

# "Let us take the journey with you..."

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## How We Are Different

A Better Way is a lifestyle that is designed to suit each client. The dieter's food intake will be adjusted to balance with the client's lifestyle. If the dieter is a person who does not frequent the gym each day, the intake will be adjusted to a level that would allow the client to either maintain or lose weight based on their lifestyle.

Another important component of the diet is the psychological counseling/coaching. This component will greatly enhance the dieter's efforts to change the habits that resulted in the need for the lifestyle adjustment in the first place.

Together, these two components will result in a more motivated and enlightened individual who will be better able to maintain their new healthier lifestyle which will increase the likelihood for a permanent and successful change.

What is unique to the A Better Way Lifestyle Change Program is the presence of each of these components in ONE, AFFORDABLE program, which can be funded by both individual and MOST insurance options.

## Why Diets Fail

How many times have you attempted to lose weight only to result in failure? There are so many diets on the market which promise significant weight loss. These diets require that you depart from your normal way of eating in order to obtain the desired weight loss.

The problem with this approach is that the diet is not meant to be a permanent way to eat and to live. The diet regimen is temporary, resulting in weight loss that is also temporary. As the previous eating habits return, so does the weight.

A Better Way is not a diet. Our program is a lifestyle that will result in a higher quality of life. It allows you to be able to eat normal food while losing the weight that you desire.

A Better Way Lifestyle Management Program is a new way of living which is essential goal weight. The lifestyle change will allow you to have a well-rounded diet, one that includes normal food.

## Eat Normal Food

A Better Way does not remove entire food groups, but allows you to manage them in a manner that your body will work in concert to lose weight and to keep it off. A Better Way is a lifestyle choice that works with you and your body. Our program does not require that you deprive yourself of the needed nutrients or go hungry. You will have the normal foods that you would like to eat.

Working with experienced fitness and nutrition experts who can help you to understand how the right nutritional intake. This will include the right types of protein, fat, and carbohydrates in the right amounts for your body type and a sensible exercise program (that doesn't hurt!) along with quality sleep and proper hydration can do amazing things to help you to achieve and maintain your weight-loss goals.

## Meet Our Team

The Logical Living Team includes Doctors of Medicine and Clinical Psychology, Licensed Nurses, and Certified Personal Trainers who are involved in the success of the program participants.