



WELLNESS/NUTRITION RESOURCES

Sports Club p.r.e.p Program

Sports Club Greenville
712 Congaree Rd.
Greenville, SC 29607

Phone: (864) 288-7220

Web: <https://www.sportsclubsc.com>

Sports Club Simpsonville
667 SE Main St.
Simpsonville, SC 29681

Phone: (864) 228-8282

Sports Club Five Forks
317 Scuffletown Rd.
Simpsonville, SC 29681

Phone: (864) 675-5808

- p.r.e.p. is a 60-day physician referred exercise program that introduces patients to exercise. Participants meet with medical fitness professionals twice per week in small group settings and have full access to all of our amenities. the p.r.e.p. team communicates with patients on a regular basis via email, phone, and in-person contact to monitor attendance, progress, and well-being throughout the program. The most important aspect of p.r.e.p. is that it takes down all barriers to exercise and welcomes patients in a non-intimidating, comforting environment.

YMCA

Multiple Locations in the area

Web: <https://www.ymcagreenville.org>

- The Y is a cause-driven organization that is **for youth development, for healthy living and for social responsibility**. A strong community can only be achieved when we invest in our kids, our health and our neighbors. We believe that to bring about meaningful change in individuals and communities, we must be focused and accountable. At the Y, we measure the success of our cause by how well we engage communities in our three areas of focus.

Kroc Center

424 Westfield Street
Greenville, SC 29601

Phone: (864) 527-5948

Web: <http://krocgreenville.org>

Weight Watchers

Multiple Locations in the area

Web: <https://www.weightwatchers.com/us/>

- Our program is still based on our science-backed **SmartPoints® system**, which encourages you to eat more fruits, veggies, lean protein, and less sugar and unhealthy fats.