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WEIGHT LOSS PROGRAM

- Lose 3-5 pounds a week
- Fast results without hunger
- Eat 6 times a day
- Clinically proven by Johns Hopkins University School of Medicine
- Portioned-controlled meals
- Weekly nutrition check-ins
- Transition and maintenance program

I have tried diets before. What is so different about the Take Shape For Life weight loss program?

The Take Shape For Life weight loss program is designed to help you lose weight as quickly and safely as possible. Clinically proven by Johns Hopkins University, this program has helped our patients lose 15 to 20 pounds a month and become free of diabetes and high blood pressure. You will not have to worry about portion control and temptation with balanced Medifast® Meals shipped to your door and a meat and vegetable meal (vegetarian options available) you prepare or eat out, combined with nutrition counseling sessions and optional support groups with one of our licensed dietitian nutritionists.

NUTRITION COUNSELING

Nutrition Counseling is for all medical conditions, including but not limited to: weight loss, healthy eating, diabetes type I and II, high blood pressure, high cholesterol, fertility, PCOS, food allergy, gout, gerd, gastrointestinal related conditions, eating disorders and pre and post bariatric surgery nutrition. Our licensed dietitian nutritionists will meet with you for an initial nutrition assessment and for follow-up nutrition sessions.

METABOLISM TESTING

Each individual has a unique metabolism. The MedGem metabolic test determines your individual RMR, therefore establishes an accurate calorie budget specifically for you so you can successfully achieve your weight goals.



PERSONAL TRAINING

At NuWeights, we believe results are achieved and maintained through a fitness plan tailored to your individual lifestyle and fitness goals. Our certified personal trainers are available to meet with you at your home or place of work to help you achieve the most effective workout. Our trainers can also meet you at our preferred gym locations. Contact us and we will set you up with a trainer that fits your goals at your location.





NuWeights Nutrition and Personal Training

1360 Beverly Road Suite #102

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info@nuweights.com

www.nuweights.com

We are a preferred provider with most major insurance companies. If you would like to find out whether your insurance will cover in-office nutrition sessions, please contact us and we will verify your benefits.

Weight Loss Program

5 Meals Daily for about \$12.00/day

Food is shipped to your home

*In office option: in-office nutrition assessment plus weekly office nutrition sessions and weigh-ins with a licensed dietitian nutritionist. Initial assessment \$50.00 and follow-up sessions \$25.00, if not covered by your insurance plan. Optional weekly support groups.

*Combined option: in-office nutrition assessment plus weekly office nutrition sessions and weigh-ins with a licensed dietitian nutritionist for the first month and then monthly. Initial assessment \$50.00 and follow-up sessions \$25.00 if not covered by your insurance plan. Weekly phone calls with our certified health advisor at no cost. Optional weekly support groups.

*Distance option: phone nutrition assessment with a licensed dietitian nutritionist plus weekly phone calls with our certified health advisor at no cost. Optional weekly support groups.

Nutrition Counseling

Self-Pay Options, if not covered by your insurance:

60min Initial Nutrition Assessment\$200.00

30min Follow-up Sessions.....\$100.00

Self-pay Package.....\$250.00

(\$150.00 savings)

- 60min Initial Nutrition Assessment

- 2 x 30min Follow-up sessions

3 x 30min Additional Follow-ups.....\$165.00

(\$135.00 savings)

Metabolism Testing

RMR Reading.....\$100.00

RMR Reading with Nutrition Assessment...\$50.00

Personal Training

1 session.....\$90.00

10 sessions.....\$850.00

20 sessions.....\$1600.00

Combined Package.....\$650.00

(\$200.00 savings)

- 60min Initial Nutrition Assessment

- 2 x 30min Follow-up sessions

- 5 Personal Training sessions

Weight Loss Program
Nutrition Counseling
Metabolism Testing
Personal Training

