



## Benefits of Our Program

Program Highlights	Benefits to You
Provided in professional weight management office	You develop a personal relationship with the physician and the staff. We follow your weight loss, nutritional, medical and lifestyle needs and we can individualize a program specifically for you.
Medically supervised	Program is delivered by a physician who can medically monitor your physiological, metabolic, nutritional and motivational needs.
Multidisciplinary program	Key ingredients to long term weight loss success are healthy eating, regular exercise, a positive mental attitude, and effective relapse management and coping skills. This program provides all of these elements.
Education Materials	<p>Lifestyle change is a cornerstone of long term weight management success. In this program, you will learn to make wiser food choices, increase your exercise activity and manage stress, thereby helping to create long-term success.</p> <p>Material have been designed with busy adults in mind-they are brief, concise and to the point.</p>
Nutritious Meal Plans	Meal plan format is easy to follow and helps you adhere to the programs prescribed calories levels. They also teach your portion control and meal planning principles for long term success.
Nutritional Food Products	<p>The great tasting NutriMed Products help ensure proper nutrient intake, reduce your hunger and allow you to easily comply with the program for quicker weight loss.</p> <p>The products have been scientifically and nutritionally designer with the proper macro and micro nutrients to provide you balanced nutrition on a daily basis for sage yet effective weight loss. It is important to only take the products we prescribe so you don't compromise your weight loss and nutritional needs.</p>
Reduces co-morbidities resulting from being overweight	Medical conditions such as type 2 diabetes, cardiovascular damage and hypertension can be very harmful to your health. With just a 5-10% reduction in your weight, you could experience health improvements including a reduction in blood glucose, blood pressure and cholesterol.