

Medical



- Five appointments with a Board Certified Bariatric Physician specializing in metabolism and the medical treatment of obesity and disease affecting weight loss and contributing to weight gain.
- Lab tests are used to screen for thyroid conditions, diabetes, metabolic syndrome and other factors contributing to weight gain or an inability to lose weight or maintain weight loss.
- Individualized follow up to address health issues and to keep you on your way to reaching your healthy goal weight.

Nutrition



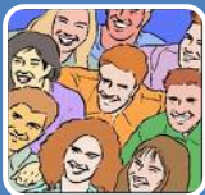
- Seven appointments with a Registered Dietician to personalize nutrition education and meal and menu planning.
- Instruction for healthy food choices, shopping tips and interpreting product labels.
- Healthy tips for eating out and eating on the run.
- Journal and calorie guides are provided for accurate nutritional record keeping.
- Follow up for continued weight loss and long-term success.

Exercise



- Twelve appointments with an Exercise Physiologist to develop a personalized exercise plan around your fitness needs.
- Specialized education and training in cardiovascular, strength, and functional fitness.
- Follow up for continued motivation and exercise progression to support a lifetime of exercise compliance and weight control.

Behavior



- Three appointments with a Clinical Psychologist who specializes in eating disorders and weight loss.
- Support to overcome eating obstacles and identifying behaviors that sabotage your success.
- Tools to support positive behavior modification and enable long-term weight management.