1973 to offer the country's first integrated weight and health management program for women. Since its inception, Green Mountain has pioneered a 'non-diet' approach to building healthy lifestyle habits, to help women make positive changes in their attitudes and behaviors regarding food, eating, physical activity and body image. A multidisciplinary team of professionals in nutrition psychology, exercise physiology, metabolism and stress management.

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