

### **We help you lose weight and keep it off in a safe and healthy manner.**

In our weight loss program, we:

- Establish your weight loss goals for:
  - Health
  - Energy levels
  - Self-esteem
  - Appearance.
  
- Provide a written plan of care explaining:
  - Goals
  - Objectives
  - Number of calories needed each day
  - Current amount of fat, muscle, bones, and fluid
  - Action items needed to accomplish your goals
  - Commitment needed to achieve success
  
- Develop a personalized eating plan addressing the difficult meal times and explaining:
  - What you should eat
  - How much you should eat
  - How often you should eat
  
- Provide nutritional and dietary steps needed to treat any existing medical conditions
- Monitor progress
- Adjust individual programs as necessary
- Provide non-judgmental motivational support
- Address non-productive habits that prevent achievement of set goals.

### **Weight Loss That Works**

Our weight loss program is designed to answer 3 key questions:

1. What should I eat?

2. How much should I eat?
3. How often should I eat?

Our program is fun, easy to follow, and gets results. We believe in permanent lifestyle change. We do not promote diets that you can follow for a couple of months before quitting. We believe in an eating philosophy that is healthy, that you can sustain forever, and requires the fewest number of changes to get the biggest results. It is understandable that there may be setbacks and stumbles on the road to success. We will be with you through thick and thin. (Yes, we think that having a sense of humor is essential!)