

**To:** Demitrus Evans([devans@teilfirms.com](mailto:devans@teilfirms.com))  
**Subject:** U.S. Trademark Application Serial No. 97120660 - LIVE RIGHT  
**Sent:** August 24, 2022 11:12:06 AM EDT  
**Sent As:** [tmng.notices@uspto.gov](mailto:tmng.notices@uspto.gov)

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## Attachments

[4775470](#)  
[4771061](#)  
[4775579](#)  
[5625562](#)  
[2212799](#)  
[screencapture-vidafitness-com-personal-training-nutritional-counseling-16613466694081](#)  
[screencapture-vidafitness-com-blogs-16613468126661](#)  
[screencapture-vidafitness-com-membership-options-16613468534651](#)  
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[screencapture-jimwhitefit-com-workplace-wellness-16613474864561](#)  
[screencapture-crossfit12gauge-com-nutrition-services-16613476542861](#)  
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screencapture-www-frederickhealth-org-news-16613535241431  
screencapture-www-frederickhealth-org-services-promotion-fitness-16613536771641

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**United States Patent and Trademark Office (USPTO)  
Office Action (Official Letter) About Applicant's Trademark Application**

**U.S. Application Serial No.** 97120660

**Mark:** LIVE RIGHT

**Correspondence Address:**

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HILLSIDE IL 60162 UNITED STATES

**Applicant:** Applewhite, Rickey

**Reference/Docket No.** N/A

**Correspondence Email Address:** devans@teifirms.com

**NONFINAL OFFICE ACTION**

**The USPTO must receive applicant's response to this letter within six months of the issue date below or the application will be abandoned.** Respond using the Trademark Electronic Application System (TEAS). A link to the appropriate TEAS response form appears at the end of this Office action.

**Issue date:** August 24, 2022

## **INTRODUCTION**

The referenced application has been reviewed by the assigned trademark examining attorney. Applicant must respond timely and completely to the issues below. 15 U.S.C. §1062(b); 37 C.F.R. §§2.62(a), 2.65(a); TMEP §§711, 718.03.

### **SUMMARY OF ISSUES:**

- Section 2(d) Refusal – Likelihood of Confusion
- Sections 1 and 45 Refusal - Unacceptable Specimen of Use: Mark Differs in Drawing and Specimen
- Color Claim Clarification and Mark Description Amendment Required

### **SECTION 2(d) REFUSAL – LIKELIHOOD OF CONFUSION**

Registration of the applied-for mark is refused because of a likelihood of confusion with the marks in U.S. Registration Nos. 5625562 (LIVRITE) and 2212799 (LIVRITE FITNESS CENTER), both owned by the same registrant, 4771061(LIVERIGHT NATURALLY), and 4775470 (LIVE LIGHT LIVE RIGHT) and 4775579 (LIVE LIGHT LIVE RIGHT), both owned by the same registrant. Trademark Act Section 2(d), 15 U.S.C. §1052(d); *see* TMEP §§1207.01 *et seq.* See the attached registrations.

The Applicant's mark is **LIVE RIGHT (+design)** for "Conducting fitness classes; Personal fitness training services; Personal fitness training services and consultancy; Personal trainer services; Physical fitness conditioning classes; Physical fitness consultation; Physical fitness training of individuals and groups; Physical fitness training services; Providing fitness and exercise facilities; Providing information about fitness via a website; Virtual physical fitness training services" and "Nutrition counseling; Advisory services relating to nutrition; Consulting services in the fields of health and nutrition; Food nutrition consultation; Providing nutrition information via a website; Providing a web site featuring information on health and nutrition; Providing a website featuring information about nutrition; Providing a website featuring information about health, wellness and nutrition; Providing information about health, wellness and nutrition via a website; Providing information in the field of nutrition".

The registered marks are as follows:

- **LIVERITE** for "Health club services, namely, providing instruction and equipment in the field of physical exercise";
- **LIVRITE FITNESS CENTER** for "Health Club Services";
- **LIVERIGHT NATURALLY (+design)** for "Beauty spa services, namely, cosmetic body care; Day spa services, namely, nail care, manicures, pedicures and nail enhancements; Health spa services for health and wellness of the body and spirit; Health spa services for health and wellness of the body and spirit offered at a health club facility; Health spa services for health and

wellness of the body and spirit offered at a health resort; Health spa services for health and wellness of the body and spirit, namely, providing massage, facial and body treatment services, cosmetic body care services; Health spa services for health and wellness of the mind, body and spirit offered in or from a remote, mobile or temporary on-site location; Health spa services, namely, body wraps, mud treatments, seaweed treatments, hydrotherapy baths, and body scrubs; Health spa services, namely, cosmetic body care services; Health spa services, namely, laser treatments for acne, rejuvenation, scars, tattoo removal and for facials and massage; Health spa services, namely, providing weight loss programs; Making reservations and bookings for others for physical and beauty treatments at health spas; Medical spa services, namely, minimally and non-invasive cosmetic and body fitness therapies";

- **LIVE LIGHT LIVE RIGHT** for "Educational Services, namely, conducting programs in the field of obesity" and "providing a medical clinic in the field of obesity; providing a health and wellness program in the field of obesity"; and
- **LIVE LIGHT LIVE RIGHT (+styl.)** for "Educational Services, namely, conducting programs in the field of obesity" and "providing a medical clinic in the field of obesity; providing a health and wellness program in the field of obesity".

Trademark Act Section 2(d) bars registration of an applied-for mark that so resembles a registered mark that it is likely a potential consumer would be confused, mistaken, or deceived as to the source of the goods and/or services of the applicant and registrant. *See* 15 U.S.C. §1052(d). A determination of likelihood of confusion under Section 2(d) is made on a case-by-case basis and the factors set forth in *In re E. I. du Pont de Nemours & Co.*, 476 F.2d 1357, 1361, 177 USPQ 563, 567 (C.C.P.A. 1973) aid in this determination. *Citigroup Inc. v. Capital City Bank Grp., Inc.*, 637 F.3d 1344, 1349, 98 USPQ2d 1253, 1256 (Fed. Cir. 2011) (citing *On-Line Careline, Inc. v. Am. Online, Inc.*, 229 F.3d 1080, 1085, 56 USPQ2d 1471, 1474 (Fed. Cir. 2000)). Not all the *du Pont* factors, however, are necessarily relevant or of equal weight, and any one of the factors may control in a given case, depending upon the evidence of record. *Citigroup Inc. v. Capital City Bank Grp., Inc.*, 637 F.3d at 1355, 98 USPQ2d at 1260; *In re Majestic Distilling Co.*, 315 F.3d 1311, 1315, 65 USPQ2d 1201, 1204 (Fed. Cir. 2003); *see In re E. I. du Pont de Nemours & Co.*, 476 F.2d at 1361-62, 177 USPQ at 567.

In this case, the following factors are the most relevant: similarity of the marks, similarity and nature of the goods and/or services, and similarity of the trade channels of the goods and/or services. *See In re Viterra Inc.*, 671 F.3d 1358, 1361-62, 101 USPQ2d 1905, 1908 (Fed. Cir. 2012); *In re Dakin's Miniatures Inc.*, 59 USPQ2d 1593, 1595-96 (TTAB 1999); TMEP §§1207.01 *et seq.*

## COMPARISON OF THE MARKS

Marks are compared in their entireties for similarities in appearance, sound, connotation, and commercial impression. *Stone Lion Capital Partners, LP v. Lion Capital LLP*, 746 F.3d 1317, 1321, 110 USPQ2d 1157, 1160 (Fed. Cir. 2014) (quoting *Palm Bay Imps., Inc. v. Veuve Clicquot Ponsardin Maison Fondee En 1772*, 396 F.3d 1369, 1371, 73 USPQ2d 1689, 1691 (Fed. Cir. 2005)); TMEP §1207.01(b)-(b)(v). "Similarity in any one of these elements may be sufficient to find the marks confusingly similar." *In re Inn at St. John's, LLC*, 126 USPQ2d 1742, 1746 (TTAB 2018) (citing *In re Davia*, 110 USPQ2d 1810, 1812 (TTAB 2014)), *aff'd per curiam*, 777 F. App'x 516, 2019 BL 343921 (Fed. Cir. 2019); TMEP §1207.01(b).

Applicant's mark is **LIVE RIGHT (+design)**.

The registered marks are **LIVERITE, LIVRITE FITNESS CENTER, LIVERIGHT NATURALLY**

(+design), **LIVE LIGHT LIVE RIGHT**, and **LIVE LIGHT LIVE RIGHT (+styl.)**.

In this case, each mark features a slight variation of the wording "LIVE RIGHT". Marks may be confusingly similar in appearance where similar terms or phrases or similar parts of terms or phrases appear in the compared marks and create a similar overall commercial impression. *See Crocker Nat'l Bank v. Canadian Imperial Bank of Commerce*, 228 USPQ 689, 690-91 (TTAB 1986), *aff'd sub nom. Canadian Imperial Bank of Commerce v. Wells Fargo Bank, Nat'l Ass'n*, 811 F.2d 1490, 1495, 1 USPQ2d 1813, 1817 (Fed. Cir. 1987) (holding COMM CASH and COMMUNICASH confusingly similar); *In re Corning Glass Works*, 229 USPQ 65, 66 (TTAB 1985) (holding CONFIRM and CONFIRMCELLS confusingly similar); *In re Pellerin Milnor Corp.*, 221 USPQ 558, 560 (TTAB 1983) (holding MILTRON and MILLTRONICS confusingly similar); TMEP §1207.01(b)(ii)-(iii).

In the case of the marks "LIVRITE" and "LIVRITE FITNESS CENTER", the registered marks spells the wording "RIGHT" slightly differently as "RITE", but the wording still sounds the same when pronounced aloud. The wording in the marks are essentially phonetic equivalents and thus sound similar. Similarity in sound alone may be sufficient to support a finding that the compared marks are confusingly similar. *In re 1st USA Realty Prof'l's, Inc.*, 84 USPQ2d 1581, 1586 (TTAB 2007) (citing *Krim-Ko Corp. v. Coca-Cola Bottling Co.*, 390 F.2d 728, 732, 156 USPQ 523, 526 (C.C.P.A. 1968)); TMEP §1207.01(b)(iv).

Moreover, although applicant's mark does not contain the entirety of the registered marks, applicant's mark is likely to appear to prospective purchasers as a shortened form of the registered marks. *See In re Mighty Leaf Tea*, 601 F.3d 1342, 1348, 94 USPQ2d 1257, 1260 (Fed. Cir. 2010) (quoting *United States Shoe Corp.*, 229 USPQ 707, 709 (TTAB 1985)). Thus, merely omitting some of the wording from a registered mark may not overcome a likelihood of confusion. *See In re Mighty Leaf Tea*, 601 F.3d 1342, 94 USPQ2d 1257; *In re Optica Int'l*, 196 USPQ 775, 778 (TTAB 1977); TMEP §1207.01(b)(ii)-(iii). In this case, applicant's mark does not create a distinct commercial impression from the registered mark because it contains the common wording "LIVE RIGHT", but does not add any wording that would distinguish it from the registered marks. It is noted that almost all the registered marks contain additional wording to distinguish the mark from the other registered marks.

The addition of the wording "FITNESS CENTER" and "NATURALLY" to the common wording "LIVE RIGHT" in two of the registered marks will not obviate a likelihood of confusion here as the wording is merely descriptive of, if not generic for, the relevant services. Although marks are compared in their entireties, one feature of a mark may be more significant or dominant in creating a commercial impression. *See In re Viterra Inc.*, 671 F.3d 1358, 1362, 101 USPQ2d 1905, 1908 (Fed. Cir. 2012); *In re Nat'l Data Corp.*, 753 F.2d 1056, 1058, 224 USPQ 749, 751 (Fed. Cir. 1985); TMEP §1207.01(b)(viii), (c)(ii). Disclaimed matter that is descriptive of or generic for a party's services is typically less significant or less dominant when comparing marks. *In re Detroit Athletic Co.*, 903 F.3d 1297, 1305, 128 USPQ2d 1047, 1050 (Fed. Cir. 2018) (citing *In re Dixie Rests., Inc.*, 105 F.3d 1405, 1407, 41 USPQ2d 1531, 1533-34 (Fed. Cir. 1997)); TMEP §1207.01(b)(viii), (c)(ii). Therefore, the common iterations of the wording "LIVE RIGHT" remain the dominant portion of the registered marks.

Moreover, the addition of a design element in some of the marks will not avoid a likelihood of confusion here. When evaluating a composite mark consisting of words and a design, the word portion is normally accorded greater weight because it is likely to make a greater impression upon purchasers, be remembered by them, and be used by them to refer to or request the services. *In re Aquitaine Wine USA, LLC*, 126 USPQ2d 1181, 1184 (TTAB 2018) (citing *In re Viterra Inc.*, 671 F.3d 1358, 1362, 101

USPQ2d 1905, 1908 (Fed. Cir. 2012)); TMEP §1207.01(c)(ii). Thus, although marks must be compared in their entireties, the word portion is often considered the dominant feature and is accorded greater weight in determining whether marks are confusingly similar, even where the word portion has been disclaimed. *In re Viterra Inc.*, 671 F.3d at 1366-67, 101 USPQ2d at 1911 (citing *Giant Food, Inc. v. Nation's Foodservice, Inc.*, 710 F.2d 1565, 1570-71, 218 USPQ2d 390, 395 (Fed. Cir. 1983)).

Furthermore, generally, the greater the degree of similarity between the applied-for mark and the registered mark, the lesser the degree of similarity between the services of the parties is required to support a finding of likelihood of confusion. *In re C.H. Hanson Co.*, 116 USPQ2d 1351, 1353 (TTAB 2015) (citing *In re Opus One Inc.*, 60 USPQ2d 1812, 1815 (TTAB 2001)); *In re House Beer, LLC*, 114 USPQ2d 1073, 1077 (TTAB 2015) (citing *In re Shell Oil Co.*, 992 F.2d 1204, 1206, 26 USPQ2d 1687, 1688 (Fed. Cir. 1993); *Time Warner Ent. Co. v. Jones*, 65 USPQ2d 1650, 1661 (TTAB 2002); *In re Opus One Inc.*, 60 USPQ2d at 1815); TMEP §1207.01(a).

## COMPARISON OF THE SERVICES

The services are compared to determine whether they are similar, commercially related, or travel in the same trade channels. See *Coach Servs., Inc. v. Triumph Learning LLC*, 668 F.3d 1356, 1369-71, 101 USPQ2d 1713, 1722-23 (Fed. Cir. 2012); *Herbko Int'l, Inc. v. Kappa Books, Inc.*, 308 F.3d 1156, 1165, 64 USPQ2d 1375, 1381 (Fed. Cir. 2002); TMEP §§1207.01, 1207.01(a)(vi). The compared services need not be identical or even competitive to find a likelihood of confusion. See *On-line Careline Inc. v. Am. Online Inc.*, 229 F.3d 1080, 1086, 56 USPQ2d 1471, 1475 (Fed. Cir. 2000); *Recot, Inc. v. Becton*, 214 F.3d 1322, 1329, 54 USPQ2d 1894, 1898 (Fed. Cir. 2000); TMEP §1207.01(a)(i). They need only be “related in some manner and/or if the circumstances surrounding their marketing are such that they could give rise to the mistaken belief that [the services] emanate from the same source.” *Coach Servs., Inc. v. Triumph Learning LLC*, 668 F.3d 1356, 1369, 101 USPQ2d 1713, 1722 (Fed. Cir. 2012) (quoting *7-Eleven Inc. v. Wechsler*, 83 USPQ2d 1715, 1724 (TTAB 2007)); TMEP §1207.01(a)(i).

The attached Internet evidence, consisting of entities that provide health club services, including fitness classes, nutrition counseling, and/or websites with information about fitness, health, and nutrition, all under the same mark, establishes that the same entity commonly provides the relevant services and markets the services under the same mark (See attached evidence from vidafitness.com, lionsgym.com, jimwhitefit.com, crossfit12gauge.com, and nutritionandfitnesspro.com). The attached evidence also shows entities that provide health spa services, including weight loss programs or programs in the field of obesity, as well as fitness classes, nutrition counseling, and/or websites with information about fitness, health, and nutrition (See attached evidence from hhhealth.com, pritikin.com, healthandwellnessmedicalservices.com, dukehealth.com, xbodyus.com, and frederickhealth.org). Thus, applicant’s and registrant’s services are considered related for likelihood of confusion purposes. See, e.g., *In re Davey Prods. Pty Ltd.*, 92 USPQ2d 1198, 1202-04 (TTAB 2009); *In re Toshiba Med. Sys. Corp.*, 91 USPQ2d 1266, 1268-69, 1271-72 (TTAB 2009).

The overriding concern is not only to prevent buyer confusion as to the source of the services, but to protect the registrant from adverse commercial impact due to use of a similar mark by a newcomer. See *In re Shell Oil Co.*, 992 F.2d 1204, 1208, 26 USPQ2d 1687, 1690 (Fed. Cir. 1993). Therefore, any doubt regarding a likelihood of confusion determination is resolved in favor of the registrant. TMEP §1207.01(d)(i); see *Hewlett-Packard Co. v. Packard Press, Inc.*, 281 F.3d 1261, 1265, 62 USPQ2d 1001, 1003 (Fed. Cir. 2002); *In re Hyper Shoppes (Ohio), Inc.*, 837 F.2d 463, 464-65, 6 USPQ2d 1025, 1026 (Fed. Cir. 1988).

In light of the similarities between the marks and the relatedness of the services, it is likely that consumers who encounter the parties' services will falsely conclude that they originate from the same source.

Although applicant's mark has been refused registration, applicant may respond to the refusals by submitting evidence and arguments in support of registration. If applicant submits evidence or arguments in support of registration, applicant must also address the requirement below.

**SECTIONS 1 AND 45 REFUSAL - UNACCEPTABLE SPECIMENS OF USE: MARK DIFFERS IN DRAWING AND SPECIMEN**

**Mark shown on drawing does not match mark on specimen.** Registration is refused because the specimen does not show the mark in the drawing in use in commerce in International Classes 041 and 044, which is required in the application. Trademark Act Sections 1 and 45, 15 U.S.C. §§1051, 1127; 37 C.F.R. §§2.34(a)(1)(iv), 2.56(a); TMEP §§904, 904.07(a), 1301.04(g)(i). The mark appearing on the specimen and in the drawing must match; that is, the mark in the drawing "must be a substantially exact representation of the mark" on the specimen. *See* 37 C.F.R. §2.51(a)-(b); TMEP §807.12(a).

In this case, the specimen displays the mark as "LIVE RIGHT" in teal to the right of a design in teal, "LIVE RIGHT" in teal without a design, and "LIVE RIGHT" in teal below a design in teal. However, the drawing displays the mark as "LIVE RIGHT" in white below a design in white, all on a teal background. The mark on the specimen does not match the mark in the drawing because the orientation of the mark and design differ, as do the colors used. Applicant has thus failed to provide the required evidence of use of the mark in commerce. *See* TMEP §807.12(a).

**Response options.** Applicant may respond to this refusal by satisfying one of the following:

- (1) **Submit a new drawing of the mark** that shows the mark on the specimen and, if appropriate, an amendment of the description and/or color claim that agrees with the new drawing. *See* 37 C.F.R. §2.72(a)-(b).

The following amended description is suggested, if accurate:

**The mark consists of the stylized wording "LIVE RIGHT" in white below a design reminiscent of a person with raised arms in white comprised of a series of three concentric curved lines in white below a downward-facing chevron in white, which is in turn below a miscellaneous oval shape in white. All of the foregoing is on a teal background.**

Applicant may amend the mark in the drawing to match the mark on the specimen but may not make any other changes or amendments that would materially alter the drawing of the mark. *See* 37 C.F.R. §2.72(a)-(b); TMEP §807.14.

- (2) **Submit a different specimen** (a verified "substitute" specimen) for each applicable international class that (a) shows the mark in the drawing in actual use in commerce for the services in the application , and (b) was in actual use in commerce at least as early as the filing date of the application.

**Examples of specimens.** Specimens for services must show a direct association between the mark and the services and include: (1) copies of advertising and marketing material, (2) a photograph of business signage or billboards, or (3) materials showing the mark in the sale, rendering, or advertising of the services. *See* 37 C.F.R. §2.56(b)(1), (c); TMEP §1301.04(a), (h)(iv)(C).

Any webpage printout or screenshot submitted as a specimen must include the webpage's URL and the date it was accessed or printed on the specimen itself, within the TEAS form that submits the specimen, or in a verified statement under 37 C.F.R. §2.20 or 28 U.S.C. §1746 in a later-filed response. *See* 37 C.F.R. §2.56(c); TMEP §§904.03(i), 1301.04(a).

For more information about drawings and instructions on how to satisfy these response options using the online Trademark Electronic Application System (TEAS) form, see the [Drawing webpage](#).

### **CLARIFICATION OF COLORS IN MARK AND MARK DESCRIPTION AMENDMENT REQUIRED**

Applicant must amend the color claim and description to identify all the colors in the drawing of the mark. *See* 37 C.F.R. §2.52(b)(1); TMEP §807.07(a)-(a)(ii).

A complete color claim must reference all the colors appearing in the drawing of the mark. *See* 37 C.F.R. §2.52(b)(1); TMEP §§807.07(a) *et seq.* Similarly, a complete description of a mark depicted in color must specify where the colors appear in the literal and design elements of the mark. *See* 37 C.F.R. §§2.37, 2.52(b)(1); TMEP §§807.07(a) *et seq.* If black, white, and/or gray represent background, outlining, shading, and/or transparent areas and are not part of the mark, applicant must so specify in the description. *See* TMEP §807.07(d).

The following color claim and description are suggested, if accurate:

Color claim: **The colors teal and white are claimed as a feature of the mark.**

Description: **The mark consists of the stylized wording "LIVE RIGHT" in white below a design reminiscent of a person with raised arms in white comprised of a series of three concentric curved lines in white below a downward-facing chevron in white, which is in turn below a miscellaneous oval shape in white. All of the foregoing is on a teal background.**

Please call or email the assigned trademark examining attorney with questions about this Office action. Although an examining attorney cannot provide legal advice, the examining attorney can provide additional explanation about the refusal(s) and/or requirement(s) in this Office action. *See* TMEP §§705.02, 709.06. The USPTO does not accept emails as responses to Office actions; however, emails can be used for informal communications and are included in the application record. *See* 37 C.F.R. §§2.62(c), 2.191; TMEP §§304.01-.02, 709.04-.05.

**How to respond. [Click to file a response to this nonfinal Office action.](#)**

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## RESPONSE GUIDANCE

- **Missing the response deadline to this letter will cause the application to abandon.** The response must be received by the USPTO before midnight **Eastern Time** of the last day of the response period. TEAS maintenance or unforeseen circumstances could affect an applicant's ability to timely respond.
- **Responses signed by an unauthorized party** are not accepted and can **cause the application to abandon**. If applicant does not have an attorney, the response must be signed by the individual applicant, all joint applicants, or someone with legal authority to bind a juristic applicant. If applicant has an attorney, the response must be signed by the attorney.
- If needed, **find contact information for the supervisor** of the office or unit listed in the signature block.

**(4) STANDARD CHARACTER MARK**

LIVE LIGHT LIVE RIGHT

**Mark Punctuated**

LIVE LIGHT LIVE RIGHT

**Translation**

**Goods/Services**

- IC 041. US 100 101 107.G & S: Educational Services, namely, conducting programs in the field of obesity. FIRST USE: 20030000. FIRST USE IN COMMERCE: 20030000
- IC 044. US 100 101.G & S: providing a medical clinic in the field of obesity; providing a health and wellness program in the field of obesity. FIRST USE: 20030000. FIRST USE IN COMMERCE: 20030000

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

86306241

**Filing Date**

20140611

**Current Filing Basis**

1A

**Original Filing Basis**

1A

**Publication for Opposition Date**

20150505

**Registration Number**

4775470

**Date Registered**

20150721

**Owner**

(REGISTRANT) DHUPER, SARITA INDIVIDUAL UNITED STATES 1162 Eastern Parkway BROOKLYN NEW YORK 11213

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

SERVICE MARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**  
Yuval H. Marcus

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



**Mark Punctuated**

LIVERIGHT NATURALLY

**Translation**

**Goods/Services**

- IC 044. US 100 101.G & S: Beauty spa services, namely, cosmetic body care; Day spa services, namely, nail care, manicures, pedicures and nail enhancements; Health spa services for health and wellness of the body and spirit; Health spa services for health and wellness of the body and spirit offered at a health club facility; Health spa services for health and wellness of the body and spirit offered at a health resort; Health spa services for health and wellness of the body and spirit, namely, providing massage, facial and body treatment services, cosmetic body care services; Health spa services for health and wellness of the mind, body and spirit offered in or from a remote, mobile or temporary on-site location; Health spa services, namely, body wraps, mud treatments, seaweed treatments, hydrotherapy baths, and body scrubs; Health spa services, namely, cosmetic body care services; Health spa services, namely, laser treatments for acne, rejuvenation, scars, tattoo removal and for facials and massage; Health spa services, namely, providing weight loss programs; Making reservations and bookings for others for physical and beauty treatments at health spas; Medical spa services, namely, minimally and non-invasive cosmetic and body fitness therapies. FIRST USE: 20111001. FIRST USE IN COMMERCE: 20111001

**Mark Drawing Code**

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

**Design Code**

011518 032107 032124 261713 290107

**Serial Number**

85596075

**Filing Date**

20120412

**Current Filing Basis**

1A

**Original Filing Basis**

1A

**Publication for Opposition Date**

20120911

**Registration Number**

4771061

**Date Registered**

20150714

**Owner**

(REGISTRANT) Live Right LLC LIMITED LIABILITY COMPANY NEW JERSEY 253 Aschwind Court  
Galloway NEW JERSEY 08205

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

Color is not claimed as a feature of the mark. The mark consists of an image of a turtle above the words "Live Right" as one word underlined with the word "Naturally" underneath. Two small leaves affixed as dots for the letter "i" in the words "Live" and "Right".

**Type of Mark**

SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS



**Mark Punctuated**

LIVE LIGHT LIVE RIGHT

**Translation**

**Goods/Services**

- IC 041. US 100 101 107.G & S: Educational Services, namely, conducting programs in the field of obesity. FIRST USE: 20110000. FIRST USE IN COMMERCE: 20010000
- IC 044. US 100 101.G & S: Providing a medical clinic in the field of obesity; providing a health and wellness program in the field of obesity. FIRST USE: 20110000. FIRST USE IN COMMERCE: 20110000

**Mark Drawing Code**

(3) DESIGN PLUS WORDS, LETTERS, AND/OR NUMBERS

**Design Code**

032301

**Serial Number**

86337243

**Filing Date**

20140715

**Current Filing Basis**

1A

**Original Filing Basis**

1A

**Publication for Opposition Date**

20150505

**Registration Number**

4775579

**Date Registered**

20150721

**Owner**

(REGISTRANT) DHUPER, SARITA INDIVIDUAL UNITED STATES 1162 Eastern Parkway BROOKLYN NEW YORK 11213

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

The color(s) blue and yellow is/are claimed as a feature of the mark. The mark consists of blue and yellow shapes forming two sets butterfly wings above the words "LIVE LIGHT" outlined in the color yellow with blue coloring appearing in the center of each letter. The words "LIVE RIGHT" in the color blue appearing underneath the words "LIVE LIGHT".

**Type of Mark**

SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Yuval H. Marcus

**(4) STANDARD CHARACTER MARK**

**LivRite**

**Mark Punctuated**

LIVRITE

**Translation**

**Goods/Services**

- IC 041. US 100 101 107.G & S: Health club services, namely, providing instruction and equipment in the field of physical exercise. FIRST USE: 20041217. FIRST USE IN COMMERCE: 20090516

**Mark Drawing Code**

(4) STANDARD CHARACTER MARK

**Design Code**

**Serial Number**

87687937

**Filing Date**

20171116

**Current Filing Basis**

1A

**Original Filing Basis**

1A

**Publication for Opposition Date**

20180925

**Registration Number**

5625562

**Date Registered**

20181211

**Owner**

(REGISTRANT) LIVRITE INTERNATIONAL, INC. CORPORATION INDIANA 4018 E. Columbus Ave.  
Anderson INDIANA 46013

**Priority Date**

**Disclaimer Statement**

**Description of Mark**

**Type of Mark**

SERVICE MARK

**Register**

PRINCIPAL

**Live Dead Indicator**

LIVE

**Attorney of Record**

Alissa Carter Verson

(1) TYPED DRAWING

# LIVRITE FITNESS CENTRE

**Mark Punctuated**

LIVRITE FITNESS CENTRE

**Translation****Goods/Services**

- IC 041. US 100 101 107.G & S: Health Club Services. FIRST USE: 19880516. FIRST USE IN COMMERCE: 19880516

**Mark Drawing Code**

(1) TYPED DRAWING

**Design Code****Serial Number**

75372423

**Filing Date**

19971014

**Current Filing Basis**

1A

**Original Filing Basis**

1A

**Publication for Opposition Date**

19980929

**Registration Number**

2212799

**Date Registered**

19981222

**Owner**

(REGISTRANT) Livrite Fitness Centre, Inc. CORPORATION INDIANA 6220 N. Butler Avenue Indianapolis INDIANA 46220 (LAST LISTED OWNER) LIVRITE INTERNATIONAL, INC. CORPORATION INDIANA 8888 FITNESS LANE FISHERS INDIANA 46037

**Priority Date****Disclaimer Statement**

NO CLAIM IS MADE TO THE EXCLUSIVE RIGHT TO USE "FITNESS CENTRE" APART FROM THE MARK AS SHOWN

**Description of Mark****Type of Mark**

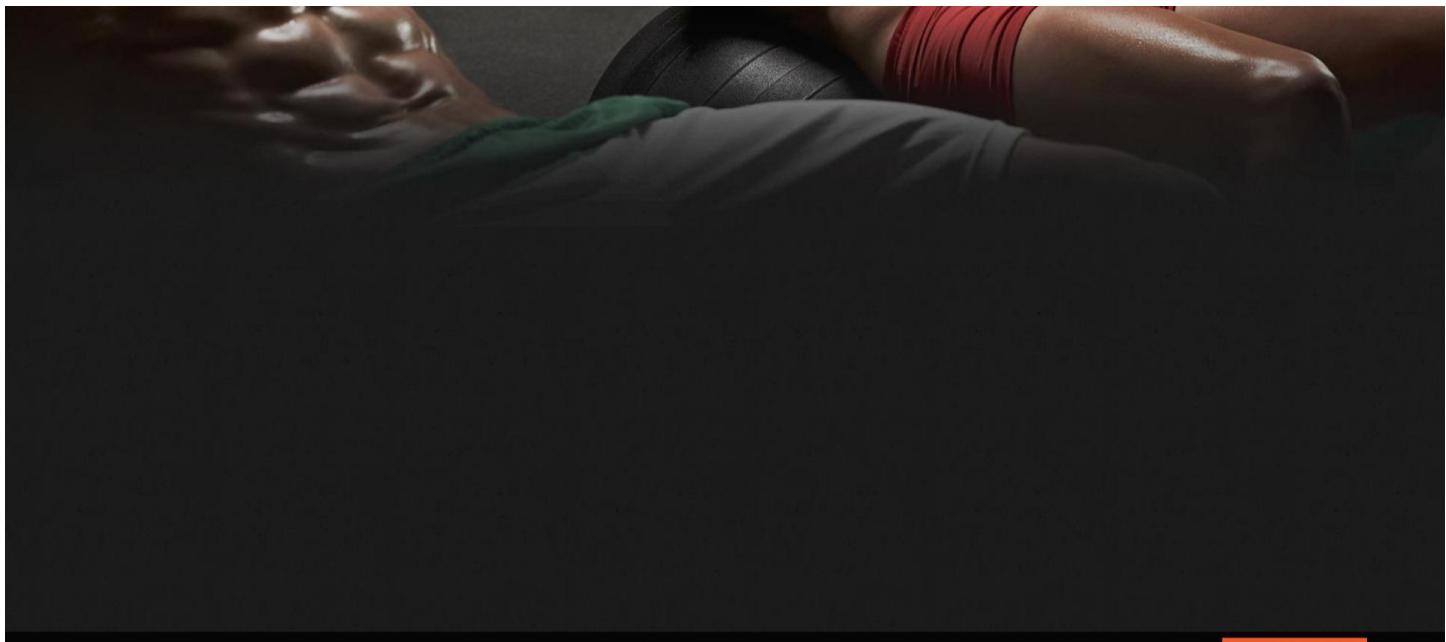
SERVICE MARK

**Register**  
PRINCIPAL

**Live Dead Indicator**  
LIVE

**Attorney of Record**  
MATTHEW J. HIMICH





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## Nutritional Counseling

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**VIDA Fitness offers nutritional counseling services with our team of registered, licensed dietitians.**

Please email [nutrition@vidafitness.com](mailto:nutrition@vidafitness.com) for a rate quote or if you're interested in learning more about our nutritional counseling services.

Here at VIDA, we know that fitness doesn't just start and stop at the gym. Making smart food choices is just as important as getting in those regular workouts. That's why we offer nutritional counseling services with our team of registered, licensed dietitians. They will focus on you as an individual, while also empowering you to make the best dietary decisions based on your personal food preferences.

Our goal is to increase your understanding of what you eat and how it affects your body and overall fitness. We provide practical, personalized advice to help you lose weight, build muscle, tone up, gain weight, increase athletic performance, or simply educate yourself on general nutrition. Our services include:

#### **Nutrition Fit Consultation**

A complimentary, one-time appointment where you can discuss your diet and clinical history, goals, relationship with food, and what you're eating now. Get initial questions answered and leave with several tips to get started on your nutrition journey!

#### **Full Analysis**

A one-time appointment where you'll be asked to keep a 3-day food journal that will be analyzed for calorie, macronutrient, and micronutrient intake. Your dietitian will develop a template using your height, weight, age, goals, and workouts that includes how many calories you need to hit your goals, when you should consume those calories throughout the day, and how many should be proteins, carbohydrates, fats, etc. In this session, you'll also do a body composition analysis on the InBody machine, a non-invasive, pain-free test that accurately shows changes in fat mass, muscle mass, and body fat percentage. You will leave with a concrete template and a solid understanding of your individual needs as they apply to your individual goals.

#### **Follow-up Sessions**

These customizable appointments are available for purchase in packs of 3, 6, or 12. Depending on your goals, these can take place every 2 to 6 weeks, and can include anything from using the InBody and reviewing your progress to grocery shopping with your dietitian!

#### **Meal Plans**

Love the idea of eating better, but overwhelmed with where to begin? Let your dietitian show you the way! Once you've undergone a Full Analysis, they can create meal plans that are 100 percent individualized and made with your dietary preferences in mind. Meal plans can also help you satisfy those pesky junk food cravings without overindulging. Our dietitians are particularly skilled at taking not-so-healthy foods and working them into your plan creatively. (Think a pizza egg bake for those who can't give up the pepperonis, or a buffalo chicken bowl for someone who craves wings!)

Ready for a nutrition overhaul? Email [nutrition@vidafitness.com](mailto:nutrition@vidafitness.com) to set up your complimentary Nutrition Fit Consultation today!

[Meet the Registered Dietitians](#)



**LOSE THE DOUBT WHILE EATING OUT**

[LEARN MORE ▶](#)

**LOCATIONS**

Ballston  
City Vista  
Gallery Place  
Logan Circle  
U Street  
The Yards

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18896

FITNESS

## Summer Sunset Series

Tuesday, August 2nd, 2022

Our favorite VIDA Yards summer tradition is back, and we're expanding to U Street! Liven up your evenings and join your favorite instructors for group fitness classes on the pool deck all September long. 7:15 pm at U Street Tuesdays Sculpt & Splash with Yewande Thursdays Outdoor Zumba with Jose 7:30 pm at The Yards Mondays Vinyasa with JoAnn Wednesdays HIIT with Joel "VIDA's Summer Sunset Series is

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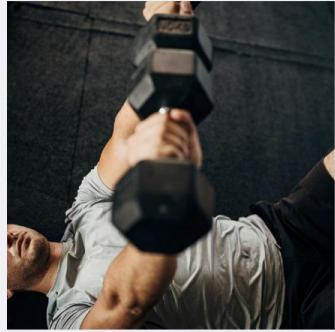


FITNESS, HEALTH & NUTRITION

### National Wellness Month

Friday, August 5th, 2022

Wellness. We all know it's important, but ask yourself, is your self-care among th... [Continue Reading](#)



HEALTH & NUTRITION

### Men's Health Matters!

Monday, June 13th, 2022

National Men's Health Week was created by Congress in 1994 to heighten awareness o... [Continue Reading](#)



FITNESS

### Planning to Start Working Out Again? Here's Advice...

Friday, May 27th, 2022

With the summer months approaching, you may be thinking it's time to dust off thos... [Continue Reading](#)

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ALL POSTS [COMMUNITY](#) [CORPORATE WELLNESS](#) [FITNESS](#) [HEALTH & NUTRITION](#) [NEWS](#) [SPA](#)



COMMUNITY

### Celebrating Juneteenth

Friday, May 27th, 2022

Juneteenth is a nationally celebrated holiday commemorating the end of slavery in the United States. The holiday gets its name by combining the date it is recognized, June 19th. In January 1863, in the middle of the Civil War, President Lincoln issued the Emancipation Proclamation which declared all enslaved people in Confederate states to be freed. At this time, millions... [Continue Reading](#)



COMMUNITY

### Celebrate Pride!

Friday, May 27th, 2022

Happy Pride, VIDA! We celebrate Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ+) Pride Month each June to honor the 1969 Stonewall riots and the work being done to achieve equal rights and justice for all Americans, no matter their gender identity or sexual orientation. Since the 1970s, Pride events have more prominently popped up in cities all around the country.... [Continue Reading](#)



FITNESS

### It's Time to Move This May

Tuesday, May 3rd, 2022

Each May, America celebrates National Physical Fitness and Sports Month. Since 1983, this monthly observance promotes healthy lifestyles among all Americans with the goal of improving their quality of life. Physical activity is



one of the best tools we have to help combat chronic diseases experienced by over half of all Americans. Even 30 minutes of moderate-to-vigorous physical activity can... [Continue Reading](#)

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Logan Circle  
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Not ready to join? Become a [Member For A Day](#) or [Schedule A Visit](#)

## Your Membership. Your Choice.

Welcome to VIDA Fitness and congratulations on your commitment to a healthy lifestyle.  
We offer flexible membership options so that you can choose the best fit based on  
what's important to you.





|  | ANNUAL        | MONTHLY       | UNLIMITED     | MOST POPULAR |
|--|---------------|---------------|---------------|--------------|
|  | \$119 / month | \$139 / month | \$189 / month |              |
|  | SELECT        | SELECT        | SELECT        |              |
| Access to all VIDA Locations   | ✓             | ✓             | ✓             |              |
| Indoor & Outdoor Group Fitness Classes   | ✓             | ✓             | ✓             |              |
| Odyssey by VIDA Virtual Classes  | ✓             | ✓             | ✓             |              |
| Indoor & Outdoor Group Fitness Classes   | ✗             | ✗             | ✗             |              |
| Odyssey by VIDA Virtual Classes  | ✓             | ✓             | ✓             |              |
| Personal Training Assessment & InBody Analysis   | ✓             | ✓             | ✓             |              |
| Nutrition Session with a Board-Certified RD  | ✓             | ✓             | ✓             |              |
| 2 Guest Passes   | ✓             | ✓             | ✓             |              |
| \$50 off a Myzone Heart Rate Monitor   | ✓             | ✓             | ✓             |              |
| Discounts at Aura spa & Bang Salon   | ✓             | ✓             | ✓             |              |
| No Contract – Cancel Anytime   | ✗             | ✓             | ✗             |              |
|  Access to all Penthouse Pool Locations | ✗             | ✗             | ✓             |              |
|  Penthouse Pool Guest Passes           | ✗             | ✗             | ✓             |              |



**Not sure which membership is  
right for you? Let's talk about it!**

First Name

Last Name

Email

Phone

ZIP

Choose a Location



**Introducing ODYSSEY By VIDA**

ODYSSEY by VIDA is an alternative membership option giving you unlimited access to our outdoor and virtual classes. The world has been transformed, and so have your membership options at VIDA.

**\$49/MO**

Additional Perks & Benefits

- 2 in-club passes each month
- A complimentary InBody analysis (\$99 value)
- An outdoor or virtual session with a Personal Trainer
- A virtual session with a Registered Dietitian
- Virtual wellness webinars, workshops, & happy hours
- \$50 off a MyZone heart rate monitor
- Exclusive member discounts

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Questions? Let's talk about it!

fire tv   apple tv   roku   android tv

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## Personal Training

VIDA personal trainers have the expertise to help you set goals or prepare for your next competition. Every training plan is completely customized to your individual needs and current fitness level. [Click Here](#) to complete your intake form.

RATES VIRTUAL TRAINING OUR TRAINERS MYZONE

LET'S TRAIN

## Rates

All of our Personal Training packages are available in 30-minute or 55-minute sessions. You may schedule your personal training sessions at the club, outdoors at a designated training area, or virtually while traveling or working from home. [Click Here](#) to learn more about MYZONE and purchase online to receive a \$50 discount.

**3-pack:** Designed specifically for new members to get you quickly acclimated to the club and provide you with a variety of new exercises to incorporate into your routine.

**12-pack:** This package allows you to jump-start your training routine and add variety to your workouts.

**24-pack:** Members with goals such as muscular development or weight loss find this package helpful.

**50-pack:** Designed for long term training to help you achieve specific results over a set time frame.

**Payment Plans:** We want to help you achieve your goals by making personal training more affordable and accessible. The more sessions you purchase, the more you save. You get our lowest possible per session rate with our largest training packages, and you can schedule out the payments with a convenient payment plan.

## Virtual Training

Never miss another workout with our virtual training options. We get it, you're busy and constantly on the go. Whether traveling for work or getting ready to hit the beach, you can start your day with an invigorating personal training session over FaceTime, Zoom, Google Hangouts, or



training session over FaceTime, Zoom, Google Hangouts, or Microsoft Teams.

## Our Trainers

All VIDA Personal Trainers maintain a nationally accredited personal training certification as well as many specialized certifications for specific training modalities and special populations.

ALL

BALLSTON

CITY VISTA

GALLERY PLACE

LOGAN CIRCLE

U STREET

THE YARDS



Ahmed Zalat  
Logan Circle



Alexandra Green  
Gallery Place



Ali Umar  
Logan Circle



Allen Blanks  
The Yards



Allie Andrews  
Ballston



Alyssa Gonzalez  
Gallery Place

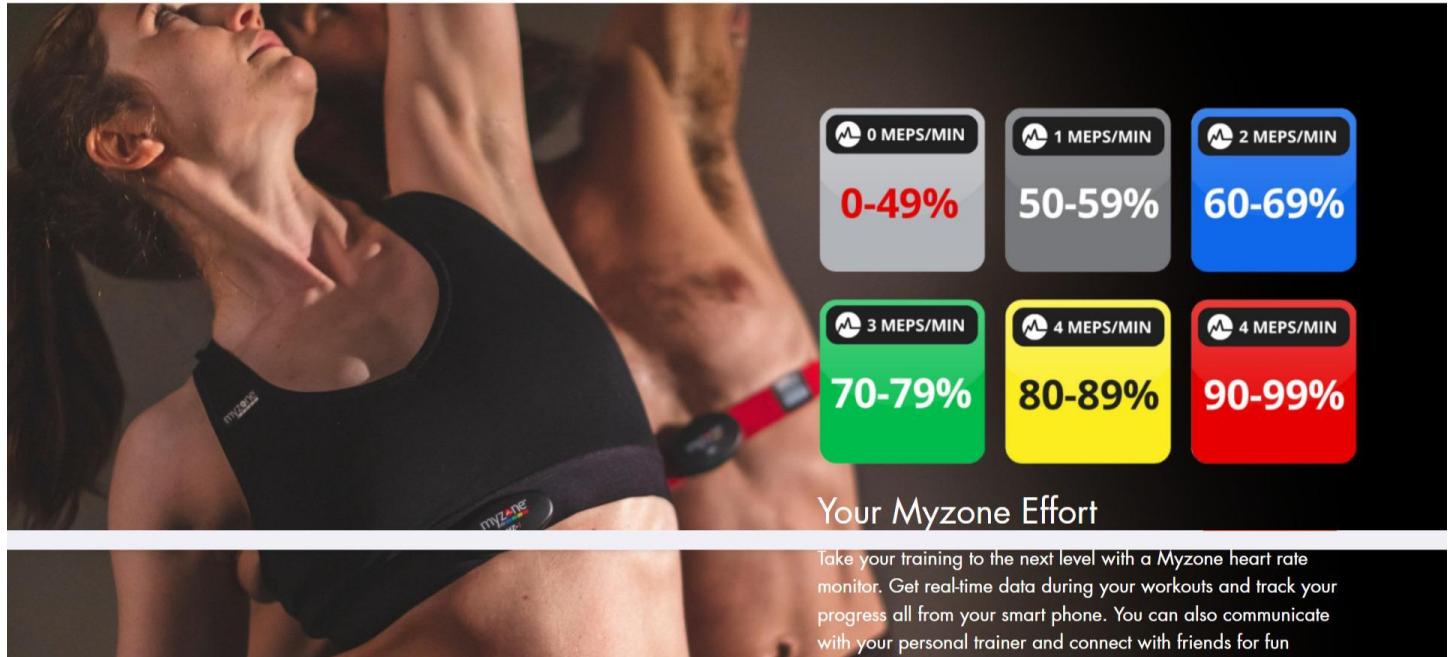
Amanda Schmidt  
Gallery Place

Andre Azad  
Ballston

Andrew Przybylek  
Logan Circle

Ari Davis  
U Street

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0 MEPS/MIN  
**0-49%**

1 MEPS/MIN  
**50-59%**

2 MEPS/MIN  
**60-69%**

3 MEPS/MIN  
**70-79%**

4 MEPS/MIN  
**80-89%**

4 MEPS/MIN  
**90-99%**

Your Myzone Effort

Take your training to the next level with a Myzone heart rate monitor. Get real-time data during your workouts and track your progress all from your smart phone. You can also communicate with your personal trainer and connect with friends for fun



challenges. [Click Here](#) to purchase your Myzone heart rate monitor online and receive a \$50 discount.

## New Client Intake Form

First Name

Last Name

Email

Phone

ZIP

Location

Have a training partner?

Yes

No

Are you a VIDA member?

Yes

No

Interests, Goals, Current Fitness Level

**SUBMIT**

**LOCATIONS**

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Massage Therapy

Lions Gym and Wellness Center > Nutritional Consulting

## Nutritional Counseling for a Healthier You

No matter how hard you try, you just can't out-exercise a poor diet. Whether you're trying to lose weight, improve your health, or take your athletic performance to the next level, proper nutrition is an important component to any change in lifestyle.

[Schedule a visit](#)



## Help starts here Nutritionists for health and fitness planning

Get evidence-based, accurate information and advice from our nutritionists on how to maintain better nutritional habits that you can easily adopt and adapt for the rest of your life. Think of it as another therapeutic approach to wellness — just one that uses a tailored diet and nutrition plan to support your fitness journey and help you reach your weight loss, strength training, or rehabilitation goals.

### Nutritional Consulting Programs

With Active Personal Training Package

Single Session

FREE

[Learn more](#)

\$150

[Schedule a visit](#)

nutraMetrix and Nutri-Dyn supplements to improve your  
health, diet, fitness and performance

[nutraMetrix](#)

[Nutri-Dyn](#)

### Other services you might be interested in

Wellness will always be a way of life.  
How you choose to achieve it is up to you.





### Chiropractic Care

Individualized treatment plans to help you regain and maintain an active lifestyle.

[Learn more](#)



### The SIMBA Philosophy

Strength increases muscle and alignment for a treatment that's natural and effective.

[Learn more](#)



### Personal Training

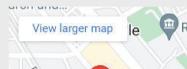
A blend of one-on-one training, personal instruction, and group fitness.

[Learn more](#)

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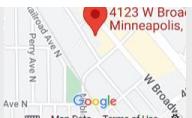
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Lions Gym & Wellness Center  
4123 W. Broadway Ave.,  
Robbinsdale, MN 55422

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Robbinsdale, MN 55422

fitness@lionsgym.com  
(763) 535-0700

Hours of Operation:  
Monday - Friday: 6am - 9pm  
Saturday: 7am - 5pm  
Sunday: 12pm - 5pm

Free Parking in rear of the building.



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Lions Gym and Wellness Center > Training > Personal Training

## Personal Training

Sixty minutes devoted to making the impossible possible. Our knowledge of physiology and nutrition — combined with our experience in “fitness wisdom” — allows us to create truly customized health and fitness programs to get you stronger, leaner, faster. Whatever your goals, the right trainer makes all the difference in your results.

[Schedule a free session](#)



## Strength

Targeted resistance exercises specifically designed to improve your strength and build lean muscle as part of a long-term plan to help you reach your individual health and fitness goals.

## Cardio

Balance is essential to your health and fitness, and part of that balance comes from cardio — cardio that maximizes calorie burn and improves your conditioning to take each workout further.

## Nutrition

Whether you're trying to lose weight, improve your health, or take your athletic performance to the next level, you can't out-exercise a poor diet. Nutrition solutions specific to your lifestyle.

## Personal training (1 on 1) programs

32 Session Package

\$80/session

\$2,560

[Get your free session](#)

16 Session Package

\$85/session

\$1,360

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12 Session Package

\$95/session

\$1,140

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8 Session Package

\$105/session

\$840

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Single Session

\$135/session

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### Meet our friendly staff of professional trainers

### Other services you might be interested in

Wellness will always be a way of life.  
How you choose to achieve it is up to you.





### Small Group Training

A blend of one-on-one training, personal instruction, and group fitness.

[Learn more](#)



### Online Training

Exercise anytime, anywhere with a custom, results-based online fitness program.

[Learn more](#)



### Nutritional Consulting

Maximize your results with customized meal plans or supplements.

[Learn more](#)



Lions Gym & Wellness Center  
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Robbinsdale, MN 55422  
[fitness@lionsgym.com](mailto:fitness@lionsgym.com)  
(763) 535-0700

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Saturday: 7am - 5pm

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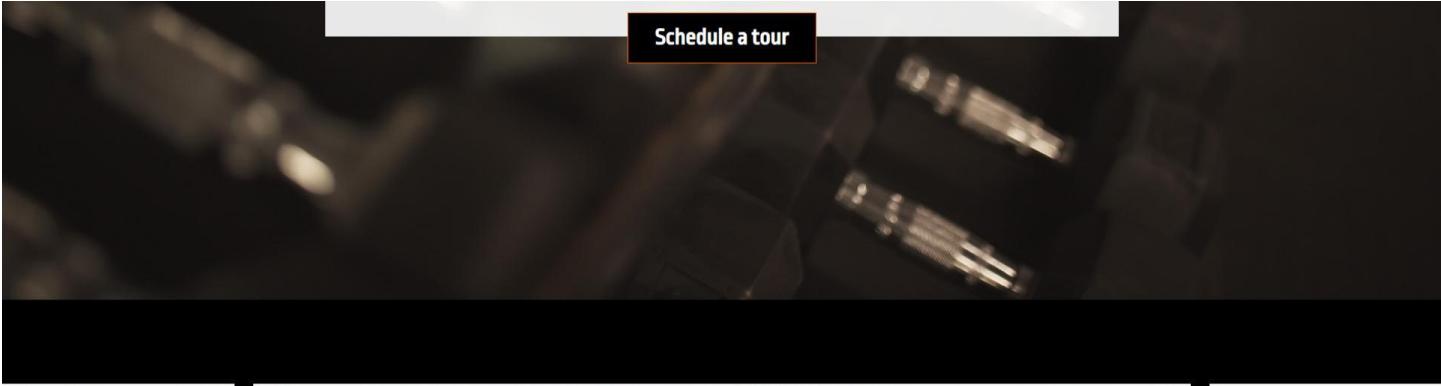
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## Wellness Center and Gym Membership

Lions is more than a gym. We're a goal-oriented, science-fueled training and wellness center with no hidden fees and no long-term contracts — just a commitment to improving the health and fitness of anyone ready to walk through our doors. Our memberships are straightforward, hassle-free, and accessible to individuals, couples, and families alike.



Schedule a tour





No more excuses - it's time to challenge yourself

**Individual**

**\$30/month**

with Active Training Plan\*

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\*Qualified with an active personal training or group training package with a minimum of four sessions per month.

**Individual**

**\$45/month**

with Long Term Commitment

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\*Minimum six month commitment.

**Individual**

**\$55/month**

Month-to-Month

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**Couples & Family**

**\$75/month**

Couple

**+\$10/month**

Child

[Schedule a tour](#)

Other services you might be interested in

**Wellness will always be a way of life.  
How you choose to achieve it is up to you.**



### Training

What's your training preference?  
Small group, one-on-one, or even  
online.

[Learn more](#)



### Fitness Classes

Increasing strength, motion, and  
alignment for a treatment that's  
natural and effective.

[Learn more](#)



### Nutritional Consulting

A blend of one-on-one training,  
personal instruction, and group  
fitness.

[Learn more](#)

"If you are looking for a safe, private, & friendly environment to work out in, this is the

If you are looking for a safe, private, & friendly environment to work out in, this is the gym you need to be at! Friendly staff, and always clean. This gym will become your second home."

- James Gamez - Google Review

Join our mailing list

Enter your email address

Sign up



Lions Gym & Wellness Center  
4123 W. Broadway Ave.,  
Robbinsdale, MN 55422  
[fitness@lionsgym.com](mailto:fitness@lionsgym.com)  
(763) 535-0700

Hours of Operation:  
Monday - Friday: 6am - 9pm  
Saturday: 7am - 5pm  
Sunday: 12pm - 5pm

Free Parking in rear of the building.



[Chiropractic care](#)  
[Training](#)  
[Personal Training](#)  
[Small Group Training](#)  
[Online Training](#)  
[Meet the Trainers](#)  
[Fitness Classes](#)  
[Personal Injury](#)  
[Workers Compensation](#)

[Nutritional Consulting](#)  
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Total wellness redefined

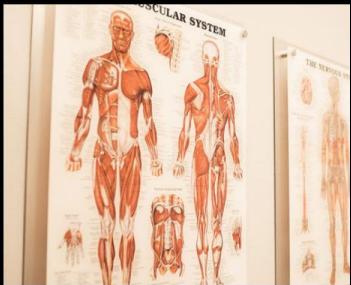
fitness@lionsgym.com (763) 535-0700

Join Us For a Class

Schedule an appointment

Memberships Training ▾ Group Fitness Chiropractic Care Personal Injury ▾ Physical Therapy Nutritional Consulting Massage Therapy

## Trending Chiropractic Blog Posts from Lions



### Strength In Muscle Builds Alignment

The first of five blog posts by Dr. Stephen Menya describing his SIMBA philosophy.

[Learn more](#)



### Benefits of Chiropractic Care After a Car Accident

Feeling sore and stiff after a car accident? Learn how chiropractic care can help.

[Learn more](#)

COMING  
*Soon*

[Learn more](#)

[Learn more](#)

[Learn more](#)



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[Let's Chat About Your Goals](#)

# You want to be really, truly fit.

We're here to help you  
succeed.

[Learn Why Jim White Fitness Is Right For You](#)





## OUR PROGRAMS

We have your tools for success.

---

[Personal Training Programs](#)

---

[Nutrition Programs](#)

---

[Workplace Wellness](#)



## OUR IMPACT

See for yourself and be inspired by our amazing transformations!

---

[Member Transformations](#)

---

[Jim White-Approved Restaurants](#)

---

[LIFT Fitness Foundation](#)

---

[Really, Truly Fit Reads Blog](#)



## OUR STUDIOS

With two locations in Virginia Beach and Norfolk, our fitness and nutrition professionals and our studios are right here for you.

---

[Norfolk • Downtown](#)

---

[Virginia Beach • Hilltop](#)



## LET'S GET STARTED

Are you ready to get really, truly fit? Let's schedule a chat to discuss your goals and how Jim White Fitness can help.

---

[What to Expect](#)

---

[Schedule Chat](#)



# Nutrition Counseling



**Your insurance plan may pay for your nutritional counseling.**

Our team of Registered Dietitians is committed to making a difference and helping you get really, truly fit for a lifetime. With our expertise in Medical Nutrition Therapy, we are able to offer a multitude of valuable services that are designed with your specific needs in mind. We are truly partners in your health.

[Our Nutrition Counseling Program](#)

[Find Out If You're Covered](#)

[Patient Forms](#)

Our members experience positive, life-altering changes.

## Meet Kera F..



**“** I reached out to Jim White Fitness & Nutrition Studios last November to work with a Dietitian and I have been working with one ever since. This past year she has helped me reign in my nutrition while preparing for the Mrs. Virginia Pageant. I really have enjoyed our conversations and the advice she has [...] **”**



[More Success Stories](#)

Only through a well-rounded fitness regimen and sound nutritional practices will you become really, truly fit.



## Really, Truly Fit Reads...



The Link Between



July | Recipes to Inspire



June | Recipes to



Fueling Across the

## Prunes and Bone Health for Men

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## Seasonal Eating

Blueberry Baked Oatmeal  
PREP TIME 10 minutes | COOK TIME 40 minutes | SERVES 8 NUTRITION 370 Calor... [READ POST](#)

## Inspire Seasonal Eating

Blueberry French Toast  
PREP TIME 30 minutes + 8 hours chill time | COOK TIME 5 minutes | SERVES 8 N... [READ POST](#)

## Lifespan

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## Ready to Get Started? Have Questions?

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[I'm Ready To Chat!](#)



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custom nutrition consultation and educational programs. Our motivating and non-intimidating **fitness studios** are located on First Colonial Road in Virginia Beach, and College Place in Norfolk, Virginia.



Whether you're military, a bride-to-be, a student-athlete or just have fitness goals you want to reach, you'll have full access to our experienced staff and our state-of-the-art fitness equipment.

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**Jim White  
FITNESS &  
NUTRITION  
STUDIOS**

**time to get really, truly fit**

Virginia Beach + Norfolk, Virginia **(757) 422-4728**

**Let's Chat About Your Goals**



JIM WHITE | NUTRITION

## The Link Between Prunes and Bone Health for Men

I have partnered with California Prunes with their "Healthy Natural Sweetness with California Prunes" campaign. I have been compensated for my time commitment. However, my opinions are entirely my own and I have not been paid to publish positive comm [MORE...](#)



### fitness

- Heart Healthy Habits
- Favorite Fitness Finds
- Partner Workout
- Discover Your Fitness Identity
- Resolution Revolution

[VIEW ALL](#)

### lifestyle

- Family Meals Make Us Stronger
- Getting Your Kids in the Kitchen
- [Motherhood] Lessons Learned with a 9-Month Old
- [Motherhood]: 12 Things I Learned in the First 12 Weeks
- Meet the Whites 2.0

[VIEW ALL](#)

### nutrition

- The Link Between Prunes and Bone Health for Men
- July | Recipes to Inspire Seasonal Eating
- June | Recipes to Inspire Seasonal Eating



TEAM JIM WHITE FITNESS | NUTRITION

## July | Recipes to Inspire Seasonal Eating

Blueberry Baked Oatmeal PREP TIME 10 minutes | COOK TIME 40 minutes | SERVES 8  
NUTRITION 370 Calories | 14 g Fat | 55 g Carbs | 6 g Protein INGREDIENTS • 2/3 cup chopped pecans • 2 cups old fashioned oats • 2 teaspoons ground cinn [MORE...](#)

• Fueling Across the Lifespan

• May | Recipes to Inspire Seasonal Eating

[VIEW ALL](#)



KRISTA WHITE | NUTRITION

## June | Recipes to Inspire Seasonal Eating

Blueberry French Toast PREP TIME 30 minutes + 8 hours chill time | COOK TIME 5 minutes | SERVES 8 NUTRITION 621 Calories | 31 g Fat | 68 g Carbs | 19 g Protein INGREDIENTS • 12 slices white bread (preferably day old), crust removed • 2 - [MORE...](#)





JIM WHITE | NUTRITION

## Fueling Across the Lifespan

<https://youtu.be/tgKheUe5CMs> I have partnered with the National Dairy Council to bring to Fueling Across the Lifespan with Dairy. At any stage in life, we can feel fatigued. Some days it just might feel like we can't get out of bed, [MORE...](#)



KRISTA WHITE | NUTRITION

## May | Recipes to Inspire Seasonal Eating

Blueberry Peach Chia Bowls PREP TIME 20 minutes | SERVES 1 NUTRITION | 278 Calories | 12.2 g Fat | 37 g Carbs | 9.3 g Protein INGREDIENTS • 1/3 cup milk • 2 tablespoons chia seeds • 1/2 teaspoon honey • 1/4 teaspoon vanil [MORE...](#)

NEXT 



At **Jim White Fitness & Nutrition Studios**, our team of **certified fitness and nutrition experts** provides tailored **personal training programs** for individuals and groups, plus **custom nutrition consultation and educational programs**. Our motivating and non-intimidating **fitness studios** are located on First Colonial Road in Virginia Beach, and College Place in Norfolk, Virginia.

Whether you're military, a bride-to-be, a student-athlete or just have fitness goals you want to reach, you'll have full access to our experienced staff and our state-of-the-art fitness equipment.

 Academy of Nutrition  
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 **ACSM**  
CERTIFIED  
PERSONAL TRAINER™

 **ACE**  
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[Let's Chat About Your Goals](#)



**Medical Nutrition Therapy can help improve your lifestyle and wellbeing.**

FAX (757) 257-0976

- [About MNT](#)
- [Getting Started](#)
- [Registered Dietitians](#)
- [FAQs](#)
- [Insurance Coverage Lookup](#)
- [Locations](#)
- [Patient Forms](#)

## So, what is Medical Nutrition Therapy?

**What we eat is an important part of our life.** It affects how we feel, how our bodies heal, how our brains function, how we sleep, how we look, how we move... Knowing what you eat and how it impacts your life will empower you to make healthier choices and help you feel better.

**Medical Nutrition Therapy (MNT) is a therapeutic approach to preventing or treating certain chronic conditions and health issues through an individually-tailored nutrition plan.**

Your MNT nutrition plan is developed by our Registered Dietitians and is based on your medical history, health condition, lifestyle and goals.

# Medical Nutrition Therapy Can Play A Life-Changing Role.

MNT reduces complications associated with certain chronic conditions and overall health issues, such as:

#### **Autoimmune Disorders**

Hashimoto's Disease, IBD

#### **Cancer Wellness**

#### **Cardiovascular Diseases**

Hypertension, Congestive Heart Failure, Elevated Cholesterol and Triglycerides

#### **Diabetes**

Type 1, Type 2, Gestational

#### **Disease Prevention**

General Wellness

#### **Food Intolerance**

Allergies, Sensitivities

#### **Gastrointestinal Disorders**

Celiac Disease, Cirrhosis, Crohn's Disease

#### **Injury Rehabilitation**

#### **Renal Disease**

Insufficiency, Chronic Failure, Transplantation

#### **Sports Nutrition**

#### **Weight Management**

Overweight/Underweight, Obesity, Bariatric Surgery, Eating Disorders

#### **Women's Health**

Pre- & Post-Pregnancy, PCOS, Perimenopause, Menopause

## Does my insurance cover Medical Nutrition Therapy?



**There's a very good chance your insurance covers MNT!** We accept the following insurance for our Medical Nutrition Therapy services:

- Optima
- Anthem Blue Cross Blue Shield of Virginia
- Aetna
- Medicare (with certain criteria)
- Cigna
- United

Please check if my insurance covers MNT.

## Why Jim White Fitness Medical Nutrition Therapy?

We have a team of Registered Dietitians at our Virginia Beach and Norfolk studios who are committed to making a difference and helping you get really, truly fit – now and for the rest of your life.

### Our Registered Dietitian-managed MNT program includes:

- Developing your personalized nutrition therapy plan
- Providing ongoing checkups and assessments
- Updating your nutrition plan as your body changes
- Supporting your needs with activities like grocery store tours, cupboard clean-outs, recipe rehabs and more

### The Jim White Fitness suite of nutrition services includes:

- Nutrition assessment and counseling
- Nutrition education
- Custom-designed nutrition plans
- Supplement assessments and recommendations
- Body fat analysis and measurements
- Sports nutrition

There's no time to waste. And it could be free! It's easy to get started with your Medical Nutrition Therapy program.

[Find Out If You're Covered](#)

## Really, Truly Fit Reads...



### The Link Between Prunes and Bone Health for Men

I have partnered with California Prunes with their "Healthy Natural Sweetness with California... [READ POST](#)



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Calor... [READ POST](#)



### June | Recipes to Inspire Seasonal Eating

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PREP TIME 30 minutes + 8  
hours chill time | COOK  
TIME 5 minutes | SERVES 8  
N... [READ POST](#)



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Whether you're military, a bride-to-be, a student-athlete or just have fitness goals you want to reach, you'll have full access to our experienced staff and our state-of-the-art fitness equipment.

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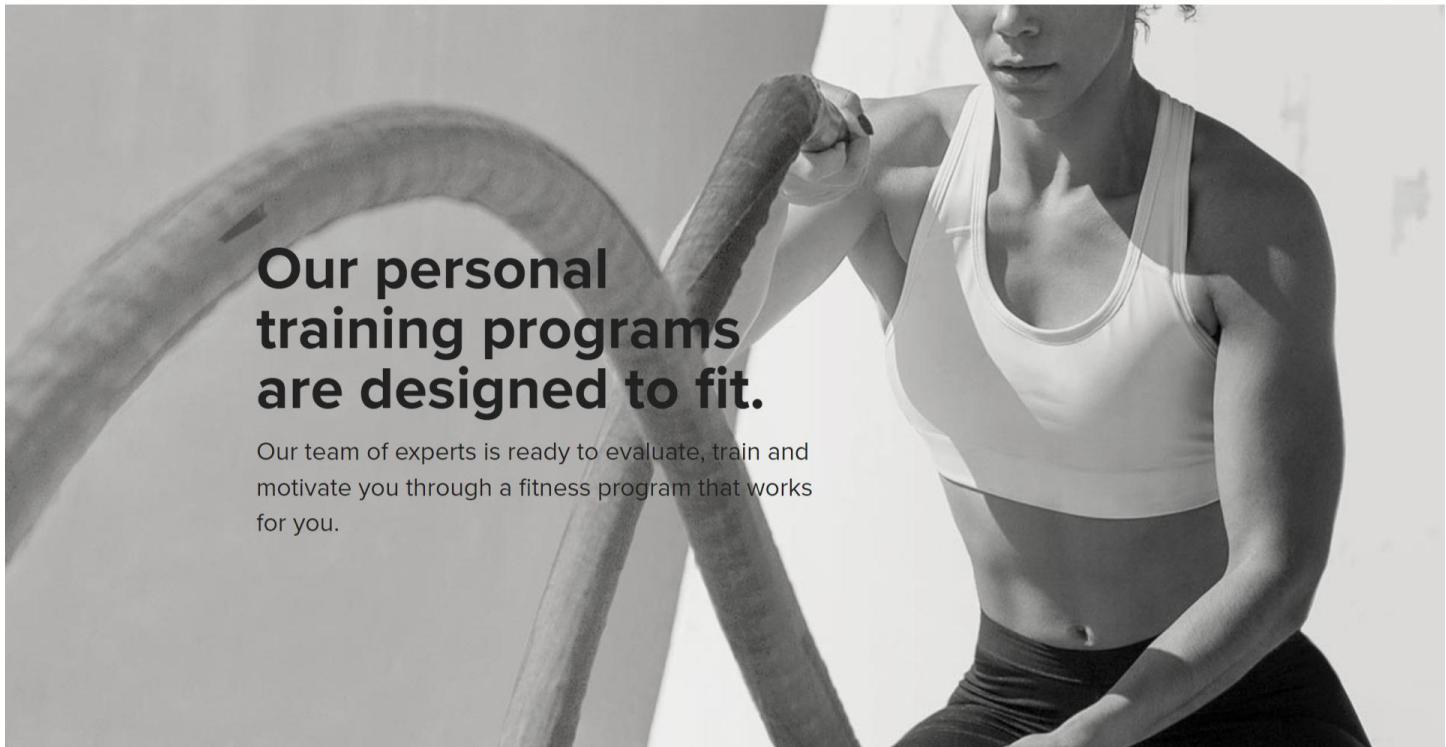


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[Let's Chat About Your Goals](#)

## Our personal training programs are designed to fit.

Our team of experts is ready to evaluate, train and motivate you through a fitness program that works for you.



# One-On-One Training

All fitness programs are individually customized and include fitness testing, goal-setting, weekly motivation and accountability.

Programs are paid for on a month-to-month or pack basis — no long-term commitments required.



## Elite In-Studio Training

This is your one-on-one training program where you have the undivided attention of your fitness coach. Set your monthly schedule for 30 or 50 minute sessions, and from one to four sessions per week.



## Flex Plan In-Studio Training

This plan is what you need when your personal training schedule demands more flexibility. You'll purchase a pack of training sessions to schedule and use at your discretion.



## Virtual Training

Our virtual training program is the perfect solution when you're unable to join us at one of our studios. When you need to train remotely, we can do that... And we make it amazing!



## Travel Training

We'll come to you! Whether you want to train from home, from work, out in a neighboring park... No matter the place, we'll bring the gym and the fun to you.

# Group Training

Grab a friend, or more, and train together!

Not only will this buddy system help keep you collectively motivated, you'll enjoy a lower cost-per-person.



**2-4**

#### Crew In-Studio Training

Crew training is for a group of **two-to-four people**. You'll enjoy training in our studio all-the-while having fun with your crew.

**5+**

#### Group Off-site Training

Have a group of **five or more people**? Want to build a boot camp program? Want to train in your neighborhood, at the beach or in your workspace? We can do that! Let's create the program that works best for your group.

Our team of certified personal trainers and Registered Dietitians are passionate about helping you achieve your goals. We tailor your program to work with your schedule and budget. With two convenient locations filled with the latest equipment and conveniences, we're here to help you get really, truly fit.



Our members experience positive, life-altering changes.

#### Meet Kera F..

“

I reached out to Jim White Fitness & Nutrition Studios last November to work with a Dietitian and I have been working with one ever since. This past year she has helped me reign in my nutrition while preparing for the Mrs. Virginia Pageant. I really have enjoyed our



conversations and the advice she has [...]

“



More Success Stories

## Ready to Get Started? Have Questions?

Let's chat about your goals and how Jim White Fitness can help.

I'm Ready To Chat!

## Really, Truly Fit Reads...



The Link



July | Recipes



June |



Fueling

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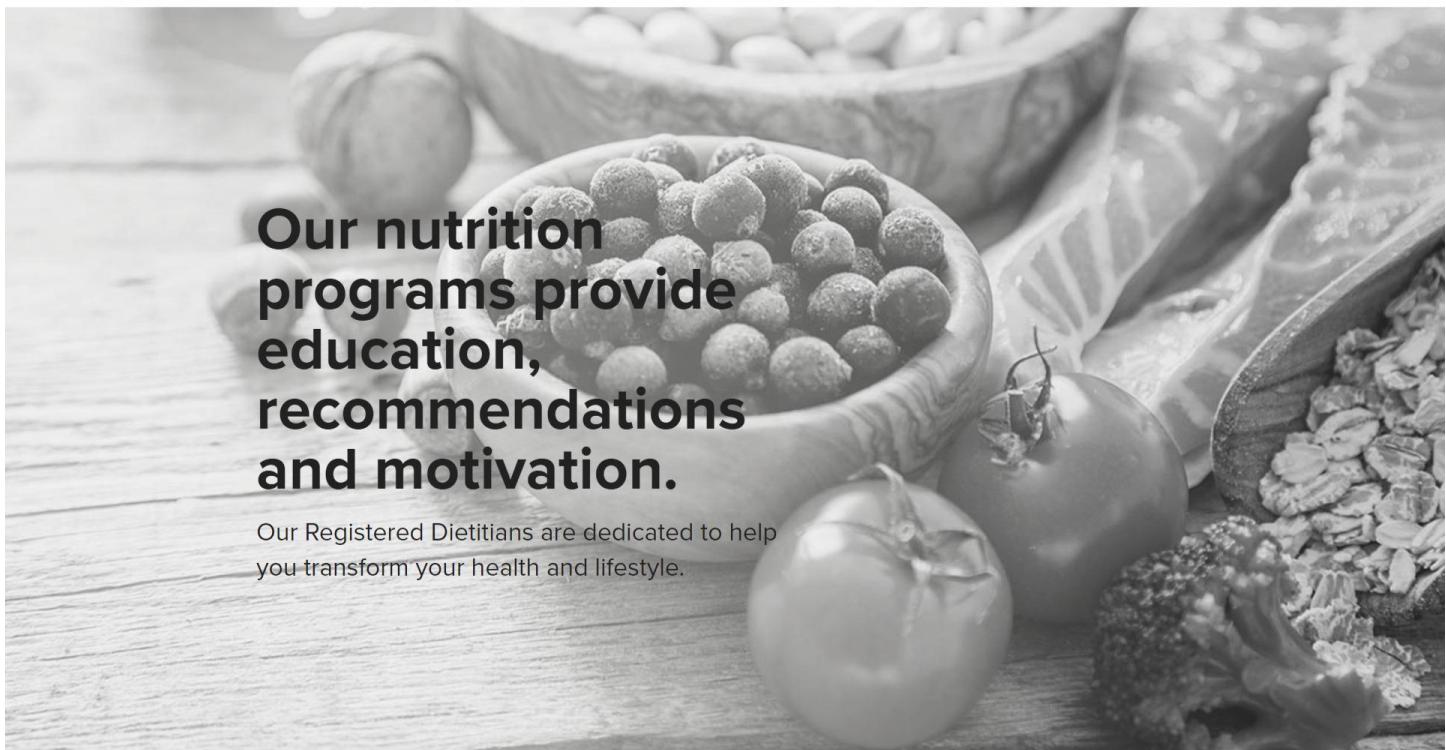


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## Our nutrition programs provide education, recommendations and motivation.

Our Registered Dietitians are dedicated to help you transform your health and lifestyle.



# Medical Nutrition Therapy

All nutrition programs are individually customized based on your needs and health goals.

**Medical Nutrition Therapy (MNT) is a therapeutic approach to preventing or treating certain chronic conditions and health issues through an individually-tailored nutrition plan.**

Your MNT nutrition plan is developed by our Registered Dietitians and is based on your medical history, health condition, lifestyle and goals.

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[Learn If Medical Nutrition Therapy Is Right For You](#)

If your insurance provider does not cover your nutrition program, we offer other options designed to help re-align your nutritional mindset and habits. Rest assured, you'll have all the support you need.

## Nutrition Support

Jump Start Nutrition Program

Follow-up Maintenance Program

This program includes your initial assessment and consultation, nutrition education, meal planning and a 30-minute follow-up.

This program includes 30-minute sessions to review, modify where necessary and answer your questions.

Our members experience positive, life-altering changes.

## Meet Kera F..



**“** I reached out to Jim White Fitness & Nutrition Studios last November to work with a Dietitian and I have been working with one ever since. This past year she has helped me reign in my nutrition while preparing for the Mrs. Virginia Pageant. I really have enjoyed our conversations and the advice she has [...] **”**



[More Success Stories](#)

## Ready to get started or just have questions?

Let's chat about your goals and how Jim White Fitness can help.

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# Really, Truly Fit Reads...



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**For the health of  
your company.**  
Our workplace wellness  
program fuels your team.

Employees performing at their full potential have fewer sick days, no mid-afternoon energy crashes and reduced healthcare costs.

These are all within reach with the Jim White Fitness Workplace Wellness™ program available throughout Hampton Roads.



With the **right tools**, you have the best chance for a healthy team.

**Invest in the health of your employees and your company's future.**

Participating in the Jim White Fitness Workplace Wellness program will give your employees the tools they need to make sustainable changes in their lives, one day at a time.

Small modifications in diet and exercise now can have a big impact on chronic disease prevention and overall well-being in the future.



No cookie-cutter programs here. We are all about **personalized**

**Each Workplace Wellness team member will complete a comprehensive and personalized series of health assessments.**

They'll also receive regular wellness activities and learning experiences tailored to their specific needs by our



service.

fitness and nutrition experts.

Our programs are flexible — your employees will have the option to choose their levels of participation and commitment.



We keep your team **engaged** and **motivated**.

Our platform fosters team-building, encouragement and improved communication, not to mention a healthy dose of competition amongst your team members.

Our program's resources are also available on-the-go so participants are never without the information or motivation they need.



Our program is **perfect for any size business.**

No company is too small or too large for Jim White Fitness Workplace Wellness. Our program will work for Hampton Roads companies of all shapes and sizes, plus you get to choose your level of participation.

[Download The Brochure](#)

A healthy company comes from having employees who are provided with full wellness options and support.



| <b>\$3.50 ROI</b>      | <b>28%</b>                       | <b>26%</b>                | <b>30%</b>   |
|------------------------|----------------------------------|---------------------------|--|
| for every dollar spent | reduction for every dollar spent | reduction in health costs | reduction in workers' compensation & disability management costs |

## Jim White Fitness Workplace Wellness Takes Care Of The Whole Person.

Help your employees live a balanced lifestyle. They'll experience increased productivity, decreased stress, boosted energy, enhanced strength<sup>JWF</sup>, advanced nutrition awareness, and improved confidence and cardiovascular endurance.

- Kickoff live seminar
- Daily content
- Progress tracking
- Monthly webinars
- Quarterly challenges
- Access to Jim White Fitness & Nutrition experts
- Resources and extras

Interested? Please provide the following information and let's schedule a time to chat about a program we can build to meet your needs.

Name \*

First

Last

|   |                      |
|---|----------------------|
|   |                      |
| Title   | <input type="text"/> |
| Company *                                     | <input type="text"/> |
| Contact Phone *                               | <input type="text"/> |
| Contact Email *                               | <input type="text"/> |
| Number of Employees                           | <input type="text"/> |
| Fitness and Nutrition Goals for the Company * | <input type="text"/> |
| Additional Questions, Comments or Concerns    | <input type="text"/> |
| <input type="button" value="SUBMIT"/>         |                      |

## Really, Truly Fit Reads...





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# NUTRITION IS THE FOUNDATION OF EVERYTHING WE DO.

## OUR DIETITIAN, SAM

Sam has always had a passion for fitness and nutrition. She played various sports in high school, one of which included rowing that led her to become a collegiate Division I rower for the University at Buffalo. Before her eight years of rowing, she spent several years earning her 3rd degree black belt in mixed martial arts. After graduating college, she would fill her fitness needs by attending classes at local gyms in the area but missed the team and community aspect. She started CrossFit in 2016 and never turned back, CrossFit gave me the community support and drive that was missing.

Along with being active over the years, she earned her credentials Registered Dietitian (RD/RDN) in 2014. Sam has provided nutrition counseling to women, infants and children through the federally funded program WIC. In 2016, she became a Certified Lactation Counselor (CLC). Sam's areas of specialties include weight loss, heart healthy diets, diabetes, and sports nutrition. Sam also has experience providing nutritional care at several skilled nursing and rehabilitation facilities.



## THE PYRAMID



#### NUTRITION IS THE FOUNDATION OF EVERYTHING WE DO.

There's no out-exercising a bad diet. CrossFit makes you fully accountable: The workouts are so much harder if you eat junk the night before, but we've known for YEARS that we could do better.

Our Nutrition program (like our CrossFit programs) combines behavioral change with achievement to create habits that will last a LIFETIME.

## OUR 1:1 NUTRITION SERVICES

Our Nutrition Programs at CrossFit 12 Gauge are uniquely designed to provide individuals with an easy, science-based approach to nutrition and fitness, using simple behavior modification strategies to create positive change without the stress of 'dieting'. Imagine the confidence you could have walking into the grocery store or a restaurant knowing exactly what you should eat to feel great and look great!

As we all know, the internet is filled with countless diet plans, recipe plans, and other information. There are a lot of programs out there telling you what NOT to eat or how to replace meals with supplements or a "magic" shake. What if we could attain this confidence through learning what TO eat while using whole foods with limited ingredients? Behold, a teaching program to build lifelong skills...one step at a time!

## INBODY BIOMETRIC SCAN

Most people want to look good, feel good, and perform well. While we provide private and group fitness classes, exercise is only one part of the equation. Nutrition and lifestyle are other major factors in how you look, feel and perform. With so many options out there in the words of 'diet', how do we choose the best one for us? How do we stay accountable to keep on track? How do we know we're making progress? With the InBody Biometric Scanner, we can answer those questions and provide different levels of nutrition/lifestyle coaching to fit your individual needs!

Who really likes regular weight scales? They only tell you one number: how much your muscle, fat, bones, water, blood, hair, etc. weigh. Muscle weighs more than fat, so if you are building muscle and losing fat the number on the scale may stay the same! But what if there was a machine that could give us an in-depth breakdown of more than just weight in less than one minute?

An InBody scan will give you an accurate look at body fat, lean muscle mass, basal metabolic rate, and water retention in your arms, legs, and trunk. Consumer scales that do this breakdown will actually give you a guesstimate based on a bank of statistics where the InBody will give you direct readings. Once you know your biometrics, you have a better sense of where to head! These options are great for the independent person who just wants raw data on their body composition. And it takes less than a minute for the scan! More information can be found [here](#).

**BE SURE TO READ THIS TO PREPARE FOR YOUR INBODY SCAN.**

! This video is private



## INBODY TESTING



**\$15**

INCLUDES A SINGLE INBODY SCAN



**\$60**

TRACK YOUR PROGRESS WITH SIX

# NUTRITION PROGRAMS



## Customized Nutrition Program 4-Week Program

\$150/INDIVIDUAL | \$225/COUPLE

- **60-Minute Initial Consultation**  
(Review of dietary intake, activity level, plan of action to meet goals)
- **InBody Analysis and Body Measurements**
- **1 Follow-Up Consultation (30-minutes)**  
*additional sessions \$35 each*
- **Custom Macros/Nutrition Plan**  
Education Handouts and Recipes (to follow within 48hrs)
- **Meal Plans and Grocery List Customized to YOUR Needs**
- **4 Weeks of On-Going Email/Text/Phone Support and Feedback**
- Graduate to On-Going Nutrition Coaching \$59/Month

## Customized Nutrition Program 6-Week Program

\$225/INDIVIDUAL | \$375/COUPLE

- **60-Minute Initial Consultation**  
(Review of dietary intake, activity level, plan of action to meet goals)
- **InBody Analysis and Body Measurements**
- **2 Follow-Up Consultations (30-minutes)**  
*additional sessions \$35 each*



- 4 (15 minute) Follow-Up Consultations/Check Ins
- Custom Macros/Nutrition Plan  
Education Handouts and Recipes (to follow within 48hrs)
- Meal Plans and Grocery List Customized to YOUR Needs
- Food Log/Tracking Review
- 6 Weeks of On-Going Email/Text/Phone Support and Feedback
- Graduate to On-Going Nutrition Coaching \$59/Month



## Individual Session

\$75/INDIVIDUAL | \$125/COUPLE

- 60-Minute Initial Consultation  
(Review of dietary intake, activity level, plan of action to meet goals)
- Custom Macros/Nutrition Plan  
Education Handouts and Recipes (to follow within 48hrs)
- 1 Week Follow-Up Email and Text Support

## Scheduled Maintenance

\$40/INDIVIDUAL (30 MINUTE) OR \$150 FOR 4 WEEKLY SESSIONS

*\*\*Only available after initial 60 minute consultation*

- Additional Fine-Tuning Needed
- Questions Answered, Progress Reports, Goals/Plans Adjusted



**\*\*PRICES AND AVAILABILITY OF SERVICES MAY CHANGE. PAYMENT IS DUE AT TIME OF INITIAL SESSION.  
NO EXCEPTIONS.**

## GET STARTED TODAY

Name \*

First Name

Last Name

I'm Interested In...\*

Phone \*

(###)      ###      ####

Email \*

Preferred Method of Contact? \*

Message \*

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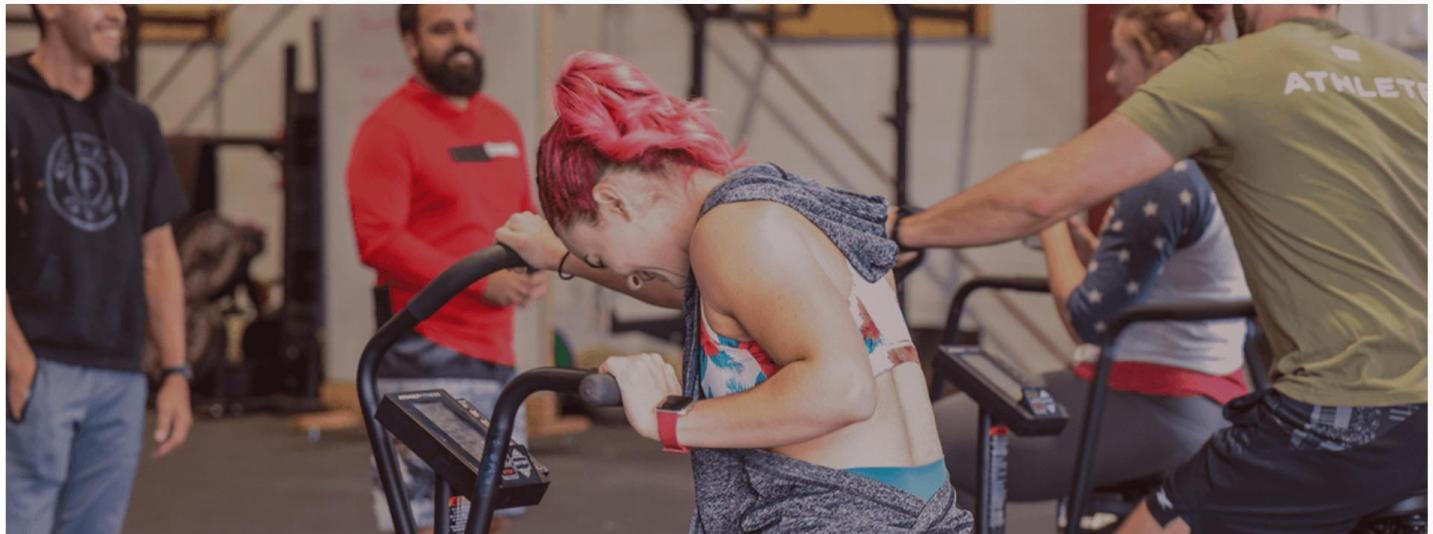


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WODs



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GET MOTIVATED

# GET MOTIVATED

LET US HELP YOU LIVE YOUR BEST LIFE

BEGIN YOUR FITNESS JOURNEY

## CrossFit is for Everyone

One of the things that makes CrossFit 12 Gauge so unique is that we address the fact that the fitness needs of an "Average Joe" are identical to that of a top athlete – the only difference is the intensity (speed & weight) and volume it can be performed. In all cases, the best results come when training includes functional movement (that which replicates real life movement), at high intensity and with constant variety. We're here to help you

## Nutrition Services

Our Nutrition Programs at CrossFit 12 Gauge are uniquely designed to provide individuals with an easy, science-based approach to nutrition and fitness, using simple behavior modification strategies to create positive change without the stress of 'dieting'. Imagine the confidence you could have walking into the grocery store or a restaurant knowing exactly what you should eat to feel great and look great!

## CrossFit Kids

CrossFit Kids 6-14 are programs focused on getting kids more active.

CrossFit Kids is a group setting strength and conditioning program designed for the specific developmental needs of kids and teenagers and encourages a lifelong love of health and wellness.

CrossFit Minis learn new skills, play games and participate in fun WOD's that are designed to improve their cognitive

become the most healthy you!

[LEARN MORE](#)

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development and prevent injuries.

[LEARN MORE](#)

## Athlete of the Month

With so many amazing athletes, that's right, when you join, you become a CrossFit athlete, we feel it's only right to showcase their hard work and dedication. This is why we've decided to choose an Athlete of the Month. Whether you're working hard towards your goals, setting new PRs, or maintaining that healthy lifestyle, we see you and we want you to show off your goodies.

[LEARN MORE](#)

## 24-Hour Gym Access

We work hard to offer as many classes as we can so our members can meet and exceed their fitness goals. Unfortunately, life happens and sometimes you can't make a class time. We get it. This is why we offer 24/7 gym access to our members.

[LEARN MORE](#)

## High Quality Coaching

We're passionate about helping every individual achieve their optimal level of health and fitness through high quality coaching in fun, competitive, and result-oriented classes. All our coaches are fully certified CrossFit Coaches and are looking forward to meeting you as well as working with you to become the best you.

[LEARN MORE](#)

COME ON IN!

CONTACT

**WEEKDAYS**

5:30AM - 6:50AM

**SATURDAYS**

6:05AM - 11:00AM

SEE THE FULL SCHEDULE

**PHONE**

(343) 509-0909

**MAIL**

INFO@CROSSFIT12GAUGE.COM

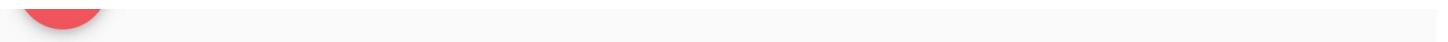
**ADDRESS**11020 PIERSON DRIVE  
FREDERICKSBURG, VA 22408**24-HOUR ACCESS AVAILABLE**

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WODs



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## Welcome

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### Welcome to Nutrition and Fitness Professional!

Updated Services, Fees. Includes Premium, Basic, and Other Services.

All visits are currently telehealth due to client demand for in person low.

In-network provider with most health insurance companies. We are exiting Medicaid due to paid claims reversal 2 years after services provided and them only covering for age 20 and below. We will also exit other insurance companies that do the same. You should not support those companies either.

Free Nutrition and Exercise Articles and information!



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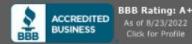
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## Nutrition Counseling and Coaching

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This is a client-driven behavior change process that leads to long-term changes in food and nutrition habits. It can also be medical nutrition therapy for learning how to manage disease. The first in-person session lasts 1.5-2 hours and includes an initial plan of action. Prior to March 2020, 95% of clients were seen in our office. Since, 95% of clients are seen via telehealth.

You can expect questions regarding medical history, lifestyle habits, nutrition habits, and exercise habits. Follow-up sessions are about 1 hr each. Sessions are designed to explore long-held beliefs, patterns, and emotions related to nutrition status as well as provide tangible plans of action. We also offer phone and/or webcam-based follow-ups, for your convenience.

Nutrition and Fitness Professional, LLC is an in-network provider for most health insurance plans and DOES accept Medicare but no longer Medicaid clients since 4th quarter 2021. If you have private health insurance for which we are not an in-network provider and wish to file individually for possible reimbursement for seeing an out-of-network registered dietitian (RD), we will furnish a superbill (medical receipt) for you to submit to your insurance company. You are more likely to meet coverage rules of your plan if you are familiar with your specific plan's rules and coverage (make sense? :)).

Nutrition and Fitness Professional, LLC is HIPAA compliant and values your protected health information. We maintain electronic health records in a secure format to maintain client/patient information and can communicate securely authorized healthcare providers, if requested in your Authorization for Release of Information form.

Use the [contact form](#) or email [info@nutritionandfitnesspro.com](mailto:info@nutritionandfitnesspro.com) for questions and scheduling. Check out [pricing and package deals](#) as this includes complimentary [assessments](#) and accountability services. We are a mobile office and can sometimes travel to you. We also have webcam and



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email follow-up services for your convenience. However, most clients have preferred the convenience of virtual visits since March 2020.

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## Exercise Consultations



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An exercise consultation is a discussion and analysis of what you do for exercise and how it compares to your fitness goals or what you need to do to benefit a medical condition. As always, consult with a physician before beginning an exercise program.

Often times a person will have a specific goal for their workouts, but they are not training the right way for it. This can make you frustrated and less likely to enjoy exercise, which is a necessary part of everyone's life in the 21st century. We will analyze your workouts and give you feedback.

Some people do not need full personal training that is in-person, so this is a way to get feedback on your program without requiring an in-person visit and taking you through a physical workout. If this sounds like a service that is for you, please email [info@nutritionandfitnesspro.com](mailto:info@nutritionandfitnesspro.com) and/or use our [contact form](#) if you have questions. Also, check our [pricing deals](#).

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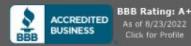
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# Nutrition and Fitness PROFESSIONAL

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## Personal Training

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Personal training is the art and science of leading someone through a workout in person. Joey is certified by the National Academy of Sports Medicine and carries liability insurance. He specializes in strength training (lifting to get crazy strong), flexibility, stability and balance, muscle gain, and fat loss.

Joey has experience working with post-rehabilitated clients including those with knee, back, shoulder, hip injuries, scoliosis, type 2 diabetes, ovarian cancer, hypertension, hypercholesterolemia, edema, metal body parts, ages 18-72, overweight/obese, and underweight.

Seniors who are unsure of their balance and stability and have poor flexibility have benefited from personal training with Joey. He was able to help a 68-year-old to dramatically improve his flexibility after a knee replacement. Athletes have benefited from personal training to maximize their training routines for sports performance.

Joey worked 20-25 client sessions a week when peaked in volume as an employed trainer at RecSports for four years experience (2012-2016) in being held to a standard of excellence to maintain employment in addition to working freelance. Since building his private practice in nutrition counseling, he no longer works as an employed trainer and has raised his prices to the same rate as his nutrition counseling since his time is his time regardless of what he is doing. He worked a solid 7 years doing personal training as a significant part of his income.

Please always consult with a physician prior to beginning an exercise program. I do not diagnose, treat, rehabilitate injuries, or manipulate the spine. I use exercise and nutrition within the scope of practice of a master's-degree exercise physiologist, certified personal trainer, registered and licensed dietitian, a lifetime 8-sport athlete (baseball, basketball, gymnastics, swimming, water polo, figure skating, powerlifting/weight lifting, distance running), and bike commuter.

I enjoy working with those new to exercise who wish to learn what to do



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private trainers. I wish to have a positive relationship with local gyms and to promote proper business practices in the profession of personal training.

I am different from other personal trainers in that I have formal exercise and nutrition university education, a nationally recognized, NCCA-accredited certification, and do this for a living, not on the side. I am serious and methodical about workouts to make sure you are optimizing your time efficiently by working out what is most important now for your goals. Training is broken into tough days and easier days for progression and progress.

Some forms of exercise are more beneficial for your fitness goals and/or medical condition. I highly encourage you to ask questions during a workout if you are unsure of the purpose of an exercise. Opportunities are welcome for health education. I do NOT subscribe to the idea that not being able to walk or move the next day is the point of personal training. The point is to improve your functional capacity, not make you pointlessly broken down and sore. Google [Rhabdomyolysis](#).

I travel to your home. Workouts are 1 hour after an initial [exercise consultation](#) where we clarify goals and sign paperwork. I use resistance tubing, dumbbells, bench, various stability training apparatus, med balls, and miscellaneous other equipment. I do not specialize in endurance or cardiovascular training in the home setting but will teach you how and at what intensity to workout aerobically. I have experience training for a half marathon and swimming competitively year-round for 9 years.

The general population should make time for 150 minutes a week of moderate aerobic physical activity (a 5 or 6 on a scale of 10, where 10 is running from a bear for your life and 1 is sleeping), or 75 minutes a week of intense aerobic physical activity (7+ on a scale of 10), or a combination of moderate and intense exercise per the [Physical Activity Guidelines for Americans 2008](#). If this sounds like too much, it probably is and that's why you would need more tailored recommendations from me 😊

I recommend resistance training twice a week for most people per the aforementioned guidelines. This number can be more or less frequent depending on your training history, ability to intensely workout, and goals.

My goal for you with resistance training, if you don't have one already, is to get to a point of strength where you no longer have to do it twice a week, since once a week can be achieved if you get strong enough. I also hope to get you to a point where you no longer need a trainer since you will know what you are doing.

Email [info@nutritionandfitnesspro.com](mailto:info@nutritionandfitnesspro.com) or use our [contact form](#) if you are interested in personal training and check our [pricing and package deals](#) as this includes complimentary [assessments](#) during training time.

Exercise Who wants to learn what to do without the hassle of a gym membership or environment. I am also willing to work with you at your gym if your gym allows trainers; however, I will not break the rules of a gym regarding their policies on

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## Nutrient Analysis Service

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If you are the technical type and like to see numbers and detailed diet breakdown analysis, this is for you. Fill out a [web form](#) to get feedback remotely for free initial basic information. We recommend tracking a typical day or days food intake and submitting it via our [food log](#) for the nutrient analysis.

You may also submit a food log via email or use one taken in person for this service. It is \$60 for detailed nutrient analysis, which includes professional software analysis and the registered dietitian nutritionist's commentary and suggestions in the form of a sample one-day meal plan. Turnaround time is at MOST one week from the submit date, depending on our current schedule. Detailed customized meal plans of multiple days, if desired, are charged separately at \$15 per additional day over the complimentary one-day meal plan that comes with a detailed nutrient analysis.

You may also try [for only \\$20](#) a week's worth of generic, calorie-controlled (1100-4000 Calories) meal plans for various needs including bodybuilding, diabetic, heart healthy, hypertension, low carb, vegan, vegetarian, and a 40-30-30 carb-protein-fat ratio diet (low carb/high protein/high fat).

Contact us about these options or send an email to [info@nutritionandfitnesspro.com](mailto:info@nutritionandfitnesspro.com).

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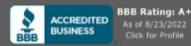
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MAY

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### Areas Nutrition and Exercise Science Could Improve In The Future

Someone asked me recently how they think nutrition science and practice will change in the future. Outside of the 'let's try a diet' like we may try a new fashion choice or hairstyle and other non-science based nutrition diets of the year (keto and vegan are in right now as this is written, two completely

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

Science Analysis

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17  
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### Checking Benefits for Nutrition Counseling—How, Why?

Unfortunately, it isn't obvious on many health plans that you can see a licensed dietitian, the healthcare professional trained in working with people to reverse many of the leading causes of disease and death in the US, such as cardiovascular disease and diabetes. Many plans did not cover this service until recent years or after

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

Healthcare

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### Gender and Racial Diversity in Registered Dietitian Nutritionists

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Edit: Updated statistics are available at a new link on the CDR website. Current demographics show 98,053 dietitians, 90.6% female, 3.8% male, 5.6% not reported, 77.8% white as of July 3, 2017. Here's a list of other credentials issued by the CDR and respective demographics. The rest of the article will be based on the

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT  
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## Telehealth and Nutrition Counseling in 2017

The Centers for Medicaid and Medicare Services (CMS) recognizes the place of service code '02,' which allows telehealth as a place of service. Codes licensed dietitians can use to bill insurance include 97802, 97803, and 97804, which are recognized as billable with telehealth according to the CMS website. Other codes can be seen in the

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT  
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## Repeal of ObamaCare and Possible Effect on Your Nutrition Counseling Benefit

At the time this is written, it is still too early to tell whether or not the replacement for the Affordable Care Act will result in the loss of coverage for preventative healthcare services or not. President Trump has stated that some parts of the healthcare law will remain. What worries me, as a practice

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT  
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## Media Quote: Men's Fitness–How To Build Muscle

Here's an article by Amy Roberts, CPT on How to Build Muscle. For the article, she asked fitness and nutrition professionals across the country about sample workouts, theory, and nutrition recommendations. As someone who lifts for strength more often

theory, and nutrition recommendations. As someone who aims for strength/mass ratio and overall athleticism primarily, my goal is not necessarily to put on as much muscle as possible for the

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

Media Quotes

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## 17 Reasons People Eat

Some people prefer calorie counting, others like the hand portion size approach, and others like intuitive eating. It is also myopic to think that people are overeating meat portions, vegetable portion sizes, and grain portion sizes as opposed to junk food portion sizes and alcohol. Sure, it can happen, in a few cases, I guess.

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

Personal Experiences and Opinions

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## Media Quote: 21 Surprising and Easy Ways to Lose Weight

Just wanted to link to another weight loss tips article in which I have been quoted. The author, Hristina Byrnes got a number of nutrition professionals, both RDs and CNS to comment. For those who do not know, the CNS is another nutrition credential, albeit not as many of them, that is respectable in that it

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

Media Quotes

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## Women's Body Image: Calorie Restriction, Strength Training, & Weight Loss

I get to work with a lot of women who want to lose weight on the fitness side as a personal trainer and on the nutrition side as a registered dietitian. Most women who come in to "lose weight" really just want to change their body composition, and it is interesting to see whether people

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT



06  
NOV

0 Comments

## Endurance Athletes and Coronary Artery Calcium Buildup

This post is not directed at people who need to start exercising and will read this as an excuse to never start. If that's you, just don't read this post. Rather, this article is directed at type A exercisers and athletes who are religious with their training beyond what is necessary for optimum performance. These

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Red Meat and Cancer News

There have been a lot of headlines this week regarding red meat causing cancer. Any time you see the words "cause cancer," your antenna should go up as something being a bogus, yet catchy headline. Certainly, it makes professionals and non-professionals read that article, the former of which to find which studies they are referencing,

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Low Calorie is Not Synonymous with Healthy

This is something I see over and over again, so excuse the rant post. Everyone thinks they are an expert on nutrition these days. You can find nutrition information all over the Internet telling you how to lose weight and exercise. Everyone believes it is really simple science of calories in = calories out. We

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Why Follow-Ups are Necessary in Nutrition Therapy

It is utterly impossible for anyone to teach anyone everything they need to know about nutrition and have it stick on the first session. It is also impossible to have counseling and behavior changes occur, question beliefs, motivations, feelings, and lack of motivations with regards to food and nutrition, lifestyle, and exercise in one session.

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Batch Cooking: Low Motivation Required, Very High ROI for Nutritional Goals

One thing I have noticed many successful clients, busy professionals, and students do is batch cook. Batch cooking means you make most of your meals on one day of the week and then just have to heat them up when you need them. It makes portion controlling your food throughout the week easy, allowing you

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Food Allergy, Intolerance, Sensitivity Testing Impacts Disordered Eating

I am frustrated by the lack of clear information on food allergy, intolerances, and sensitivity testing on the Internet, so I am writing this post to show what I have seen as someone who works with those who may have had these tests in their past. First off, we all know someone who believes they

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## Why I List Out All My Credentials

The United States educational system allows you to pursue graduate degrees in many

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fields without the prerequisite background. This is very true for degrees in the health sciences. Typically, a master's degree is about 36 credits and includes research-based coursework, which is often not practical to working with clients. A master's degree without a bachelor's

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## Media Quote: Gym Hygiene

In this slide show media quote, ZLiving gives recommendations from the fitness savvy on gym hygiene. From not touching your eyes, exercising when sick, using sandals, and discussion about athlete's foot, jock itch, or ring worm, it's discussed. Be sure to discuss with your doctor and dermatologist any specific questions. Share on

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## Media Quote: Eating Matters More than Exercise

Having written on diet vs exercise a number of times, I thought I'd share with my followers this media quote in StyleCaster. Which matters more in terms of weight loss? What you eat. Can exercise get in the way of weight loss progress? Yes. Why exercise from a perspective of weight management? It helps keep

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

Diet or Exercise

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## Is Treadmill Running Bad for Your Knees?

Preface I haven't ever hurt myself or got knee pain from running on a treadmill. I know a lot of people who scorn the treadmill as bad for your knees. This post will discuss how I run on the treadmill. It will also discuss how I see other people running on the treadmill as well.

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Videos: Playground Workout

I occasionally go to the playground to do gymnastics stuff. It is a nice change from lifting at the gym, swimming, biking, or running. These are not my best displays of athleticism in any of the videos, as I was tired and not recovered that day from a previous workout. I was also rushing myself

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## Media Quote, Metabolic Syndrome—What Experts Have to Say

Metabolic syndrome, or Syndrome X, involves central adiposity, insulin resistance, and high blood pressure. These conditions predispose you to serious negative cardiovascular outcomes like stroke and heart attack. Many people don't realize that these conditions are not immutable. Even small changes make a difference. In an article by Bonnie Taub-Dix, dietitians offer 10 things you

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## The Future of Inactivity Gaming Leisure: Virtual Reality MMORPGs & FPS

Background As some of you may or may not know, I have alluded to the fact that I have a history of being a gamer. A pretty hardcore gamer. One semester at Penn State, I raided in classic (vanilla) WoW (World of Warcraft) as a human female frost mage against Ragnarok (a fire elemental that takes

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Vitamin and Supplement Tips from Experts-Media Quote

In a well-written article by Dave Gordon, supplements and vitamins are weighed in terms of overall usefulness, precautions to take, and most common ones taken.

Experts from various health disciplines weigh in on the usefulness. Joey Gochnour quoted. Share on

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## Grocery Shopping Tips-Media Quote

Joey Gochnour quoted in TheActiveTimes on weight loss tips for grocery shopping. Making a list and sticking to it would be something I'd say is most important. Make that list when you are in a good mindset for making decisions about your future health!

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## Men's Fitness Quote on Protein and Hydration

Here's a tip list through Men's Fitness about things people should consider after their workout, including nutrition and hygiene. Share on

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## Nutrition Credential Comparison

Michael (Mike) J. Sandoz of MJS Nutrition created this excellent nutrition credential juxtaposition for a project during his dietetic internship. To date, I have not seen any similar comparison of this caliber on the Internet of all the nutrition credentials out there. It is important that the public know who to listen to when it

there. It is important to measure personal weight throughout the day when it

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## New Balance Training Technique–Spatial Sensory Parallax

I thought I'd share this experience with those who may benefit. In case you don't know, I personal train as an employee for about 15-25 hrs a week at the University of Texas at Austin department called RecSports. I work with faculty, staff, students, grad students, UT community members, friends, family, and others who decide

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## BCAAs–Waste of Money Supplement Scam

Branched chain amino acids, or BCAAs, are synonymous with the amino acids leucine, isoleucine, and valine. These are essential amino acids, of which there are 9. Essential amino acids are found in pretty much any source of protein or protein complement. This includes eggs, soy, animal flesh, dairy protein (casein and whey), beans, nuts, seeds,

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## Calorie Burn Estimates for Foods, on Fitbit, and Exercise Equipment are Deceptive

I would just like to say that I find calorie burn information deceptive and ineffective, bordering on misinformation, considering it is an estimate off an equation even if you are hooked up to a VO2/CO2 analyzer. It's like telling everyone to get on a 2000 calorie diet—assigning a specific number to a generic, abstract idea. These

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Video: How to Low and High Row, Fitness on the Forty Acres, Healthy Horns

Fitness series managed and edited by David Robbins, a kinesiology graduate who was kind enough to feature me in this video on low and high row on a Hammer Strength brand machine at the Recreational Sports Center at the University of Texas at Austin. Share on

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## Video: Overhead Press, Healthy Horns, Fitness on the Forty Acres

Video series managed and edited by David Robbins, a UT kinesiology graduate, who kindly featured me as expert on the subject. Great compound exercise for the shoulders. Share on

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## Video: How to Squat–Healthy Horns, Fitness on the Forty Acres

The University Health Services of University of Texas at Austin did a fitness video series for Fitness on the Forty Acres, managed by David Robbins, a kinesiology graduate who helped organize the series. He was nice enough to feature me as expert. Share on

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## Health Benefits of Resistance Training vs Aerobic Exercise + Media Quote

I answered a media query on the benefits of cardiovascular exercise vs weight lifting for Medical Daily. To expand upon it, here's my take: Weightlifting builds bone density in the bones of the muscles worked. Squats can help build hip bone density, but not wrist bone density, which would require stress on the wrist from an

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## My Fit Foods & SNAP Kitchen vs RD Private Services

Remember the story of the three little pigs? One built his house of straw, one built his house of sticks, and the other built his house of bricks. The big bad wolf came and blew everyone's down except for the one who built his house of bricks. The same can hold true with making nutrition

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## Calories Per Mouthful-Rehash Serving Sizes

Serving sizes. Arbitrary quantities of food we can measure out to determine the nutrition within a set volume or mass of food. These work great for people who are analytical and thinking types. What about for the rest of the population? I believe in multiple intelligences. Some people are adept at verbal communication, some are skilled at

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Arthritis and Exercise Quote

Exercise is great for minimizing the symptoms of arthritis and sometimes promoting healing of the joints, if the pain is related to poor movement patterns that can be

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Working on the joint pain? Here's how to start a strength training program for joint pain that can be corrected through strength training. Check out my media quote in The Active Times on Exercising for Arthritis Relief Share on

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## What I Like and Dislike about MyPlate

Most people I discuss nutrition with have heard of the Food Guide Pyramid, possibly MyPyramid, but even fewer have heard about MyPlate, which is the current national nutrition education tool for general population nutrition guidance. This post discusses my criticism of MyPlate after a brief criticism of the other nutrition teaching tools. The Food Guide

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Paradigm Shift: Weight Regained After Dieting Is Not Failure

I am often surprised by the number of people who claim that diets don't work. Perhaps there is a miscommunication on what they mean by that. If anyone would clarify that for me in the comments, I would love to have a discussion on that. All diets work. You will lose weight if you change

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Calorie Recommendations, Dieting, and Exercise

Preface When you're trying to lose weight, how many calories is too low? This question seems simple up front, but upon researching for "the correct" answer, I found that it comes down to what is called "clinical judgement." There are a variety of ways to assess how many calories you should be eating, called calorimetry.

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Mind-Body Foods and Health: Alcohol, Chocolate, Tea

According to research, drinking moderately may reduce risk of disease and mortality. This week, it is linked to a reduced risk of heart failure. Not drinking or drinking too much is supposed to be worse than moderate drinking in terms of risk of disease. This is often shown in association studies (observational studies). Not cause and

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Don't Tell Others About Your New Year's Resolutions

For those of you who have lofty goals of personal change this year, I say keep it to yourself. Behavior change experts agree. Unless you are in an environment that is full of supportive people who wouldn't think of undermining your endeavors because they challenge their status quo and comfort zones (not yours), just don't

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## My Recent Weight Loss Experience: Part 1

In an effort to become a better personal trainer and registered dietitian, I decided to embark upon a weight loss journey on November 1, 2014 that ended December 15, 2014. Granted, I didn't need to lose weight for any health reasons, but I tend to go on some sort of a reduced calorie modified version

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## 3 Ways Exercise Can Slow Weight and Fat Loss

Many people will amp up exercise in an attempt to lose weight because they know the law of thermodynamics that states that calories in must be fewer than calories out. Knowing this, they will drastically reduce dietary caloric intake by adapting strange diets they won't be able to stay on for the rest of their

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Personal Training: Problems in An Unregulated Yet Needed Industry

Personal trainers are the experts on how to get healthy, fit, gain muscle, and lose weight. Or so much of the public thinks who didn't do their research. Unfortunately, MOST personal trainers are given WAY too much undeserved credibility. A quick Google search will show you how many certifications are online. Freelance personal training, which

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Save Your Money on Amino Acid Supplements for Weight Lifting

I see weight lifters, bodybuilders, and personal trainers promoting individual amino acid supplements, such as glutamine, leucine, or BCAAs. BCAAs are branched-chain amino acids, specifically leucine, isoleucine, and valine. What I would like to know is if there is research that differentiates between having dietary protein and having specific amino acids. Because, frankly, it baffles

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Paradigm Shift: Away From Idea of Exercising

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## to "Burn" Calories

If you follow health news, there are often articles that discuss how much exercise it will take to burn off a cheeseburger. The motivation behind these articles is to dissuade you from having that cheeseburger, logically at least, because it supposedly takes a "5.6 mile hike" required to "burn" it off. When I see these

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Seventeen Gym Etiquette Guidelines

Do: 1) Wipe down your equipment after use. 2) Re-rack your weights at the appropriate places. This goes for dumbbells and plate weights. So many times people "nest" plate/barbell weights between other sizes. It makes it hard to get to the ones you need without taking all of them off the peg. 3)

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Saccharin Human Trial: Artificial Sweeteners News Part 2

Last week I discussed why you shouldn't freak out about the latest news about artificial sweeteners. This week, I will give a bit more information on the study, now that I have obtained a full-text copy of it from professional resources. Specifically, I will let you how much the humans were consuming and real food

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Stop Freaking Out About Artificial Sweeteners

Edit 9/25/14: I have received a full-text copy of the study and made a follow-up blog post to this one on the human intervention part of this study as well as quantified the amounts of saccharin you must eat to experience the effects the humans achieved in the study. One of this week's catchy nutrition-related

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## Why Fat Shaming Must Stop if America is Going to Lose Weight

A study posted on Medline this past week about fat shaming not motivating people to lose weight, possibly even causing more weight gain is the impetus for this blog post. People who are overweight and obese are intimately aware of their body type. Telling people that they are overweight or obese adds insult to injury.

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Supplement Adulteration and Gut Immunity Health Stance

I recently answered a media query for health professionals on the best ways to improve your immune system. I was NOT made aware that I would be put on a supplement website. If you know me, I'm NOT a big fan of MOST supplements. I received no form of remuneration other than my website being posted

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Inspirational Media Quote on beautyhigh.com

The best health and wellness advice. Keep your eye on the prizeFocus on where you want to be and break it down into the smallest, most attainable steps you can achieve. Discipline takes care of the rest— Joey Gochnour, Registered Dietitian Nutritionist and Certified Personal Trainer Read more: <http://beautyhigh.com/fitness-and-wellness-experts-share-advice/#ixzz3Bhyc0RYO> I do not agree with the detox girl's discussion on

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## How Did We Get Overweight and How Do We Get Back?

If you haven't been living under a rock, you probably have heard that everyone wants to lose weight these days. The CDC states that 35.1% of adults over age 20 are obese and 69% are overweight or obese (2011-2012). These numbers are slightly higher than they were when I finished school, meaning the trend isn't

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Can You Create Sexy Back Dimples Through Exercise?

A number of trainers were quoted in WorldLifestyle: health+fitness, including me! I agree that the shape of your muscles is genetically determined, but you can maximize what you have by lowering body fat percentage through a healthy AND consistent eating plan as well as building up the muscles underneath the skin in the area such as

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Protein Blend as Good as Whey: Cheap Alternative Idea

A number of studies released in the past year<sup>1,2,3</sup> have investigated the effects of various processed milk proteins such as casein and whey on muscle protein synthesis after resistance training. One of these studies (1) found that a combination of the three proteins, whey, soy, and casein is just as effective as whey at increasing amino

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## Food Stamp Challenge: Eating Balanced, Nutritious Meals Isn't Expensive

As part of my training to become a registered dietitian nutritionist, I was required to attempt the Food Stamp Challenge. For five days, I was allowed \$21.90 to spend on all food for all meals and snacks. At the time of the assignment, \$22.50 was the actual amount you would get on food stamps for

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## How Many Calories in 1 Tbsp of Yak Butter?

The answer to this question depends on what your country considers "butter." For a product in the US, butter has to have 80% butterfat, whereas in the UK butter has to have 85% butterfat, with the rest being milk proteins and water. If the butterfat is clarified into 100% of the product sold, such as

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## What do nutritionists eat for breakfast?

Lots of different ideas for breakfast in this article at businessinsider.com. I'm quoted near the bottom on what I have for breakfast (porridge, which is not just for Goldilocks! 😊). Notice the variety of options available by the experts. Lots of great ideas here. I have something similar to Josh when I visit my folks, as

Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Exercise Tips: 4 Reasons You May Not Be Getting The Most Out Of Your Workout

Just wanted to link to this article I got quoted in today. The topics I commented on

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were muscle recovery, protein/eating right, reasons for a plateau, and improper form.  
Check out the link to Medical Daily Share on

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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## Exercising for Weight Loss

Personal training, ie pure physical activity without diet changes, is not an effective way to see weight loss in a client. Clients are often allowed to check "weight loss" as a goal with exercising for most personal training services, which are generally cheaper than my services as a registered and licensed dietitian. It is frustrating

 Posted by Joey Gochnour, BS, BS, MEd, RDN, CSSD, CSOWM, LD, NASM-CPT

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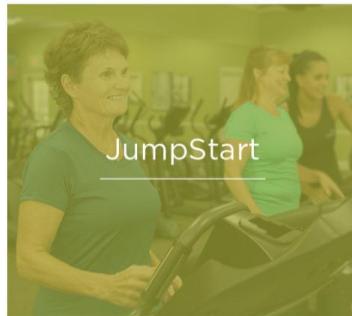
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Lorraine changed her life both physically and mentally.

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Hit the reset button on your diet, fitness and habits. You will return home empowered, motivated, and transformed. Stay a week or more as we come along side you for assessments, gourmet healthy food, small group training, weight loss strategies, and spa experiences while staying in comfortable accommodations at our beautiful East Coast Island resort. A premier weight loss program at a top weight loss resort means you will leave this Island retreat a changed person.

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### Win Your Weight Loss Battle Once And For All With A Comprehensive Getaway.

Our comprehensive four-week LoseWell residential weight loss program is an investment that can change your life as you learn and practice healthy eating and exercise behaviors until they become habit. A personal Fitness Coach and Wellness Counselor will be by your side every step of the way addressing emotional and psychological needs to keep you on the path to mental strength, self-confidence and motivation as you progress towards your goals at our top rated weight loss resort and spa. If you have tried it all without success, this is your solution.

[Get the Details](#)

## Special Events

### Enhance Your Retreat With Specialty Wellness Workshops And Guest Speakers.

Plan your getaway at Hilton Head Health around our powerful speaker series. Enhance your comprehensive weight loss experience with inspiration from world-renowned health experts as they share their wisdom and stories of inspiration to motivate healthy changes in your own life.

Read about our position on the latest weight loss and wellness topics

EVENTS SCHEDULE

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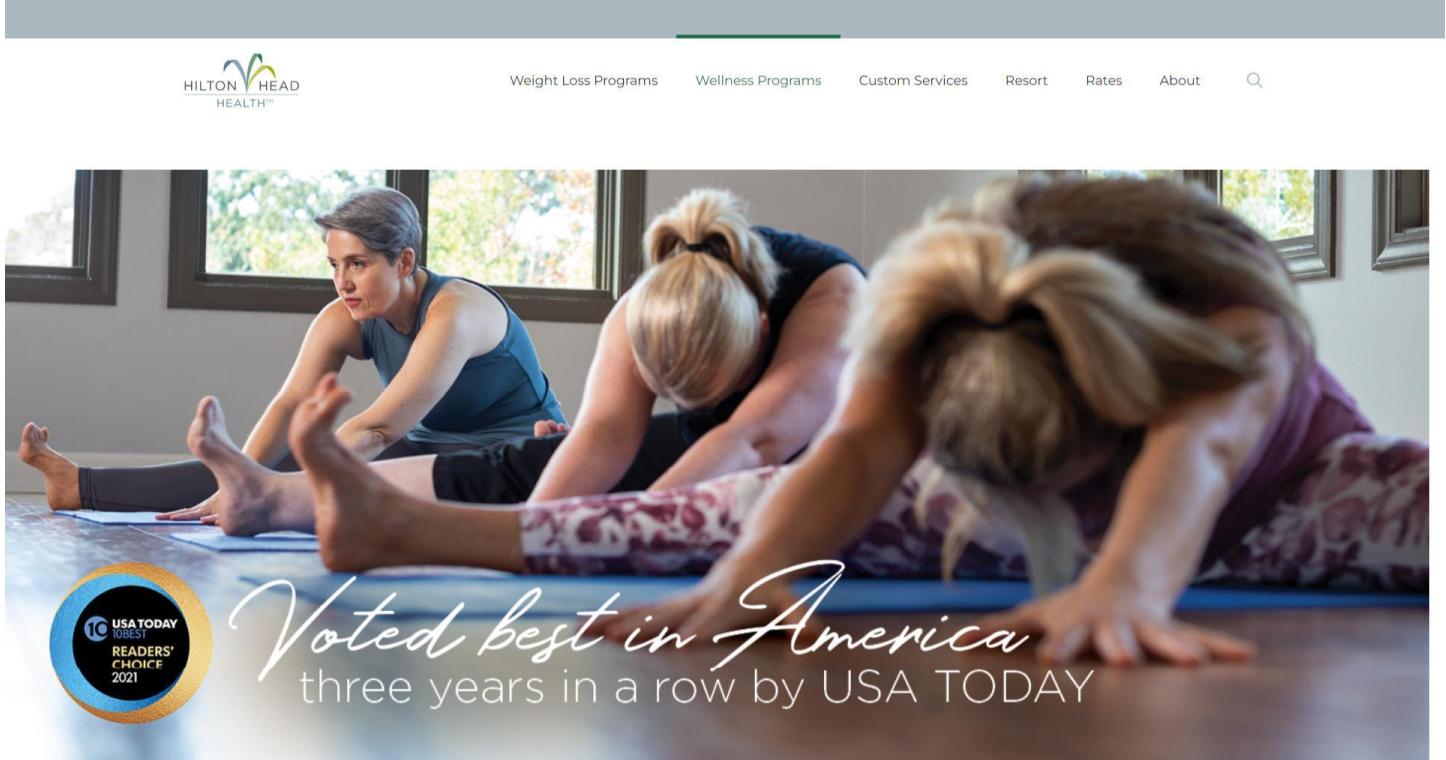
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## This Place Will Change Your Life

Are you looking for more than just a typical vacation? Do you want to become refreshed, rejuvenated and refocused on your health? Then our all-inclusive wellness programs are perfect for you. A wellness vacation is about more than working out and eating healthy for a week or a couple of days. It is about learning to up your game and continue a healthy lifestyle once you return to your everyday life. Come to our East Coast wellness retreat and learn to live well with our top fitness classes, wellness education, beautiful beaches, gourmet healthy restaurant and relaxing spa. Discover why we are a top-ranked wellness resort.

For more than forty years Hilton Head Health has led the way with an innovative holistic path to wellness. It takes more than passion to live a healthy lifestyle, so we will equip you with the knowledge and motivation you need to grow and succeed. From meditation and mobility to meal plans and restorative massage, our trainers, coaches, dietitians and counselors will give you a powerful new perspective on fitness, nutritious eating, healthy living and longevity. Whether you stay a week or just a long weekend, our all-inclusive programs will leave you rested, revived and with a renewed commitment to your lifelong wellness.



### Award-Winning Wellness Programs





### Enjoy An All-Inclusive Wellness Vacation with Purpose.

You need a break from everyday life, but who wants a vacation that will simply leave you more tired than you were before you left? A healthy vacation is your opportunity to not only unwind, but also recharge, refuel and return feeling better than ever. At H3 you will have fun, eat amazing food, learn to age well, and stay fit. After your wellness getaway, you will feel better and live better. Visit Hilton Head Health's all-inclusive East Coast resort to achieve a better you.

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### Treat Yourself to a Getaway That Doesn't Go Away After the Weekend.

Take a deep breath overlooking the beach, delve into a delicious healthful meal at our gourmet restaurant, find your balance in a fitness class, reduce stress with meditation, and release tension with a deep tissue massage at the spa. Let your worries drift away as you recharge during your three or four-day stay at Hilton Head Health's top-ranked wellness retreat. Focus on yourself and your wellbeing while enjoying our beautiful all-inclusive resort and Lowcountry island surroundings. Learn the secrets to aging well. Leave fully refreshed and inspired to continue eating, exercising and feeling well.

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## The Indigo Spa at Hilton Head Health

## Acclaimed Spa Enhances Your Wellness Vacation.

Hilton Head Health's spa, The Indigo Spa, opened to critical acclaim as one of about/accolades-press-articles America's Top 100 Spas. It's the perfect complement to your H3 wellness getaway.

[LEARN MORE ABOUT THE INDIGO SPA](#)

Read more about Hilton Head Health's position on hot topics in health and wellness.

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*Personalize*  
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or wellness program

# Enhance Your Wellness Experience With Customized Services

Most Hilton Head Health Weight Loss and Wellness all-inclusive programs include H3\$ (resort credits) which can be used to personalize your stay with a variety of health, fitness, spa, dining, counseling, special events, and recreation opportunities. Our programs are well designed, but we realize there is no single path to health and wellness. Spend your H3\$ on the services that are best for you. We also encourage you to take advantage of special recreational opportunities to fully enjoy our local island setting. While many services are reserved for guests in our programs, The Indigo Spa and Healthy Kitchen are open to the public.

[Fitness & Recreation](#) | [Culinary](#) | [Body & Mind](#) | [Counseling](#) | [Assessments](#) | [Recovery](#) | [Indigo Spa](#)



## Fitness & Recreation

Personal Training



Train with one of our fitness coaches for an individualized workout designed for your fitness level, goals, and preferences. 30 minute session \$65 / 45 minute session \$95

Exercise Prescription



A 45-minute review of your personalized exercise routine. The prescription will include 12 exercises combining strength, flexibility, and cardio. This is a 2-part series. \$145

TRX Suspension Training



"Total Resistance eXercise" (TRX) is a suspension system that promotes functional strength, improved flexibility, balance and core stability. 30 minute session \$65 / 45 minute session \$95

**Private Dance Instruction**

Love to dance? Optional sessions include Zumba, barre, salsa, line dancing, hip hop and more. 45-minute session \$95 / Shared session \$75 per person

**Private Aquatics**

Fine tune your swim technique or develop a personalized water aerobics routine with one of our water fitness specialists. 45-minute session \$95

**Kayaking**

Explore the Island's inter-coastal waters and all the unique marsh habitat has to offer. Guided tours are scheduled for guests of H3 in a variety of locations around the Island. Fees vary

**Tennis**

Private lessons, drills, and round robins available. Available through H3 at Van Der Meer Tennis Center. Fees vary

**Bike Rental**

Hilton Head Island has over 75 miles of bike paths. Rent a beach cruiser for the week to explore the natural beauty that Hilton Head Island has to offer. \$35/week

**Stand Up Paddle Boarding**

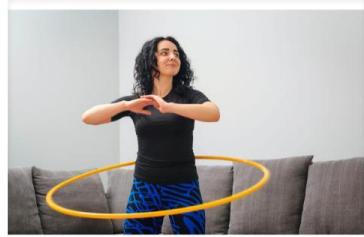
Great for core strength and balance, take your workout outdoors and explore the Lowcountry wildlife from your paddle board. Fees vary

### Golf



Range, rounds, clinic, or private lessons.  
Available through H3 at Shipyard Golf Club.  
Fees vary

### Hula Hoop Fitness



Love the Hula Hoop? Work with a trainer to smooth out your hula hooping technique. Learn additional ways to improve your cardio endurance while toning your core. Personal Training - 25 min \$65 / 45 min \$95. Hula Hoop Exercise Prescription - \$145 two-part assessment.

## Culinary

### Private Cooking Lessons



### Smart Grocery Visit



### Hands-On Cooking Class





Learn how to plan and prepare healthy meals with your own "private chef." Includes a pre-consultation with chef to personalize your lesson based on individual goals, skills, and palette. 75-minute session \$275 / Shared session \$150 pp



Join our RD on a trip the grocery store to learn how to best navigate the aisles, read food labels, and master your grocery shopping for your health. - 90 minutes \$215



You'll have the opportunity to work with our chefs side by side for expert advice on techniques, time saving tips, and healthy conversions. Classes vary seasonally and emphasize local & fresh ingredients. \$85

## Body & Mind

Private Pilates Reformer



The rhythmic breathing and flowing movements of more than 100 exercises performed on the Pilates reformer provide a low-impact, efficient training solution for all fitness levels. 45-minute session \$110

Private yoga



Experience true mindfulness with a private yoga session with our in-house yogi. Prices vary.

Thai Yoga Session



In this deeply relaxing experience, assisted yoga postures are used to direct the intensity of the stretch and pressure points applied by the practitioner in a combination of acupressure, gentle rocking, and spine mobilizations. 50-minute session \$135

#### Private Mat Pilates



#### Private Meditation



Work with a certified instructor to master your mat routine, ensuring a well-rounded core and flexibility program you can do anywhere. 45-minute session \$110

Practice simple meditation and relaxation techniques for everyday life to assist the body in releasing acute and chronic stress. 30-minute session \$70



#### Counseling

#### Nutrition and Health Consultation



#### Meal Planning



#### Registered Dietitian Consultation





In this session, receive guidance on how to optimize your nutritional intake and eating habits as it relates to health and medical conditions such as pre-diabetes, diabetes, cardiovascular disease, and more. – 50 minutes  
\$150



In a rut with your current meal plan? Brainstorm with our RD to get ideas on how you can improve your meal plan and refine your eating habits. – 50 minutes \$150



Our Registered Dietitian will evaluate your current nutrition habits and provide recommendations for improving your comprehensive nutritional plan. 45-minute session \$125

#### Individual Consultation



A counselor uses cognitive-behavioral strategies to help surface and provide a deeper understanding of issues standing in the way of developing and maintaining a healthy lifestyle.  
45-minute session – starting at \$150

#### Style Consultation



Kathryn will help you understand what colors and style are best for you and your body shape.  
60-minute session – \$175 Ultimate Image Package – \$400\* (\*Includes style consultation and 2-hour personal shopping experience).

#### Personal Shopping Experience



This is a wonderful experience to help you create and understand which styles are best for you. Kathryn will shop with you to find the proper fit, colors and styles. Perfect opportunity to buy clothes that you will love to wear... everyday! 2 hour Individual – \$275 / 2 hour Couple/Group – \$175 per guest (3 guest minimum) / Ultimate Image Package – \$425

#### Meal Plan Prescription





Meet with H3's Registered Dietitian and receive a personalized meal plan including recipes and smart restaurant choices using the Eat Love platform. Eat Love is a cutting edge virtual meal planning tool that makes Healthy Eating Habits incredibly simple. Eat Love provides innovative, personalized nutrition plans and meal recommendations to help you build lasting, healthy habits. This resource provides a vast library of personalized recipes catered to your preferences, smart restaurant choices, grocery lists and offers optional grocery delivery. Even though this is a one time consultation, the meal planning services through Eat Love will stay with you for a full year!– 50 minutes \$595

## Assessments

Fitness Assessment



Metabolic Assessment



Functional Movement Screening (FMS)





We will assess your individual level of fitness, determine what activities are safe, and develop a plan in accordance with your goals and needs. \$100



A Metabolic Assessment will provide you with an accurate measure of your resting metabolic rate and a personalized plan to help you achieve your weight management goals. \$100



FMS uses seven different fundamental actions to assess your overall body movement. Not a fitness test – it is used to measure posture, symmetry, and the risk of injury within the joints and muscles of the body.

### Health Screening and Lipid Profile



H3's Health Screening includes the following assessments: weight, body measurements, body mass index (BMI), resting heart rate, resting blood pressure, and a lipid profile (fasting glucose, HDL, LDL, total cholesterol, triglycerides). \$50

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## Recovery

### Myofascial Rolling with Cold Therapy



Myofascial rolling promotes faster muscle recovery by breaking up scar tissue and alleviating muscle tension. It's followed with cold therapy for reduced inflammation and stress on your joints. 30 minute session \$65

### PNF Stretching with Heat Therapy



Heat therapy facilitates blood flow and warms the muscles to facilitate PNF stretching (Proprioceptive Neuromuscular Facilitation), an applied technique used to train the muscles for improved mobility and body awareness. 30 minute session \$65

### Stretch And Reform



This total body stretch and toning session on the Pilates reformer will address muscle tightness or imbalance in common problem areas such as the hamstrings, low back and shoulders. 30 minute session \$70



## Indigo Spa Services

### Massage and Body



### Recovery Services



### Salon and Nail Services





Relax with a massage or body service. Our spa menu can be [found here](#).

To help your body repair itself after a vigorous workout or an active day at the beach. Our spa menu can be [found here](#).

Sink into an infinitely loving embrace as the scent of Chinese Jasmine settles the mind. Our spa menu can be [found here](#).

### Facial Services



Relax with one of our luxurious and highly effective facials. Our spa menu can be found [here](#).

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*Cast away your cares*  
in our relaxing spa

## Delight In Hilton Head Health's The Indigo Spa: Voted 2021's Best Hotel Spa in America



The Indigo Spa was designed by Hilton Head Health to complement to your comprehensive health and wellness experience. Our luxury spa and salon features custom services that support all of Hilton Head Health's weight loss and wellness programs. Retreat to a tranquil setting created to help you reduce stress, find your inner peace and true outer beauty.



The color indigo symbolizes serenity and inner peace. Our highly trained staff are focused on helping you achieve your healthy self no matter your individual path. Whether you need help recovering from the day's workout, are looking for deep stress relief, or want to explore options to help you age well, we're here to serve. Every service, treatment and product is carefully chosen to help you meet your unique health and wellness goals.

Everything at The Indigo Spa was designed with your restoration in mind. Unwind in our relaxation room overlooking a beautiful oak-shaded lagoon. Feel at home in our full service locker rooms as you prepare for your spa experience in serene treatment rooms. Ease into our convenient in-room showers for body treatment services.

Many adults struggle with self-nurturing. Hilton Head Health recognizes it as an important part of the holistic journey to physical and mental health, as well as longevity. Let The Indigo Spa be a part of that journey. We will guide you every step of the way towards self-nurturing and the sense of inner peace that truly frees you to meet your outer health and wellness goals. No guilt here. The Indigo Spa provides pampering with purpose.

## Spa Services & Packages

Retreat to The Indigo Spa for facials, massages, body treatments, manicures, and pedicure services with luxurious products from world-renowned brands.

### SPA MENU OF SERVICES

### SPA RATES

For more details on the services offered, visit the official Indigo Spa website [here](#).

## Luxury Spa Products: Your Spa Experience Is Enhanced With These All Natural Products

red flower



red flower offers a botanically based, 100 percent vegetarian and paraben-free line of flower body washes, lotions, shampoo and conditioners in 13 flower scents along with organic perfumes, bath salts, teas, oils and balms.

Eminence





Since its inception in 1958, Eminence has been using sustainable farming and green practices to create natural, organic and Biodynamic® products.

### Skin Authority



Skin Authority is a prestige skincare line chosen by beauty experts, celebrities, and the media for skincare performance that produces visible results and continuous improvement.

### Jane Iredale



## Natural Products

### red flower



red flower offers a botanically based, 100 percent vegetarian and paraben-free line of flower body washes, lotions, shampoo and conditioners in 13 flower scents along with organic perfumes, bath salts, teas, oils and balms.

### Eminence



Since its inception in 1958, Eminence has been using sustainable farming and green practices to create natural, organic and Biodynamic® products.

#### Skin Authority



Skin Authority is a prestige skincare line chosen by beauty experts, celebrities, and the media for skincare performance that produces visible results and continuous improvement.

#### Jane Iredale



Jane Iredale Makeup is a true extension of skin care. The mineral powders nourish and protect your skin while making it look more beautiful than you ever imagined possible.

#### Living Proof





With over 45 awards to date, Living Proof continues to develop innovative solutions that change the way our hair behaves, revolutionizing the world of beauty.

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# Hilton Head Health Blog



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## What Does "Holistic Wellness" Mean?

When you hear the word "health," what comes to mind? Do you imagine a certain number on the scale? Perhaps you envision yourself hitting a personal [...]

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## Fitness and The Mind-Body Connection

How Your Thoughts Determine Your Results Doctors and fitness experts often discuss the mind and body as independent entities. However, increasing evidence suggests that your ability [...]

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## How to Practice Self-Care This Summer



Some people thrive during the summer months, thanks to long days, lots of sunshine, and warm weather. Others prefer to stick to the coziness of autumn [...]

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## The Top 5 Men's Health Tips

No matter where you are in life, prioritizing your health is essential. Unfortunately, it's all too easy to put your health on the back burner, especially [...]

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## HALT!: A Tool to Curb Emotional Eating

Stop emotional eating before it happens by asking yourself these four questions.

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## Happy International No Diet Day!

Authored by Erin Risius, MA, LPC, Director of Behavioral Health at Hilton Head Health  
International No Diet Day was created to symbolize freedom from dieting, weight obsession, and negative body [...]

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## Simple Ways To Relieve Stress

Stress is a natural part of life: it tells us when we need to act, motivates us, and even helps us develop for the better. However, [...]

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## Foods that Optimize Your Fitness Performance

Here we break down which foods are best for you and which ones are the worst.

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## Spring Forward: Tips for Reviving Your New Year's Goals

Making a weight loss or wellness goal at the start of the New Year is a great way to commit to prioritizing your health during the [...]

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## How To Focus on Self-Care

Today is a day about love. Often, we are focused on loving others above ourselves, and sometimes it's easier too. This Valentine's Day I wanted to [...]

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## Hilton Head Health: Voted Among The Best Domestic Health Spas In The World

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## Healthy Holiday Party Recipe: Roasted Veggie Dip

This dip is sure to be a deliciously healthy addition to any holiday party with only 35 calories per serving.

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## Holiday Travel Workout Guide

Leaving town during the holiday's? Try each of these exercises for 1 minute, 2 times each!

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## Emotional Health through the Holidays

Steer your emotions on the right track this Holiday season. Emotional health during the holiday season.

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## Need Better Work/Life Balance? Try a Wellness Getaway

It can be difficult to make the time for wellness, but ask yourself, "If not now, when?" The solution you're looking for may be a wellness [...]

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## All-Inclusive Wellness Resorts: A Better Alternative to Fat Camps

If you've ever tried to lose weight, this scenario may sound familiar: One day you're staring in the mirror, uncomfortable and unhappy about how you look [...]

Do you like it? ❤️ 14

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## Step-By-Step: How to Cut a Fresh Pineapple

Pineapples are delicious, refreshing, and sweet treats for summer—perfect for a cook-out! One of the questions we commonly get is how in the world do you [...]

Do you like it? ❤️ 66

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## Hilton Head Health Nutrition Pyramid

The H3 Nutrition Pyramid illustrates the components of a healthy diet. It is a balanced meal plan built on the foundation of fruits, vegetables, and whole grains, complemented [...]

Do you like it? ❤️ 43

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### The Readiness For Change Quiz

How ready are you to change? Take this 10 question quiz to find out. Professor James O. Prochaska and his colleagues at the University of Rhode [...]

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### How to Modify HelloFresh Recipes to be Healthier

Hilton Head Health/HelloFresh Free Healthy Cooking Webinar We know it's been hard these past few months to maintain your healthy habits. With many gyms and public [...]

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### Weight Loss: How Can I Get Rid of the Quarantine 15?

Thanks to the COVID-19 lockdowns, many people have been stuck at home for the majority of 2020. With cases continuing to rise in some areas, many [...]

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## Easy Ways to Improve Your Balance

Article authored by Gretchen Spiridopoulos, Fitness Instructor at Hilton Head Health  
COVID-19 making you feel unbalanced? Let's see if we can fix that. One of the most common causes [...]

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## How to Open and Unlock Tight Hips

Authored by Ty Bostic NASM- CES, TRS-S – Fitness Instructor at Hilton Head Health I want you to take a moment and think of your body as a road [...]

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## 20 Things to Do Instead of Focusing on the Scale

Authored by Sarah Polite – Former Guest and Success Story of Hilton Head Health I'll never forget this day. I had been at Hilton Head Health [...]

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Prevention

THE NEW YORK TIMES



THE WALL STREET JOURNAL

Pritikin is where the A-list goes... to lose weight and get healthy.

Bloomberg Businessweek

SUCCESS STORIES



PHOTO GALLERY

TYPICAL DAY

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YOUR RESULTS

### Success Stories

Since 1975, more than 100,000 guests at the Pritikin Center and millions world-wide have prevented or reversed health challenges like type 2 diabetes, obesity, and hypertension. Their stories are both motivational and inspiring.

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GETTING FIT

## Private: Adult Fitness Camp, Evolved

But when it comes to shedding weight and getting healthier, what's most critical is not "biggest loser"-style workouts. Rather, it's adult fitness camps, like the Pritikin Longevity Center, that incorporate all facets of healthy living: It's adult fitness camp evolved, and it's what the Pritikin Longevity Center + Spa has been delivering since 1975. Located...

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Super-Simple Meal Plan For Blood Pressure and Weight Loss



Sex, Nitric Oxide, and Your Heart



How To Lower Cholesterol Naturally



What is non-HDL cholesterol?



Olive Oil Nutrition – What's Wrong With Olive Oil?



7 Questions About Apple Cider Vinegar Answered by Experts



10 Worst Palm Oil Foods



**REVERSE THE PROGRESSION OF CORONARY HEART DISEASE**

## 9 Steps For Improving Heart Health Naturally

The neighbor's dog is barking at 3 am. The checkout line at the grocery store is 12 people deep. Your car's battery just died. Your mother called with troubling news about her health. How do you react to each of the above? Are you calm or crazy? When life's hurdles get the best of us, it can contribute to everything from irritable bowel syndrome to heart disease.

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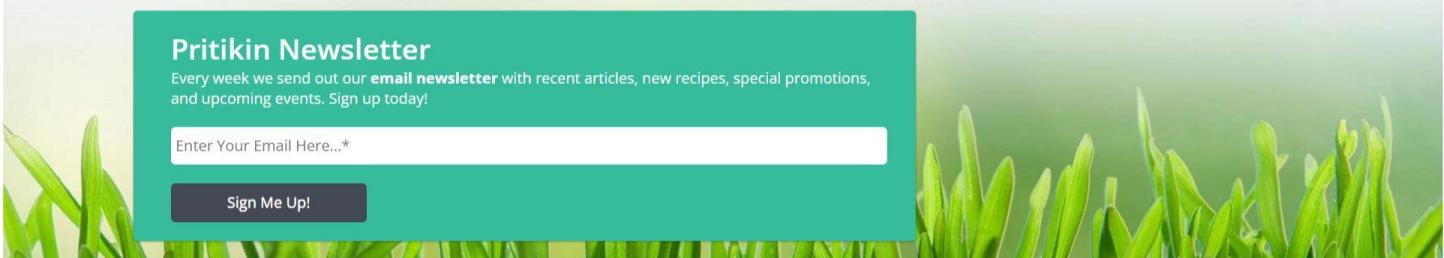
What's Good for Your Health is Good for the Earth



Is a Plant-Based Diet Good for the Planet?



Can Food Make You Look Younger?



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- Questions & Answers
- What's Included
- What Guests Say About Their Stay

**HEALTH BENEFITS**

- Healthy Weight Loss
- Heart Health
- Lower Cholesterol
- Control Diabetes
- Lower High Blood Pressure

**QUICK LINKS**

- The All-Inclusive Weight Loss Resort
- Proven Health Results
- Photo Gallery

**GENERAL INFORMATION**

- Medical Advice Notice
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SEARCH 

**Reservations**

Mon -Fri: 8AM-6PM

Weekends: By

Appointment

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YOUR HEALTH  
PROVEN RESULTS

PRITIKIN RESORT  
INFO & RESERVATIONS

PRITIKIN AT HOME  
MEMBERSHIP & PORTAL



## Customize Your Stay

### Wellness Packages and A La Carte Services

You're going to love the way your body feels.

Your core Pritikin stay includes extensive wellness-prevention education and physician services, but some guests wish to enhance their stay with additional education and services. These optional services let you focus on specific issues while getting the maximum benefit of the Pritikin Program.

These services and packages target specific needs, such as Heart Health, Optimal Weight Loss and Comprehensive Diabetic Care. To secure the best rates, book these packages before you arrive.

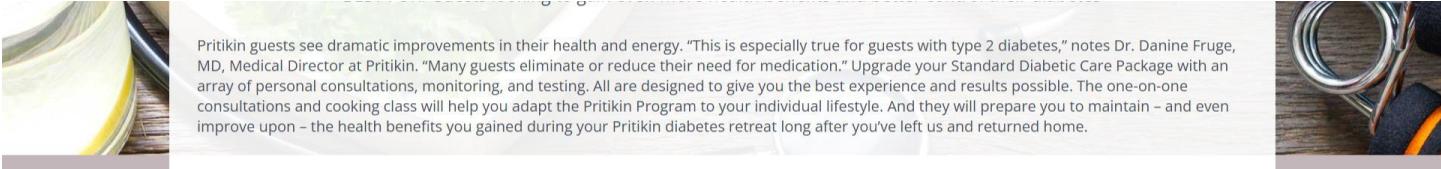
Choose Any Of The Pritikin Wellness Packages Below Or Explore our A La Carte Services

A La Carte Services



#### Diabetic Care Package

BEST FOR: Guests looking to gain even more health benefits and better control their diabetes



Pritikin guests see dramatic improvements in their health and energy. "This is especially true for guests with type 2 diabetes," notes Dr. Danine Frue, MD, Medical Director at Pritikin. "Many guests eliminate or reduce their need for medication." Upgrade your Standard Diabetic Care Package with an array of personal consultations, monitoring, and testing. All are designed to give you the best experience and results possible. The one-on-one consultations and cooking class will help you adapt the Pritikin Program to your individual lifestyle. And they will prepare you to maintain – and even improve upon – the health benefits you gained during your Pritikin diabetes retreat long after you've left us and returned home.

#### This Package Includes

- Blood Sugar Monitoring – Daily Testing
- C-Peptide Test
- Diabetic Specialist Physician Consultation
- Nutrition Consultation
- Urine Microalbumin Test

## Executive Health + Wellness Package

BEST FOR: Guests looking to take their annual checkup to the next level

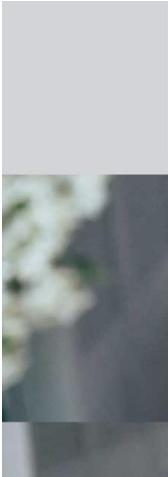
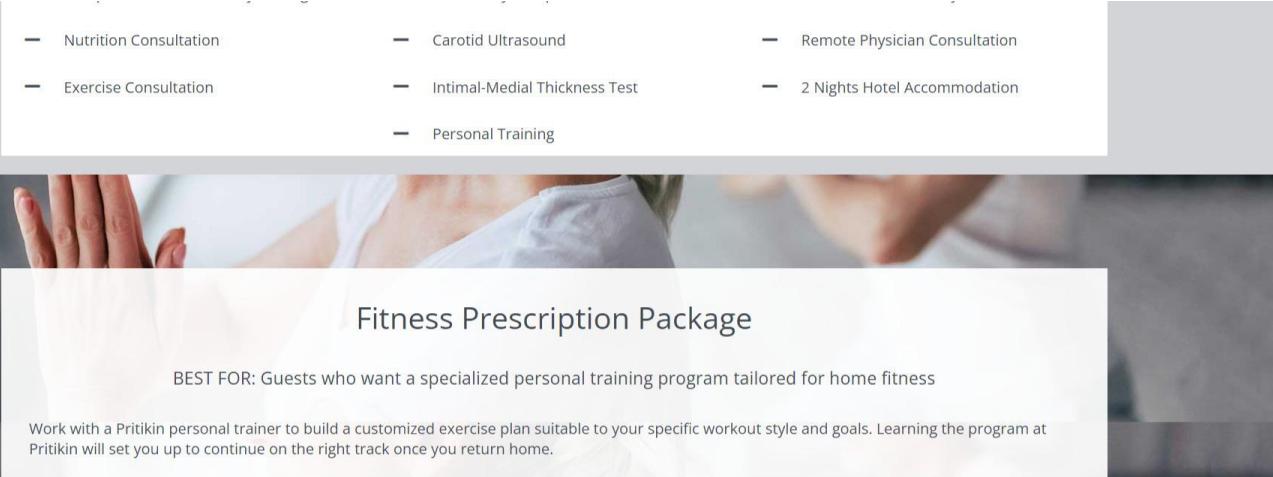
This package is available as a 2-night retreat.



Our Executive Health Physical not only identifies issues, it provides solutions that get results. Our comprehensive program of physician consultations, testing and more will evaluate where you're currently standing health-wise, where you should be, and how to get there. You'll leave Pritikin armed with the tools you need to get- and stay- in tip top shape.

#### This Package Includes

- Exercise Tolerance Test
- Comprehensive Laboratory Testing
- Behavioral Consultation
- DEXA Body Composition Scan
- History + Physical with Physician
- Exit Interview with Physician

- 
- 
- Nutrition Consultation
  - Exercise Consultation
  - Carotid Ultrasound
  - Intimal-Medial Thickness Test
  - Personal Training
  - Remote Physician Consultation
  - 2 Nights Hotel Accommodation

## Fitness Prescription Package

BEST FOR: Guests who want a specialized personal training program tailored for home fitness

Work with a Pritikin personal trainer to build a customized exercise plan suitable to your specific workout style and goals. Learning the program at Pritikin will set you up to continue on the right track once you return home.

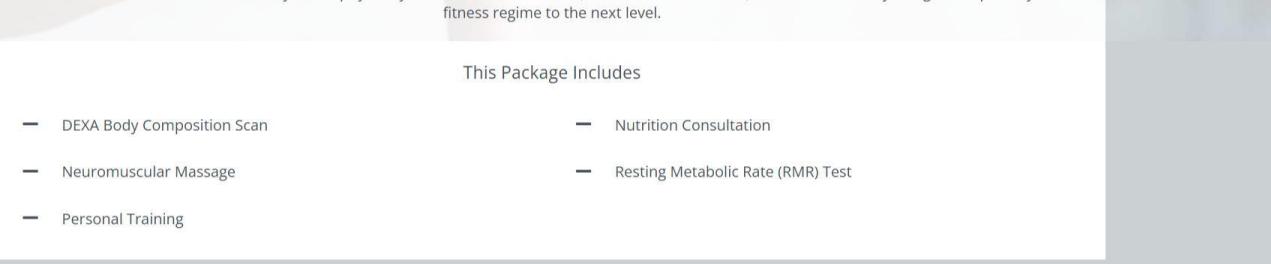
### This Package Includes

- Full Fitness Evaluation
- Exercise Prescription Home Program
- Private Exercise Consultation

## Optimal Fitness Package

BEST FOR: Guests who want an extra focus on fitness

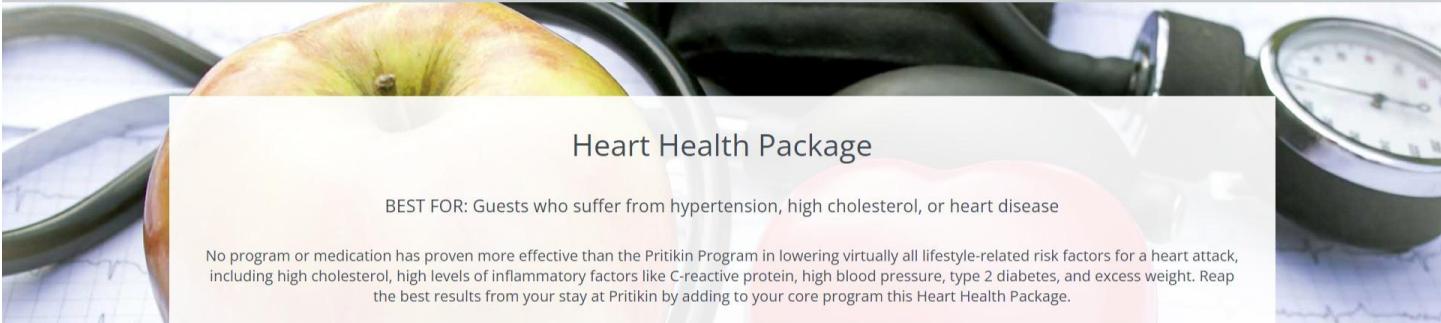
Are you already athletic but want to push yourself even further? Learn more about where you are physically with two state-of-the-art, noninvasive tests. Plus, let our Exercise Physiologists help take your



fitness regime to the next level.

#### This Package Includes

- DEXA Body Composition Scan
- Neuromuscular Massage
- Personal Training
- Nutrition Consultation
- Resting Metabolic Rate (RMR) Test



## Heart Health Package

**BEST FOR:** Guests who suffer from hypertension, high cholesterol, or heart disease

No program or medication has proven more effective than the Pritikin Program in lowering virtually all lifestyle-related risk factors for a heart attack, including high cholesterol, high levels of inflammatory factors like C-reactive protein, high blood pressure, type 2 diabetes, and excess weight. Reap the best results from your stay at Pritikin by adding to your core program this Heart Health Package.



This Package Includes

- Cardiac IQ Standard Lipid Panel
- Echocardiogram
- Intimal-Medial Thickness (IMT) Test
- Carotid Ultra Sound
- Cardiologist Consultation



## Optimal Weight Loss Package

BEST FOR: Guests Whose Focus is Weight Loss

Want ultra-personal attention and tools for losing weight? If so, this Pritikin Optimal Weight-Loss Package is for you. You'll take full advantage of our renowned faculty of weight-loss experts. Get ready to transform your life! You're going to love the results.

### This Package Includes

- DEXA Body Composition Scan
- Behavioral Consultation
- Hands On Cooking Class
- Nutrition Consultation
- Personal Training
- Resting Metabolic Rate (RMR) Test



## Wellness + Prevention Package

BEST FOR: Guests who want a comprehensive evaluation to identify movement asymmetries, muscle strength and inflexibility intolerances as well as overall musculoskeletal health

The Dexa Body Scan and Bone Density Scan will help identify both bone and soft tissue masses and show the strength of your bones and level of your body fat (including hidden fat). The RMR will help determine your metabolism's efficiency. Also included in the package is the Behavioral Change Counseling Session as well as a Nutritional Counseling Session.

### This Package Includes

- Biomechanical Evaluation (BME)
- Dexa Body Composition Scan
- Dexa Bone Density Scan
- Behavioral Consultation
- Nutritional Counseling
- Resting Metabolic Rate (RMR)



## Women's Health Package

BEST FOR: Guests looking for a package focused on women's health concerns, specifically

This package is packed with health-enhancing tests, information, and individual counseling on women-specific health concerns, all designed to help you look better, feel better, and, best of all, live better.

### This Package Includes

- B12 Test
- DEXA Bone Density Test
- Full Thyroid Test
- Hemoglobin A1c Test
- Personal Training
- Nutrition Consultation
- Behavioral Consultation
- Resting Metabolic Rate (RMR) Test
- Vitamin D Test
- Women's Health Specific Physician Consultation

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PRITIKIN LONGEVITY CENTER

# Food & Nutrition

Food is the Foundation of Good Health

The old saying, "you are what you eat" has a lot of truth to it. What you put in your body amounts to its building blocks.

At Pritikin, you'll develop a fully integrated approach to food and nutrition. What you learn in class, you'll put into practice on trips to supermarkets and restaurants. The meals you enjoy at dinner, you'll learn to cook in cooking school. And when you return home, you'll have an opportunity to work with Pritikin nutritionists to stay on track.



## Pritikin Diet & Eating Plan

There is nothing extreme about the Pritikin Eating Plan except that it is extremely healthy. In more than 100 studies published in peer-reviewed medical journals, the Pritikin Program of Diet and Exercise has been found to not only promote weight loss but also prevent and control many of the world's leading killers, including diabetes, hypertension, and heart disease.

### Education is the Foundation

The discoveries and "aha" moments that come from participation in our classes have transformed the lives of Pritikin guests for more than 40 years.

In nutrition workshops you will begin to understand how the principles of the Pritikin Program impact your overall health. The power of the Pritikin Eating Plan to heal the body is truly amazing. You will also attend "real world" courses daily, including cooking classes and restaurant dining, that will imbue you with the confidence you need to successfully continue your healthy new lifestyle when you return home.

Last but not least, classes are just plain fun. With other guests, you laugh. You're inspired. You learn together. You reach exciting new goals together. And you make friends for life. Whether college professor or celebrity, our guests feel at home in a relaxed ambiance with great camaraderie. Many describe their stay at Pritikin as one of the best and most life-changing experiences of their lives.



## Pritikin Workshops

Our registered dietitians provide sound strategies for everyday living with daily workshops such as:

- 🍴 Supermarket Shopping  
Learn to read labels and discover new healthy favorites.
- 🍴 Planning Your Eating Strategy  
Develop a strategy to meet your personal goals.
- 🍴 Mindful Eating Luncheon  
Overcome emotional triggers that lead to overeating and binging.
- 🍴 Nutrition Action Plan  
Tips and tricks to help you go home and live healthfully.

## Real World Application

What you learn in class, you'll have an opportunity to apply in the real world. After learning to read nutrition labels, you'll visit a supermarket with a Pritikin



*Lon Ben-Asher, MS, RD, LD/N | Nutrition Specialist & Educator at Pritikin: "I immediately fell in love with the world of Pritikin...I was in awe of guests who had lost 100 pounds and more."*

Nutritionist and put into practice what you've learned. Similarly, you'll put the Dining Out skills you learn in class into practice at an off-property restaurant. These experiences will prepare you for "real life" when you return home.

## Get Off the Diet Rollercoaster

Stop yo-yo dieting and get onto the right track instead. No need to restrict your calories or invest your time or energy in fads that only let you down in the end. Pritikin will set you on the right path to safe, sustainable, healthy eating for life.

**Ready to Learn More?**

**Call (305) 771-0712**  
to speak with a Pritikin Program Advisor

Or tell us a bit about yourself. We'll then send you rates  
and a beautiful brochure with more information.

[Get the Brochure](#)

## The Pritikin Cooking School

The food you learn about in lectures is the same food you'll learn to cook in cooking school and enjoy during meals and snacks. This integrated approach eliminates confusion and ensures your success. By the time you return home you'll be prepared and eager to embrace Pritikin living. By immersing yourself in a stay at Pritikin, you'll develop healthy habits and your taste buds will actually change. Cravings for salt, sugar and added fat will be a thing of the past.

## You'll Learn to Cook



Learning how to season with herbs, spices, citrus zest, and other condiments instead of salt and other questionable ingredients is the key to preparing dishes that are healthy and tasty. And it's a lot easier than you might think! Under our chefs' entertaining, no-nonsense tutelage ("If you can chop, you can cook!"), you will learn the special secrets that add gourmet flavor and richness to even the most basic dishes.



#### Fish & Seafood

Dishes like Braised Orange Ginger Sea Bass and Mustard Salmon



#### Plant Based Meals

Dishes like Wheat Berry Salad and Sweet Potato & Black Bean Burgers



#### Poultry & Lean Meat

Dishes like Chicken in Sweet Chili Sauce and Turkey Meatloaf



#### Desserts & Snacks

Dishes like Crispy Potato Skins and Banana Blueberry Ripple "Ice Cream"



Vincent Della Polla, Executive Chef & Cooking School Instructor at Pritikin, loves food. Chef Vincent will teach you the tricks to create meals even foodies love. He's personally lost 50 pounds since joining the Pritikin team.



[Learn More About the Pritikin Cooking School](#)





## Dining at the Pritikin Center

From the first day you arrive, you discover that you're enjoying a lot of great-tasting food – five gourmet meals and snacks daily. Hunger is never an issue. In fact, many of our guests say they're eating more than they ever have, and they're losing weight.

- ▀ Tangerine Glazed Scallops
- ▀ Mustard Coated Fillet of Salmon
- ▀ Sauteed Chicken with Caramelized Pineapple
- ▀ Creamed Plantain Soup
- ▀ Asian Fried Rice
- ▀ Quinoa & White Bean Paella
- ▀ Banana Apple Cake
- ▀ Rum + Raisin Bread Pudding
- ▀ Tia Maria Parfait

*Our dining room is the perfect place to sit back, relax and enjoy your meal. Whether you would like to join other Pritikin guests at dinner and recap your day, or prefer an intimate dinner for two, we have the right table for you.*



## Stay On Track After You Return Home

In online reviews left by Pritikin guests, one phrase is repeated more than any other - "life changing."

We're very proud of what our guests say about their stay, but it's really just the beginning. In follow-up surveys, our guests tell us that their real success comes after they return home and continue following the Pritikin Program.

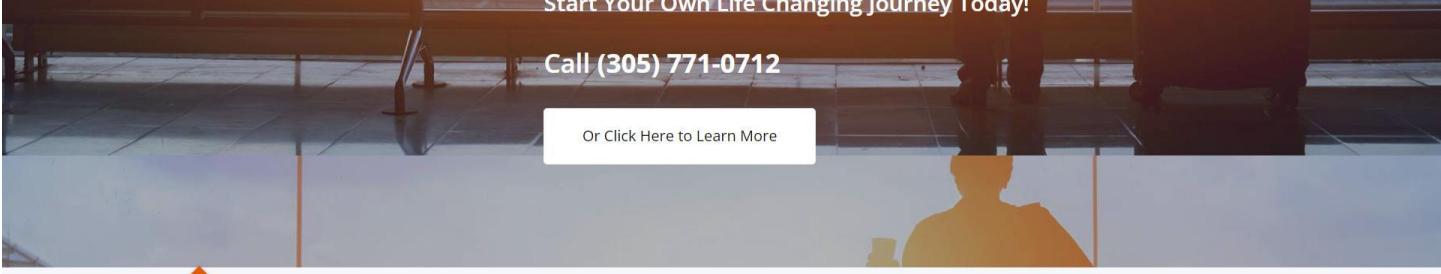
The entire focus of your stay at Pritikin prepares you for a lifetime of healthy living, but if you need extra help, we're still here for you, offering programs to keep you on track

- ✓ Online coaching with your favorite nutritionists from the Pritikin Center.
- ✓ Pritikin meals delivered to your door.
- ✓ A lifetime membership program which allows you to stay in touch and share tips with other Pritikin guests, access hundreds of recipes, and more.

And once you stay at Pritikin, we consider you part of our family. You can

- ✓ reach out anytime with questions, or when you need a little extra motivation.

[Start Your Own Life-Changing Journey Today!](#)



Start Your Own Life Changing Journey Today!

Call (305) 771-0712

[Or Click Here to Learn More](#)



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PRITIKIN LONGEVITY CENTER

# Pritikin Fitness Camp

Part of the Pritikin All-Inclusive Health & Wellness Retreat

Luxury Accommodations. Wellness Classes. Physician Supervised Program. Cooking School. Meals & Snacks. And More!

**Measureable Results. Enjoyable. Achievable.**

The Pritikin Exercise Plan teaches a comprehensive approach involving three key components to help you obtain optimal

health and wellbeing. It's a comprehensive, yet doable program that you can take home and easily incorporate into your life.



### Cardiovascular Conditioning

Getting your heart rate up is an essential part of any exercise regimen and contributes to a healthy heart! Choose your favorite machine and get going!



### Strength Training

We all know strong bones are important, but they're even more so as we age. We'll teach you how to safely build muscle and tone up during fun group classes.



### Flexibility & Stretching

Stretching helps maintain the flexibility of your muscles which is important in order for you to maintain a range of motions and avoid joint injury. There's nothing like a good stretch!



### Pritikin Structured Exercise Program

Pritikin isn't a place where you laze by the pool all day. We give you structure so you can establish habits. You'll work out with a group of your peers who have similar physical abilities to yours. Do you like a fast paced workout? No problem. We've got the right class for you.

Upon arrival you'll take advantage of an exercise tolerance test as well as a fitness assessment. These evaluations will assist us in determining both your target heart rate and the right group for you. Our core group fitness classes are color coded, so it's easy to get into the habit and follow along each day. You'll be with the same group of



*Jamie Costello, MSC | VP, Sales & Fitness at Pritikin: "I get a tremendous amount of satisfaction helping others to achieve and surpass their health and fitness goals. It is a privilege knowing I am a part of their journey toward a better life."*

guests during all your core exercise classes, so it's fun to make friends and cheer each other on! Looking for a little more independence? We have plenty of optional classes during the day that you may attend at your leisure.

## Fitness Assessment

We'll provide a baseline movement screening to you upon arrival in order to determine which group is a match for your individual abilities. The screen includes a squat, balance, shoulder mobility, and hip hinge test. Based on the results of this evaluation, we will place you in the group that's right for your current fitness level to ensure that the classes fit your needs perfectly and you won't be left falling behind- or failing asleep.

## Personal Training & More

Another benefit of a stay at Pritikin is the ability to add on a la carte services and wellness packages. One of our most popular extras is personal exercise training, which is available in 30, 45 or 60 minute increments. These sessions will allow you to train one on one with an Exercise Physiologist who will work with you as you move through a variety of exercises tailored to your capabilities and goals. You will leave these sessions feeling accomplished and strong.

## Pritikin is Much More Than an Adult Fitness Camp





## Exercise Without Pain

"Pritikin is the first wellness center in the U.S. to incorporate preventive orthopedic care with preventive cardiovascular care, and the results are amazing," says Frank Musumeci PT, Biomechanical and Musculoskeletal Director at Pritikin. "Just think about it. You can have a superb eating plan and all the motivation in the world to exercise daily, but how do you sustain cardio exercise if you have orthopedic discomforts limiting you?"

Often called Pritikin's secret weapon, Frank Musumeci is a fan favorite. His unique and innovative methods to improve posture, gait, flexibility and most importantly- eliminate pain, have had many, many guests singing his praises and clamoring to see him.



## Biomechanical + Musculoskeletal Evaluation

No pain, no gain? That's just an old saying! We believe that when you eliminate pain you gain a whole new, happier you!

This comprehensive assessment will analyze you from head to toe. How's your posture? Your alignment? What about your strength? Do you feel any pain while you're working out? What about as you move through your daily life? Sometimes there are aches and pains that you need more than a massage to fix, and painkillers are a temporary solution that often come with serious side effects. Wishing you could wake up in the morning feeling like your old self? Give this service a try.

You'll not only go home feeling better, but armed with a personalized home fitness routine based on your goals and your schedule!



*Frank Musumeci PT, Biomechanical and Musculoskeletal Director at Pritikin, excels in developing highly customized exercise plans for people who have struggled in the past with pain or orthopedic limitations.*

The image shows a large, rectangular swimming pool with clear blue water. The pool is surrounded by several rows of yellow lounge chairs and white umbrellas. In the background, there are many tall palm trees and some other tropical foliage. On the left side of the image, there is a white rectangular overlay containing text and a button. The text inside the overlay reads:

**Ready to Learn More?**  
**Call (305) 771-0712**

Or tell us a bit about yourself. We'll then send you rates and a beautiful brochure with more information.

[Get the Brochure](#)

## Discover Your New Favorite Exercise

Whether you like dancing, spinning, yoga, or hitting the gym in the traditional sense, we provide a variety of options for everyone. Classes are available throughout the day, so try it all!



### Sunrise Stretch

Rise and shine! Start the day off right with a 15 minute relaxing stretch.



### Aqua-Vals

Interval training at a fast pace with a unique mix of cardio & strength in our indoor pool.



### Cardio Sculpt

A fun combination of light weights and low impact aerobic exercise.



### Spinning

High energy interval training style workout to up tempo tunes.



### Group Cardio

Get your heart pounding in this fast paced, machine based class.



### Vinyasa Yoga

To promote flexibility, respiratory capacity and deep relaxation.



### Core

A series of exercises devised to strengthen your center and achieve your optimal fitness.



### Strength Training

Build those biceps and more in these weight training classes.

goals.



#### Championship Golf

A big part of the property is dedicated to championship golf courses, so keep moving and try your luck at 18 holes.



#### Tennis

Get interactive on one of our fantastic courts! Play with a friend, take a lesson, or join a clinic. The choice is yours!



#### Tropical Walks

Enjoy the Florida sunshine during a leisurely stroll around our beautiful facility!



#### Even More!

We're constantly rotating our classes to offer a new and exciting variety, which means that quite often you'll have the opportunity to challenge yourself and try something new!

#### Scientifically Proven Results

|   |   |  |
|---|---|--|
| A grey icon of a scale with a downward arrow, representing healthy weight loss. | A grey icon of a heart with a small pulse line through it, representing heart health. | A grey icon of a downward arrow pointing down next to a bar chart, representing lower cholesterol. |
| A grey icon of a water droplet, representing hydration.                         | A grey icon of a downward arrow inside a circle, representing improved metabolism.    | A grey icon of two medicine bottles, representing reduced medication needs.                        |

#### Start Your Transformation

**Tell us a bit about yourself.** We'll then send you rates and a brochure with more information.

First Name

Last Name

Email Address

Phone Number

I'm Ready to Make a Reservation

Send Me More Information

CONTROL  
DIABETES

LOWER BLOOD  
PRESSURE

REDUCE  
MEDICATIONS

I Have a Question About a Stay at Pritikin

START YOUR TRANSFORMATION



## Physician Supervised Exercise Program

Our knowledgeable and caring team of physicians aren't here to prescribe pills or recommend surgery to you. They're here to help guide you and get you healthy by providing you with ways to make changes to your lifestyle habits in order for you to get healthy naturally. The Pritikin team of physicians, all board-certified in fields such as cardiology and endocrinology, are intimately involved in your entire experience. The average doctor's visit outside of Pritikin is approximately 7 minutes, but you'll spend over 45 minutes with your Pritikin physician. Now that's personalized and attentive healthcare!

"Pritikin empowers people to live up to their fullest health potential," explains Pritikin's Medical Director, Dr. Danine Fruge. "Within just a few days here, they start to feel the wonderful benefits of the Pritikin Program, like increased energy and new freedom from medications, which really motivates them to continue their new lifestyle."

## Personalized Time

Most of us see our doctors in their offices, but at Pritikin - you're just as likely to find our medical director lunching with guests in our dining room, our cardiologist chatting with a group of guests after a workshop, or the endocrinologist stopping by the fitness center to check on a guest's progress. This is "hands on" like most of us have never experienced.

Danine Fruge, MD, ABFP | Medical Director at Pritikin: "I love working at Pritikin because I truly believe that preventive medicine is the medicine of the future, and I intend to make it my life's work."

## Wellness Classes & Workshops

It's not only our fitness team and physicians who are involved in helping you achieve optimal health. Our nutritionists, behavioral therapists, chefs, and yes- our fitness experts and physicians as well- all lead a variety of eye-opening lectures, luncheons, cooking school, outings and more, which will all help arm you with the skills you need to keep living your healthiest life upon your return home.

### "But I Don't Need Physician Supervision"

Not everyone who comes to Pritikin feels that they want or need physician supervision in theory, but the reality is that the medical component of Pritikin is what ties everything together, and is a huge perk of the program. It's a very special experience to really connect with your favorite Pritikin physician, have access to all of them, and really be HEARD and cared for. The physicians ensure that the program is tailored to your personal health. And good health is priceless.



### Exercise for Beginners

Feeling intimidated by the idea of exercising? We've got you covered. Our fitness orientation will familiarize you with the variety of machines and our exercise physiologists are at your disposal.



### Exercise for Athletes

NFL players, professional wrestlers and even Olympic athletes have come to Pritikin to hone their bodies and take fitness to the next level.



## Adult Fitness Camp, Evolved

Fitness camps have a single focus - fitness. But why focus on just one aspect of good health? Your experience at the Pritikin resort will focus on all three pillars health - Fitness, Nutrition and Mind-Body Health. You'll get all the benefits of a fitness camp PLUS...



### Physician Supervised

Our Premier Medical Program provides each guest with the expert medical attention required for achieving major life changes smoothly and successfully.



### Nutritious Meals and Snacks

You'll never go hungry at Pritikin. All meals are rich in whole, nutrient-dense, naturally-low-in-sodium foods like fruits, vegetables, whole grains, and beans, and lean fish, white poultry, and bison.



### Comprehensive Exercise

In fitness classes led by our university-degree exercise physiologists you'll focus on the three most important types of exercise: Cardiovascular (Aerobic), Strength Training, and Flexibility.



### Complete Lifestyle Education

Healthy lifestyle education is the cornerstone of the Pritikin Center. The classes are taught by our physicians, nutritionists, psychologists, and exercise experts.



### Cooking School

In the Cooking School, taught by Pritikin chefs, the focus is healthy food prep that is not only delicious, but simple.



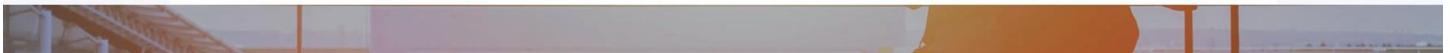
### Spa Luxuries

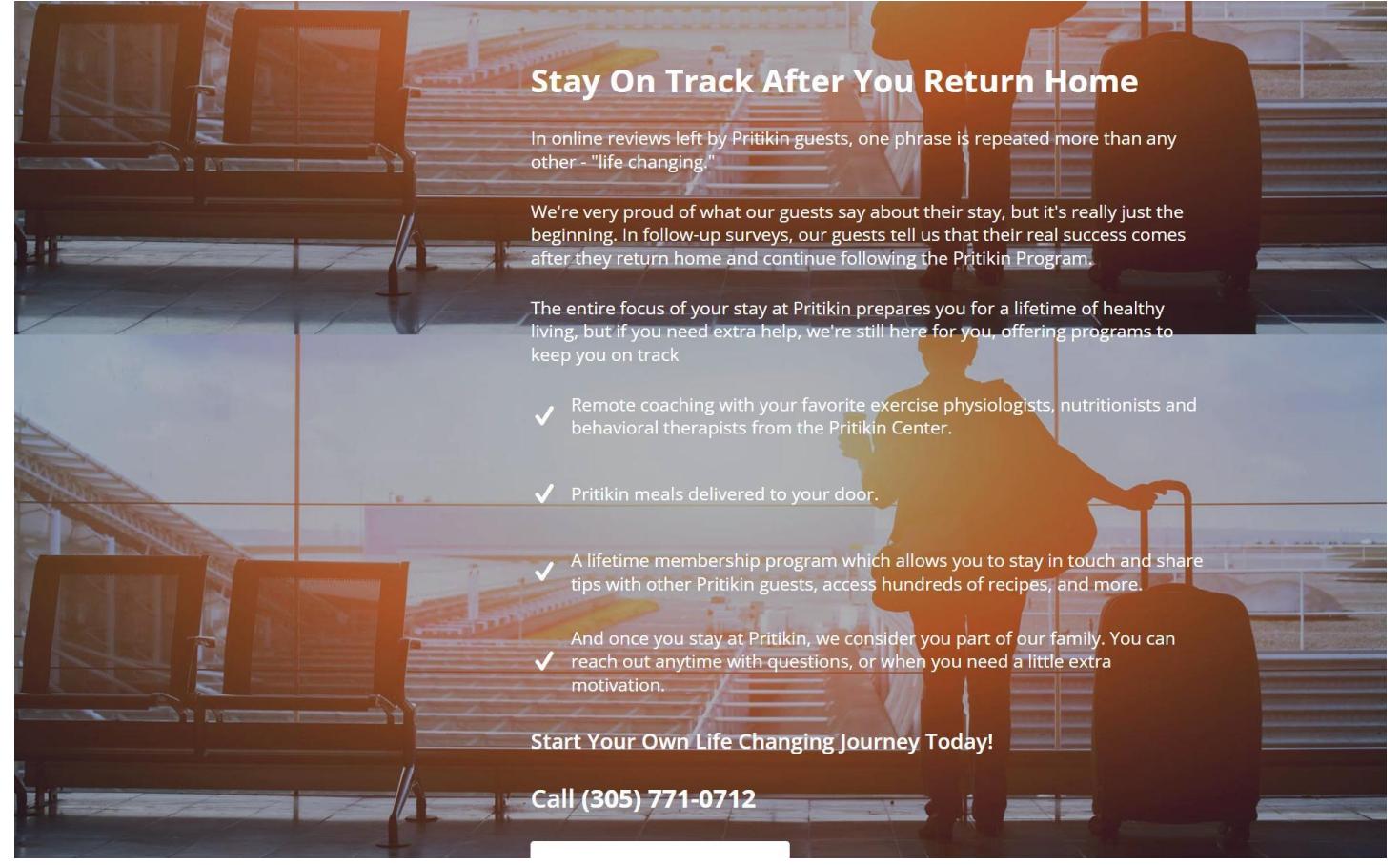
The luxurious spa offers a variety of a la carte, world-class services, from facials to massages to manicures and pedicures. After an invigorating day at Pritikin there's nothing like getting pampered before returning to your room for a good night's sleep.

## Tropical Resort Paradise

The Pritikin Longevity Center is located on the grounds of a breathtakingly beautiful South Florida resort – 650 acres of lush tropical gardens, pools, and championship golf courses. A variety of hotel accommodations are available. Some guests opt for the included deluxe guestroom. Others upgrade to the more luxurious spa suites.







## Stay On Track After You Return Home

In online reviews left by Pritikin guests, one phrase is repeated more than any other - "life changing."

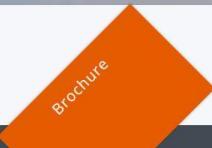
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The entire focus of your stay at Pritikin prepares you for a lifetime of healthy living, but if you need extra help, we're still here for you, offering programs to keep you on track

- ✓ Remote coaching with your favorite exercise physiologists, nutritionists and behavioral therapists from the Pritikin Center.
- ✓ Pritikin meals delivered to your door.
- ✓ A lifetime membership program which allows you to stay in touch and share tips with other Pritikin guests, access hundreds of recipes, and more.
- ✓ And once you stay at Pritikin, we consider you part of our family. You can reach out anytime with questions, or when you need a little extra motivation.

**Start Your Own Life Changing Journey Today!**

**Call (305) 771-0712**



Or Click Here to Learn More

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Healthy Weight Loss

Heart Health

Lower Cholesterol

Control Diabetes

Lower High Blood Pressure

#### QUICK LINKS

The All-Inclusive Weight Loss

Resort

Proven Health Results

Photo Gallery

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## Ultimate Guide For Healthy Weight Loss

THE COMPLETE PRITIKIN PROGRAM FOR HEALTHY WEIGHT LOSS WITHOUT HUNGER. INCLUDES RECIPES AND 5-DAY MEAL PLAN.

In more than 100 studies published in prestigious medical journals, the Pritikin Program has been found to not only promote weight loss but also enhance health, and powerfully so. Learn about the spectacular benefits you can achieve in just 3 weeks.



*What is healthy weight loss all about? What is a healthy weight-loss rate? Get answers in this article.*

For Questions & Reservations Call.

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## What Is Healthy Weight Loss?

When asked the above question, many of us tend to go negative. We're thinking, "I want to lose weight, but I don't want to damage myself in the process." Healthy weight loss means...

- No negative side effects
- No pills
- No surgeries
- No gimmicks
- "I'm not starving myself"
- "I'm not going up and down with my weight"

But healthy weight loss can also mean the exact opposite. It can be positive, transforming. It's about losing weight and getting multiple, life-saving benefits along with it, like lower cholesterol levels, lower blood pressure, and lower blood sugar.

With this kind of healthy weight loss, we also get more than a "here today, gone tomorrow" diet. We get a new way of life. A life that we love. This is healthy weight loss at its very best, and it's been happening at the [Pritikin Longevity Center](#) in Miami since 1975.

## What Is a Healthy Weight-Loss Rate?

"For many people, slower weight loss is healthier. But it's important to understand that everyone's journey is individual," stresses Kimberly Gomer, MS, RD, LDN, Director of Nutrition at the Pritikin Longevity Center in Miami.

### Lose 11 Pounds In 3 Weeks PLUS:

Several studies have found that men and women lose on average 11 pounds within 3 weeks of starting the Pritikin Program, but much more happens. During those 3 weeks, other profound changes take place:

Total Cholesterol Lowered By 23%

LDL (Bad) Cholesterol Lowered By 23%

Triglycerides Lowered By 33%

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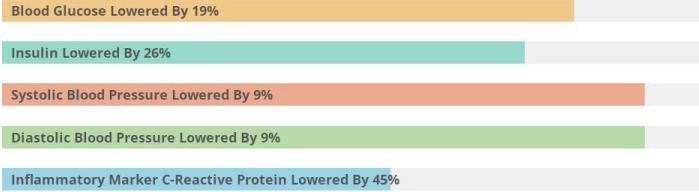
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*Best Practice & Research Clinical Endocrinology & Metabolism, 2014; American Journal of Cardiology, 1992; 69: 440.*  
*28(3): 405.* *Journal of Cardiorespiratory Rehabilitation, 1992; 12: 194.*  
*American Journal of Physiology: Endocrinology & Metabolism, 2012; Archives of Internal Medicine, 1991; 151: 1389.*  
*303: E542.* *Diabetes Care, 1983; 6: 268.*  
*Journal of Applied Physiology, 2005; 98: 3.*  
*Metabolism, 2004; 53: 377.*



### Weight Loss Resort & Spa

A stay at Pritikin will change your life. Lose weight, get fit and return home with the tools needed to live a healthier life. [All-Inclusive Weight Loss Resort](#)

## Ultimate Guide For Healthy Weight Loss

In this Ultimate Guide For Healthy Weight Loss, get it all... Lose excess weight. Clean up your blood values. Watch your blood pressure fall. And energy levels soar. It's all possible with the Pritikin Program.

Get started today. Keep reading. Learn about the best foods for weight loss, how to burn more fat, mindfulness and weight loss, and more. Make this the year that changes everything, the year that gives you new life.



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## The Best Foods For Weight Loss

If you're tired of starving yourself and feeling as if you're losing your mind while trying to lose weight, this article is for you. Learn which foods can help you shed weight and keep you satisfied and sane.

[READ](#)

## How To Burn More Fat

Want to make the most of your workout? Burn the greatest amount of body fat? Here are four top tips from Jamie Costello, Director of Fitness at the Pritikin Longevity Center + Spa in Miami, Florida.

[READ](#)

## The Science of Weight Loss

In this easy-to-grasp infographic, learn what researchers worldwide have discovered about weight loss... what works, and what doesn't.

[READ](#)

## Mindfulness and Weight Loss

Having a hard time shedding excess weight? *What* you're eating is important, but just as critical may be *how* you're eating.

[READ](#)

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#### 5-Day Healthy Meal Plan For Weight Loss

This 5-day sample meal plan is all about eating *more* food, not less. You'll learn about lots of healthy, filling meals and snacks that can help you not only shed fat but feel your very best. Plus, many of the



#### How To Stop Binge Eating

We're humming along with our healthy food habits, and then, BOOM, the binge hits. We're eating – no, inhaling – everything in sight. What happened? Can we break free of this sabotaging behavior and live better? Healthier? Yes, says new research.

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recipes are super simple.

READ



### Are You Making These 5 Weight-Loss Mistakes?

In the U.S., it often seems the season of dieting is year-round, and so are the weight-loss mistakes we make. Learn what they are, and how to get the body you want.

READ

READ



### Weight Loss For the Workaholic

Let's face it, working yourself into mental exhaustion exacerbates problematic eating behaviors, which can have disastrous consequences for your weight and overall health. Learn how to work hard *and* live well.

READ



### Medical Weight Loss: What It Is,



### Beating Weight-Loss Plateaus

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#### and Isn't

Want to lose excess weight? It's a good idea to research all your options, including medical weight-loss programs. Learn how to choose programs that focus not only on weight loss but also a healthy lifestyle.

[READ](#)

You've dropped a lot of weight, you're feeling great, but then, the plateau hits. Weeks go by and the scale doesn't budge. Here are science-based strategies for beating weight-loss plateaus from the faculty at the Pritikin health resort.

[READ](#)

#### Lose Weight at the Pritikin Weight-Loss Resort

Take life to the next level, and be all that you can be. That's what a vacation at Pritikin is all about. Live better. Look better. And best of all, feel better.

[CHECK AVAILABILITY](#)

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## Ultimate Guide for Healthy Weight Loss: Additional Resources

For 40 years, the physicians, registered dietitians, psychologists, and exercise experts at the Pritikin Longevity Center have been helping people worldwide turn their convictions to lose weight and live healthier into action. Knowing how to live well is one thing. Doing it is what the Pritikin Center is all about. Here are additional resources from the world-renowned team at Pritikin on losing weight and living well.

- [Why Quick Weight Loss Approach Doesn't Work](#)
- [Is Stress Preventing You from Losing Weight?](#)
- [6 Ways to Recover from Binge Eating and Lose Weight](#)
- [Your Metabolism & Weight Loss: Rethink Everything You've Been Told](#)
- [3 Simple Ways to Effectively Lose Hormonal Belly Fat, Backed by Science](#)
- [Guide to Mindful Eating: How to Eat Mindfully and Lose Weight Successfully](#)
- [Why You Should Choose to Stay at a Health Resort for Weight Loss](#)
- [Why You Should Choose to Stay at a Health Resort for Weight Loss](#)
- [Why You Should Choose to Stay at a Health Resort for Weight Loss](#)
- [Losing Weight While On Vacation? A Weight Loss Resort Might Be For You](#)
- [Losing Weight While On Vacation? A Weight Loss Resort Might Be For You](#)
- [Losing Weight While On Vacation? A Weight Loss Resort Might Be For You](#)
- [Healthy Meal Plans for Weight Loss](#)
- [Healthy Meal Plans for Weight Loss](#)
- [Healthy Meal Plans for Weight Loss](#)

Daily Eat Resources Your Diet for COVID-19



*Guests at the Pritikin health resort not only benefit from the Ultimate Guide For Healthy Weight Loss, but have the added perk of working with Pritikin's team of experts to set them on the right path to optimal overall health.*

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Belly Fat Increases Your Risk for COVID-19 ICU

Admission |

What You Can Do About It

Belly Fat Increases Your Risk for COVID-19 ICU Admission |

What You Can Do About It

7 Simple Ways to Lower Cholesterol, High Blood Pressure and Lose Weight

Can You Lose Weight Eating Chocolate?

The Best Exercises for Weight Loss & Your Health

It Takes a Village to Lose Weight

8 Ways to Break Free from Emotional Eating Triggers

Avoid Thanksgiving Weight Gain

6 New Ways to Eat More Vegetables...and Lose More Weight

Truth about Diets

Best Healthy Weight Loss Office Snacks

100 Pounds Down!

Before & After Photos

How to Stop Snacking After Dinner

Is the Pritikin Program Sustainable?

Back to Basics

Your January Weight Loss Guide

Why You Crave Unhealthy Food

Can Losing Weight Help Arthritic Knees?

Can You Be Overweight But Fit?

Fruits and Veggies For Weight Loss

The Media Influence on Teen Diets

Do PFAS cause weight gain?

Does Intermittent Fasting Work?

Can losing weight get rid of diabetes?

Are You Overfat?

Shopping List For Weight Loss

Diets That Work + Coconut Oil, Gluten-Free Foods, and Other Trends

Is Coconut Oil Fattening?

Can a Health Retreat Help Relieve Arthritis Pain?

What to Do With Conflicting Weight-Loss Tips

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[Don't Stop Now! Tips for Getting Over Your Weight-Loss Plateau](#)  
[Are Fat Cells Forever?](#)  
[Prevent Saggy Skin During Weight Loss](#)  
[The Story of a Couple Adopting a Healthy Pritikin Lifestyle Together](#)  
[Weight Loss and Metabolic Damage?](#)  
[Beans Vs Meat | Calories, Protein, Fiber, and Weight Loss](#)  
[The Turning Point on One Man's Journey Toward Weight Loss](#)  
[Eating Potatoes and Losing 100 Pounds](#)  
[The Best Meals for Weight Loss](#)  
[The Risks of Crash Dieting](#)  
[The Best Workout For Burning Fat:](#)  
[Metabolic Conditioning](#)  
[Metabolic Damage](#)  
[The Truth About Yo Yo Dieting](#)  
[What is Resting Metabolic Rate?](#)  
[Can you be both overweight and healthy?](#)  
[The Spiritual and Emotional Side of Weight Loss](#)  
[Tips for Motivating Your Partner to Lose Weight and Get Healthy](#)  
[The All-Inclusive Weight Loss Resort](#)  
[Healthy Travel Tips for Summer](#)  
[What Is Body Composition?](#)  
[Resting Metabolic Rate \(RMR\) & Healthy Weight Loss](#)  
[Do You Want to Lose Weight Fast? Or Permanently?](#)  
[The insider's guide to warming up effectively](#)  
[Are Smoothies Healthy? Are They Good For Weight Loss?](#)  
[Do Artificial Sweeteners Cause Weight Gain?](#)  
[The truth about nutritional fads and diets](#)  
[The Pritikin Journey as Both a Mentor and Mentee](#)  
[The Healthiest Bottled Salad Dressings](#)  
[I Lost 100 Pounds and Changed My Life](#)  
[Getting Healthy Again, Quickly](#)  
[How Long Does It Take To Lose Weight?](#)

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3 reasons your next getaway should be a health retreat  
The benefits of a good night's sleep during your weight loss vacation  
Healthy & Tasty Alternatives  
to your Favorite Snacks  
The Science of Taste  
Healthy comfort food recipes to get you through the winter  
Best Foods For Weight Loss | Snacks  
Best Foods For Weight Loss | Dinner  
Best Foods For Weight Loss | Lunch  
Best Foods For Weight Loss | Breakfast  
Is fruit good for weight loss?  
I don't need to lose weight, so is olive oil okay?  
How can I lose belly fat?  
Healthiest Foods For Weight Loss  
Aqua Fitness and Weight Loss  
Sleep Disorders and Weight Gain | What To Do  
"The pounds are creeping back" | Tips For Maintaining Weight Loss  
Will Obesity Kill You?  
The Truth About Counting Calories  
Pritikin faculty refutes *Wall Street Journal* low-fat diet article  
The Hunger Scale: Mindful Eating for Weight Loss  
Medical Weight Loss – What It Is and Isn't  
Best Ice Creams For Weight Loss  
Mindfulness and Weight Loss  
Healthy Meal Plan For Weight Loss  
Super-Simple Meal Plan For Blood Pressure and Weight Loss  
Are You Making These 5 Weight-Loss Mistakes?  
Mindfulness and Weight Gain  
Nutrition Tips for Healthy Weight  
Weight Loss Disorders Anorexia Nervosa & Bulimia  
Lower Stress to Lower Weight with Tips from Pritikin  
Beating Weight-Loss Plateaus  
Weight Loss for the Workaholic

The Science of Weight Loss Infographic

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The Science of Weight Loss - Infographic

- Should I eat breakfast if I'm not hungry?
- Are You Losing the Diet Game? - Infographic
- How do I stop binge eating at night?
- The 7 Best Strategies for Weight Loss and Health
- The Best Whole Grains For Weight Loss
- Strength Training Prevents "Muffin Top" in Women
- 9 Tips For Controlling Holiday Binge Eating
- Quit Smoking Without Gaining Weight
- The Best Foods For Weight Loss (and the Worst)
- The Apple Cider Vinegar Diet?
- #1 Tip For a Better Body and Healthy Lifestyle
- Obesity In America
- Do overweight people live longer? | Answers from the Pritikin Center
- How To Stop Binge Eating
- Fat, Inflammatory Cytokines and Cardiovascular Disease
- Belviq Side Effects
- Diets That Work: New Science
- Obesity In America: Solutions From the Institute of Medicine
- More Whole Grains, Less Belly Fat
- Top Two Tips For Permanent Weight Loss
- How To Lose Weight Without Counting Calories
- Calorie Density: Throw Your Calorie Counter Away
- Hormones and Weight Loss
- Healthy Breakfast Foods – 6 Tips
- "I've hit a weight-loss plateau!" 5 Tips For Breaking Through
- Diets Don't Work – 4 Tips For Real Success
- DASH Diet + Exercise + Weight-Loss Counseling
- The Belly Fat Cure
- Low Fat Vs Low Carb Diets: Which Is Better?
- TV and Weight Gain: What To Do
- Yo-Yo Dieting: Is It a Problem?
- Diet Vs Exercise: Which Matters More?
- Calorie Density – Key to Losing Weight

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High-Calorie Drinks and What They Do To Our Derrières  
Is Diet Soda Bad For You?  
Dairy Foods and Weight Loss? Don't Believe the Hype  
Confessions of a Cookie Monster  
Good Carbs vs Bad Carbs: New Science  
Fruit For Weight Loss, Says Science  
How To Lose Body Fat: What Research Says  
Glycemic Index: New Study Finds Popular Weight Loss Tool Worthless  
Fidgeting and Weight Loss  
7 Exercise Myths That Can Derail Your Weight-Loss Goals  
Good Salads For Losing Weight  
Soft Drinks and Obesity: Scientists Study the Link  
The Secret To Losing Weight  
Low Carb vs Low Fat? It's Better To Focus On FOOD  
More Food Fewer Calories: "What a Concept"  
Glycemic Load: No Help in Losing Weight  
Don't Drink Your Calories  
4-Steps for Resisting Holiday Temptation  
10 Tips to Avoid Holiday Weight Gain  
The Best Way To Lose Weight  
Fiber For Weight Loss – Especially Fruit  
It's Not Okay To Be Fit and Fat  
Alzheimer's and Diet: Reduce Midlife Obesity  
10 Tips For Breaking Through a Weight-Loss Plateau  
Unhealthy Weight Loss or Gain from Eating Disorders  
Complete Exercise Plan For Beginners  
The Pros and Cons of Medical Weight Loss Procedures

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### Pritikin Newsletter

Every week we send out our [email](#)

### Book a Stay

A stay with us will change your life!

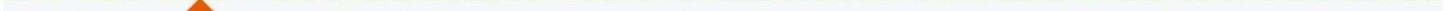


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An orange diamond-shaped icon containing the word 'Brochure'.

The Pritikin Longevity Center logo.

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- Covid Safety Protocols
- Questions & Answers
- What's Included
- What Guests Say About Their Stay

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- Heart Health
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- Lower High Blood Pressure

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## Control Or Reverse Diabetes Naturally

CAN DIABETES BE CONTROLLED OR REVERSED? ABSOLUTELY. WE CAN BEAT DIABETES.

The disease process associated with Type 2 diabetes (which leads to heart attacks, strokes, and other crippling illnesses) can be slowed and even partially reversed by controlling blood glucose and other cardiovascular disease risk factors.



*Can you control diabetes? Reverse it? Absolutely. We can beat diabetes. The disease process associated with diabetes (which leads to heart attacks, strokes, and other crippling illnesses) can be slowed and even partially reversed by controlling blood glucose and other cardiovascular disease risk factors.*

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Diabetes is a disease in which the body does not produce and/or properly use insulin, a hormone made by the pancreas. When there are troubles with insulin, glucose builds up in the blood.

- ✓ A fasting glucose level below 100 is considered normal.
- ✓ A fasting glucose between 100 and 125 signals pre-diabetes.
- ✓ A fasting glucose of 126 or higher means you have diabetes.

Though "silent," at least at first, diabetes can turn into a horrible disease. It can greatly increase our risk of heart attacks, strokes, peripheral arterial disease, erectile dysfunction, blindness, diabetes neuropathy, poor wound healing, and kidney failure.

There are two main types of diabetes – Type 1 and Type 2. At least 90% of diabetics in America have Type 2 diabetes. Studying the evolution and lifestyle habits of humankind, we can confidently assert that Type 2 diabetes is *virtually entirely preventable*. Worldwide, many populations are now suffering epidemic rates of Type 2 diabetes because many populations live in a "food toxic" environment and exercise little or not at all.

***All this suffering,  
all this early  
death, is  
preventable. It is  
the direct result of  
the way we live –  
by our sedentary  
habits and our  
Western-style  
diets, bereft of  
whole, fiber-rich  
foods and full of  
fast foods and  
other calorie-  
dense junk.***

Type 2 diabetes usually starts after the age of 40. But because of America's childhood obesity epidemic, more and more of our youth are being diagnosed with the disease, including children as young as 10 – and occasionally even younger.

Type 2 diabetes affects about *30 million people* in the U.S. Nearly *90 million* more Americans have pre-diabetes.

There's more troubling news. The pre-cursors of Type 2 diabetes – pre-diabetes and the [Metabolic Syndrome](#) – increase our risk of heart disease *almost as much* as Type 2 diabetes does. These pre-cursors are so widespread in 21st century America that scientists now estimate that the *majority* of the current U.S. population over the age of 65 has them. And they put people at dangerously high risk of developing full-blown Type 2 diabetes and cardiovascular disease, and dying prematurely.

All this suffering, all this early death, is *preventable*. It is *the direct result* of the way we live – by our sedentary habits and our Western-style diets, bereft of whole, fiber-rich

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foods and full of fast foods and other calorie-dense junk.

Strangely and sadly, it could be argued that you're *lucky* if you get to the Type 2 diabetes stage. Far too many people, like NBC's renowned political journalist Tim Russert and *The Sopranos* star James Gandolfini, succumb to cardiovascular disease in the earlier stages of diabetes – when they have Metabolic Syndrome or pre-diabetes.

### The power of prevention

There is much you can do with lifestyle *alone* to prevent diabetes. In a landmark study, the NIH-sponsored [Diabetes Prevention Program](#), scientists tracked 3,234 pre-diabetic men and women for three years. A third of them adopted lifestyle changes. Another third took a drug – metformin (Glucophage®). The remaining third, the control group, took a placebo. Those on the lifestyle-change plan reduced the progression to full-blown Type 2 diabetes by 58% compared to the control group. The reduction was even greater – 71% – among adults aged 60 and older. Treatment with the drug metformin reduced the progression of Type 2 diabetes by just 31%.

The lifestyle changes in the study were similar to the Pritikin Program and focused on eating [low-calorie-dense, high-fiber foods](#), exercising five days weekly for at least 30 minutes, and a 7% weight loss.

### Can you control diabetes? Reverse it?

Absolutely. We can beat diabetes. The disease process associated with diabetes (which leads to heart attacks, strokes, and other crippling illnesses) can be slowed and even partially reversed by controlling blood glucose and other cardiovascular disease risk factors. For maximum effectiveness, blood glucose must be controlled at near normal levels throughout most of the day via loss of excess weight, particularly belly fat, as well as daily physical activity, and, if necessary, medications and insulin injections.

### Results of the Pritikin Program

Research published on Type 2 diabetics coming to the [Pritikin Longevity Center](#) illustrate how profoundly beneficial early intervention can be. This study followed 243 people in the early stages of diabetes (not yet on medications). Within three weeks of coming to Pritikin, their fasting glucose fell on average from 160 to 124.

Studies have also found that the Pritikin Program reduces fasting insulin by 25 to 40%.

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Research has found, too, that the Pritikin Program can actually reverse the Metabolic Syndrome. In 50% of adult Americans studied, the Pritikin Program reversed the clinical diagnosis of Metabolic Syndrome, and in just three weeks. In research following children with the Metabolic Syndrome, 100% no longer had the syndrome within two weeks of starting the Pritikin Program.

## More Articles About Controlling Diabetes With Lifestyle Changes

[Does Having Covid-19 Mean You're at Higher Risk of Diabetes?](#)

[What Can You Eat If You Have Diabetes?](#)

[Treat Diabetes and Pre-Diabetes with Food: Meal Plan](#)

[Treat Diabetes and Pre-Diabetes with Food: Meal Plan](#)

[How Can I Lower My Blood Sugar Quickly?](#)

[Can losing weight get rid of diabetes?](#)

[Lifestyle Better Than Medicine For Improving Blood Glucose](#)

[Diet Sodas and Diabetes?](#)

[Statins, Diabetes, Diet, and the "Tony Roma" Effect](#)

[Foods That Promote Kidney Health](#)

[Reversing Diabetes](#)

[| Carbs That Are Good For You](#)

[Diabetes and Alzheimer's | The Deadly Link](#)

[Protein, Diabetes, and the American Diet](#)

[Getting Healthy Again, Quickly](#)

[How Long Does It Take To Reverse Diabetes?](#)

[What's better for lowering blood sugar? A walk before or after eating?](#)

[Controlling Blood Sugar With Food Sequencing](#)

[Sugary Drinks and Diabetes](#)

[Shopping List for Diabetics](#)

[Best Ice Creams For Diabetics](#)

[Diagnosed With Diabetes? It's Time To Act](#)

[Diabetes and Hot Weather: Be Extra Careful](#)

[Diagnosed With Diabetes? The Benefits of Early Action](#)

[Red Meat Boosts Your Risk of Type 2 Diabetes by 50%](#)

[Five Top Food Tips For Diabetics](#)

[Diabetes Epidemic: 1 In 3 Americans Could Have Diabetes By 2050](#)

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Pre-Diabetes Treatment  
Managing Diabetes Without Insulin  
Gastric Bypass Surgery For Diabetes?  
Pre-Diabetes Treatment: What Works Best?  
Diabetes Symptoms, Treatment and Management  
Best Foods For Diabetes  
Early-Onset Diabetes: "A more aggressive disease"  
Diabetes Prevention: 7 Years of Success  
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Diabetes Scams: Quack Cures and How To Avoid Them  
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Health Resorts & Weight Loss Spas | Healthy Weight Loss

## The All-Inclusive Weight Loss Resort

AS ONE OF THE LEADING WEIGHT LOSS RESORTS IN THE UNITED STATES, THE PRITIKIN LONGEVITY CENTER & SPA IS AN ALL INCLUSIVE OPPORTUNITY TO EXPERIENCE THE BENEFITS OF THE PRITIKIN PROGRAM IN A LUXURY ENVIRONMENT.

Renowned for its scientific and medically proven approach to weight loss and total body health, The Pritikin Center has established itself as one of the leading destinations for health conscious vacationers seeking a resort style, live-in health program focused on natural weight loss. Diet and exercise are at the core of the program, allowing guests to embrace a healthy lifestyle with the support of medical, fitness, and nutrition professionals.



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*Checking into a weight loss resort is the first step towards losing weight naturally and discovering a healthier lifestyle.*

## What to expect at a weight loss resort

A **defined program** focused on diet, exercise, and education

One of the key benefits of attending a weight loss resort, such as the Pritikin Longevity Center & Spa, is the opportunity to be fully immersed in a program which is structured and effective. Outside of a resort or retreat, there are many distractions which can impede progress or adherence to a strict dietary and exercise regimen. When guests fully embrace a weight loss program in an environment where there is no distraction, benefits are realized faster and lifestyle change is easier to sustain.



A **supportive staff** who excels at working with individuals – no "one size fits all" solutions

The people who support resort guests are what make a weight loss program effective. Weight loss resorts often maintain a diverse staff of fitness and nutrition professionals, but rarely employ medical professionals to supervise and evaluate progress. This is one aspect of the Pritikin Program which sets it apart from all other weight loss resort experiences. Medical professionals provide the definitive, scientific edge to optimize the weight loss experience, providing guidance which is individualized based on personal experience

*A supportive and motivational staff at a weight loss resort will be one of the keys to your success.*

during the program.

Revisiting **healthy eating habits** and exploring new methods of food preparation

As simple as it sounds, consistently eating healthy foods is difficult without direction, motivation, and commitment. While it does require extra effort to avoid "convenience" or "fast" foods, revisiting healthy eating habits and understanding how to maintain a healthy diet is something which can be taught. Most weight loss resorts focus exclusively on helping guests to eat healthy while they are "in house", but this is useless if the behaviors are lost when guests leave the resort. Maintaining consistent healthy eating habits is key to weight loss in the long haul, but it can be done if proper behaviors are reiterated and enforced during the weight loss resort experience. Learning to prepare

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healthy meals and embracing the consumption of unprocessed natural foods is a key component of the Pritikin Program – an aspect of long term weight loss which is often overlooked by most weight loss resorts in the U.S.

### Results – measuring progress through defined systems

What can be measured can be improved. The key to optimizing health and maximizing weight loss efforts is to consistently measure change over time. This is a critical component of an effective weight loss program that is often overlooked by health resorts in the United States. At the Pritikin Center, medical and fitness professionals monitor their guests progress during the program, providing guidance based on data, not observation. A system of measurement designed specifically to gauge progress during a weight loss program is necessary in order to help guests take full advantage of their experience at a weight loss resort.



### How have weight loss resorts changed?

As **technology** improves, so does the effectiveness of weight loss resort programs



While the fundamentals of healthy diet and exercise may not change, the technology utilized in weight loss resorts is constantly evolving. In the last few years, various applications and programs have been developed which help medical professionals, fitness trainers, and nutritionists do their job more effectively. This translates to a higher quality experience during a stay at a weight loss resort, as guests are able to reap the benefits of improved physical performance monitoring, and physiological evaluation.

### Exercise equipment and techniques which minimize risk and maximize

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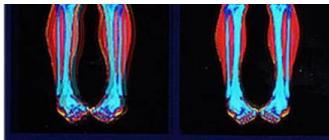
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#### WEIGHT LOSS RESORTS UTILIZE NEW TECHNOLOGY TO MONITOR AND OPTIMIZE YOUR BODY'S COMPOSITION

The best health resorts utilize new technology. Many guests at the Pritikin Center take advantage of metabolic testing and body scans to monitor their progress. As this DEXA scan reveals, at Pritikin you're improving your body composition by gaining muscle and losing fat. Dieting away muscle can slow your metabolism, making it impossible to maintain a healthy weight.

cardiovascular training. This technology can also be applied to machines like treadmills, which adjust resistance based on heart rate.

#### Innovative culinary experiences

The joy of preparing meals which delight the senses is an experience everyone can relate to. At a weight loss resort, healthy meal preparation should be a pillar of the program. Simply eating a meal which is well suited to enhance weight loss does little to teach the behavior of preparing meals with weight loss in mind. The general misconception that food which is healthy is bland or tastes bad is about as far from the truth as it gets. At the Pritikin Center, for example, guests are taught to prepare delectable meals which use healthy ingredients - maintaining and often enhancing flavor. Learning to prepare breakfast, lunch, and dinner without salt, butter, cream, oil, or sugar may sound daunting, but it's actually straightforward. Guests who participate in culinary programs at weight loss resorts often find their palette changing for the better, allowing them to experience the full flavor of natural foods which are often concealed by excessive use of salt and sugar in every day life.

### What are the benefits of a weight loss resort?

#### Behavior Change

Attending a weight loss resort will help to eliminate unhealthy behaviors which contribute to weight gain. While weight loss does take place during the experience, the ultimate goal is to keep that weight off indefinitely. Effective weight loss resorts inspire positive behavioral change which results in long term total body health.

#### Physical Change



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This is the most cherished of all weight loss resort benefits – actually losing weight while. There is no more rewarding feeling than watching weight melt away, feeling a waistline decline, or feeling more physically active than before. Following a stay at a weight loss resort, guests enjoy the benefit of a smaller waist line, but also the comfort of knowing they will continue to lose weight if they embrace newly formed healthy behaviors.



▶

### Lifestyle Change

Long term healthy behaviors must be embraced. Short term dieting leads to temporary success followed by long term "let down". A stay at a weight loss resort leaves guests with a strong impression that healthy lifestyle, maintained over years, will provide a happier and more fulfilling daily existence. The lessons learned at weight loss resorts become inherent qualities which prevent the recurrence of behaviors which translate to weight gain.

### Why are weight loss resorts expensive?

#### All inclusive experience vs pay as you go

An all-inclusive experience provides for a fully immersive program in which guests are free to focus on what matters most – getting healthy, losing weight, and feeling fit. The cost is relative to the experience, in that for a single investment, there is literally nothing else to worry about. If you consider an average resort stay, paying for the room is only one aspect of the experience – food, drinks, and recreation rack up the final bill faster than most people realize. An all-inclusive weight loss resort, for example, allows guests the clarity to embrace the program without any financial impediment – no upsells, no fees, and no hidden costs.



#### Maintaining a staff of industry professionals

Not surprisingly, maintaining a staff of industry leading thought leaders in medicine, fitness, and nutrition is not cheap. In order to provide a comprehensive, effective, and premium quality

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Both Oprah.com and The Today Show, have called Pritikin "the gold standard." No other weight loss resort can match the experience or proven results guests at the Pritikin Center enjoy.

Florida. This provides lavish accommodations for guests, world-class culinary facilities, and stunning tropical gardens where the majesty of Florida can be enjoyed year round. The cost of maintaining a luxury resort is extensive, which affects the cost of an all inclusive experience.

### Technology and equipment

Investing in state of the art medical, fitness, and culinary equipment is necessary in order to provide a top quality experience for weight loss resort guests. The Pritikin Center constantly invests in equipment, technology, and staff to provide guests with an experience that is unparalleled in the industry. The cost of health technology and equipment has steadily increased over the last decade, which affects how the all inclusive program is priced.

### How to get started

#### 1. Consider and establish goals

If attending a weight loss resort is a consideration, tangible weight loss is likely a primary goal. That being said, weight loss alone should not be the only goal while participating in a program. Learning to prepare healthy meals, learning how to burn fat while exercising, and eliminating unhealthy behaviors should also make the list. Goals are respective to the individual, but should enhance the weight loss resort experience by providing an opportunity to meet them.

#### 2. Factor an investment in weight loss

What does it really cost to lose weight? When factoring the cost of "special" diets or prepared meals, personal trainers, gym memberships, exercise equipment, and groceries – investing in a weight loss resort experience really isn't that far off in the context of financial investment. The skills and behaviors which can be learned at a weight loss resort last a lifetime and can stave off investments in

experience for guests, the Pritikin Center employs thought leaders in their respective fields. This provides an unparalleled benefit to guests in that each individual has access to knowledgeable, experienced health professionals.

### Maintaining a luxury resort

Not all weight loss resorts fall into the luxury category. The Pritikin Longevity Center & Spa exists within a world-class luxury resort in south

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"gimmicks" or programs which only provide short term benefit. Consider an investment in a weight loss resort experience as a personal investment – for the future and for family.

### 3. Explore several options

There are many weight loss resorts across the United States and abroad. Put in the time to research these resorts and learn about the unique benefits each one provides. Not all weight loss resorts are created equal, which is why it's important to conduct extensive research to understand what the options and possibilities are, based on geography and cost.

### 4. Make contact with several options

Researching various weight loss resorts is a great start, but take the extra initiative to make contact. Submit an inquiry to learn more about the programs, speak with a representative from the resort to learn more about the experience, or contact a previous guest to hear about their experience. Actually contacting a weight loss resort is an important step in the process and will provide the confidence and direction needed to advance a decision.

### 5. Jump in, pull the trigger, don't hesitate

The only way to lose weight is to make change – whether it's diet, exercise, or simply a commitment to improve lifestyle. Spending time at a weight loss resort is a phenomenal experience to start a life long journey to improve and maintain health. In the long run, it's an investment which will pay dividends for years to come.



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#### Wellness Resort

- ◆ Diet For Type 2 Diabetes
- ◆ Weight Loss Plateau
- ◆ Good And Bad Cholesterol
- ◆ How To Read A Nutrition Label
- ◆ Crock Pot Recipes Healthy
- ◆ Weight Loss Food
- ◆ Are Carbs Bad For You
- ◆ Weight Loss With Apple Cider Vinegar
- ◆ Lowering Blood Pressure
- ◆ Reduce Plaque In Arteries

#### Weight Loss Retreat

- ◆ Best Foods For Acid Reflux
- ◆ Healthy Meal Plans
- ◆ Treatment For Afib
- ◆ Coconut Oil Facts
- ◆ Weight Loss Breakfast Foods
- ◆ How Statins Work
- ◆ Low Cholesterol Meals
- ◆ Type 2 Diabetes Treatment
- ◆ Healthy To Go Lunches

#### Health Spa

- ◆ Healthy Fast Food Meals
- ◆ Food For Weight Loss
- ◆ Healthy Food Grocery List
- ◆ Fitness Camps
- ◆ How To Lower High Triglycerides
- ◆ How Many Steps Per Day To Lose Weight
- ◆ How To Lose Abdominal Fat
- ◆ Is Almond Milk Healthy
- ◆ Lose 100 Pounds In 4 Months
- ◆ How To Lower LDL Cholesterol

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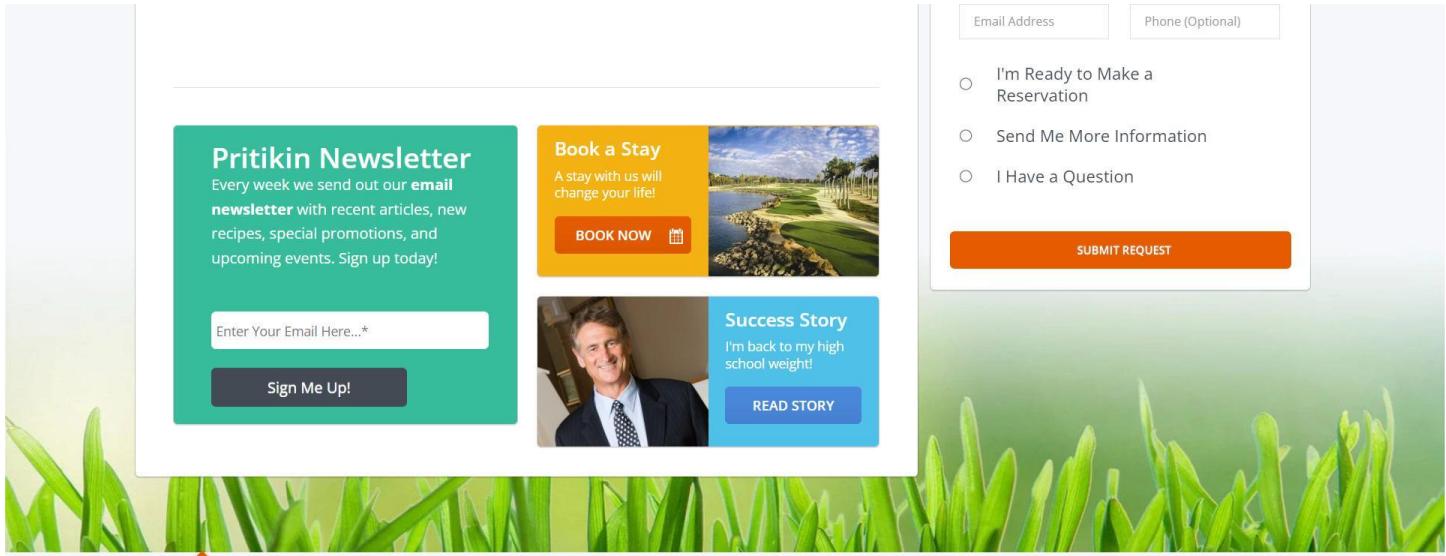
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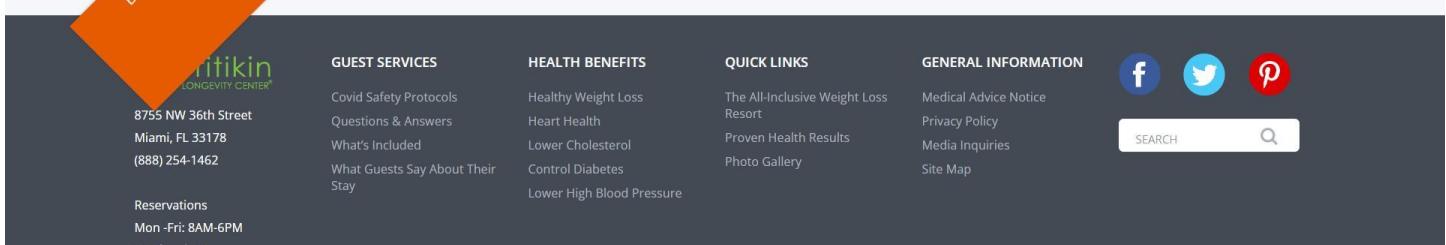
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## Pritikin Wellness Education

EDUCATION IS THE CORNERSTONE OF THE PRITIKIN PROGRAM.

The discoveries and "aha" moments that come from participation in our classes have transformed the lives of thousands worldwide for more than 40 years.



*Our coaches encourage active involvement, making each of our workshops a stimulating training experience. So invigorating is our education program that over the years many guests have described us as the "Harvard of Health Education."*

For Questions & Reservations Call.

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For it is in these classes that you will begin to understand how the principles of the Pritikin Program impact your overall health. The power of good nutrition and exercise to heal the body is truly amazing. You will also attend "real world" courses daily, including cooking classes and restaurant dining, that will imbue you with the confidence that you can successfully continue your healthy new lifestyle when you return home.

Our coaches encourage active involvement, making each of our workshops a stimulating training experience. So invigorating is our education program that over the years many guests have described us as the "Harvard of Health Education."

Last but not least, classes are just plain fun. With other guests, you laugh. You're inspired. You learn together. You reach exciting new goals together. And you make friends for life. Whether school teacher or celebrity, our guests feel at home in a relaxed ambiance with great camaraderie. Many describe their stay at Pritikin as one of the best and most life-changing experiences of their life.

The educational workshops are distinguished by the presentation of scientific evidence that supports the principles of the Pritikin Program. Our extensive portfolio of published research provides participants with the confidence that this program has been well-documented for safety, efficacy, and proven results.

### **Putting the Pritikin Longevity Center Principles To Work For You**

Our registered dietitians, doctors, exercise experts, and lifestyle counselors provide sound strategies for everyday living with daily workshops such as:

- The Calorie Density Solution: Feeling Full While Losing Weight
- Planning Your Eating Strategy
- Move It! Exercise Action Plan
- Designing Your Home Exercise Program
- Dining Out in the Real World
- Cooking Workshops
- The Biology of Weight Control
- Supermarket Savvy
- Diseases of Affluence (The Price of Success)
- Fueling the Healthy Body
- Belly Fat, Metabolic Syndrome, and Diabetes

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How To Prevent a Heart Attack  
Maximizing Your Stress Hardiness  
New Thoughts, New Behaviors  
Women's Health (Breast Cancer, Menopause, and Healthy Choices)  
Men's Health (Prostate Cancer, Enlarged Prostate, Erectile Dysfunction)  
Setting Yourself Up for Success

In addition, you'll have the opportunity to participate in one-on-one nutritional and lifestyle counseling. And for those of you facing the challenge of trying to quit smoking, we offer a series of smoking cessation workshops facilitated by experienced coaches.

### You'll Discover All The Answers

Our experience has shown that three components – knowledge, skills, and support – provide the most effective formula for adopting a healthy way of life and creating a lasting sense of physical and emotional well-being.

#### KNOWLEDGE

One of our guiding principles is the importance of a strong scientific foundation. We provide you with the evidence and behavioral education for all the strategies you will learn in the Pritikin Program. Workshops that focus on the right kind of carbohydrates, the calorie density of foods, and the science of managing change in our lives will help you understand the true value of the Pritikin Program.

#### SKILLS

Your long-term success depends on new skills. Developing new habits takes practice, and that's exactly what the Pritikin Program offers you. New behaviors such as regular exercise, cooking with a little fat and a lot of flavor, label reading, and healthy dining in restaurants will become second nature through our workshops, hands-on classes, and presentations.

#### SUPPORT

You can't succeed without it, and it's what makes the Pritikin Program unique. From the first day of your session to the last, your entire experience takes place in an environment that specializes in helping and motivating people to make successful lifestyle changes. The entire staff of the Pritikin

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Longevity Center + Spa helps you at every turn. And you will be in a group of people just like you, learning, laughing, moving, and growing toward a lifetime of health and vitality.

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## Weight Loss Program

Have you been having trouble getting the weight off and keeping it off?

Having trouble getting to your goal and taking off those last few pounds?

Wanting to be more healthy, long term, and want to feel better INSIDE and OUT?

Our Goal Getters program and Five-Day Fast Reset program could be your ANSWER to long-term success!

Nearly half of all American adults strive to lose weight each year. But more than 73% of Americans are overweight or obese. Losing weight can often be difficult, especially when you are alone and without support. You can get help from Jenny Furlow, NP-C, and the Health and Wellness Spa in Charlottesville, Virginia.

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especially when you are alone and without support from a group, family, Furlow, NP-C, and the Health and Wellness Spa in Charlottesville, Virginia.

## Health and Wellness Medical Services

A Private Medical Practice & Board Certified Family Nurse Practitioner located in Charlottesville, VA & Madison, VA

Call or securely text us today or schedule a consultation/qualification visit online to get started.

The programs begin with a consultation with one of our Nurse Practitioners or Physicians to be sure you are right for the program and take into account any other medical issues that may be making it hard for you to lose weight. We then can help by prescribing medications and providing accountability and a great diet and health plan that will help you reach your goals.

Aiming to make you realize when you burn food for fuel, how mental health is just as important as your physical health, and incorporate techniques and tools that will make you the best YOU can be.

A combination of Diet, Exercise, Behavioral health, and accountability have all been shown in medical studies to make this possible, and we will be there to encourage you every step of the way.

SCHEDULE A CONSULTATION NOW with Health and Wellness Spa TO SEE IF YOU QUALIFY!

---

## Weight Loss Program Q&A

### Why do I need a weight loss program?

Losing weight is hard, especially when done on your own. You need a weight loss program. There are several options for losing weight. Many commercial weight-loss programs emphasize diet or exercise to lose weight. Although diet and exercise are essential to weight loss, other factors also affect your weight. A weight loss program that is solely based on diet and exercise might not be as effective as it could be because it ignores the most important component of any successful weight loss program – you.

Health and Wellness Spa's weight loss program is all about you. Our team has a plan that focuses on your weight loss goals and struggles so that you can reach and ultimately maintain your target weight.

[View All Weight Loss Program Details](#)

## **What should I expect from a weight loss program?**

At Health and Wellness Spa, we take a medical approach to weight loss. Our program begins with a 60-minute consultation with a board-certified nurse practitioner or physician to determine if you qualify.

Your program can include:

- Device to help you determine how to "hack your metabolism" and determine when you are burning food for fuel and burning fat.
- Exercise advice and a session with a Personal Trainer is included with options to continue this for maximum success.
- Behavioral modification therapy and counseling-type sessions that focus on what is getting in the way of the weight loss and reaching your goals.
- Diet monitoring and coaching.
- Discounts for our CryoSLIMMING include a free Neck toning/slimming session, if appropriate, to see if you want to continue to add these sessions for increasing success and spot slimming/toning.

You will also schedule an appointment to meet with a nurse practitioner or psychologist who will assess whether you should take weight loss medications. You can lose weight faster with these medications, which control your appetite and cravings.

Our weight loss program at Health and Wellness Spa and Spa includes an option of two programs. A 5-day fast-track is recommended before our Goal Getters and intermittently during the program if reaching a standstill.

We also have twice-monthly weigh-ins, group formal video/in-person meetings, and more!

Their approach to weight loss focuses on teaching you healthy lifestyle habits that will help you lose weight safely and keep it off.

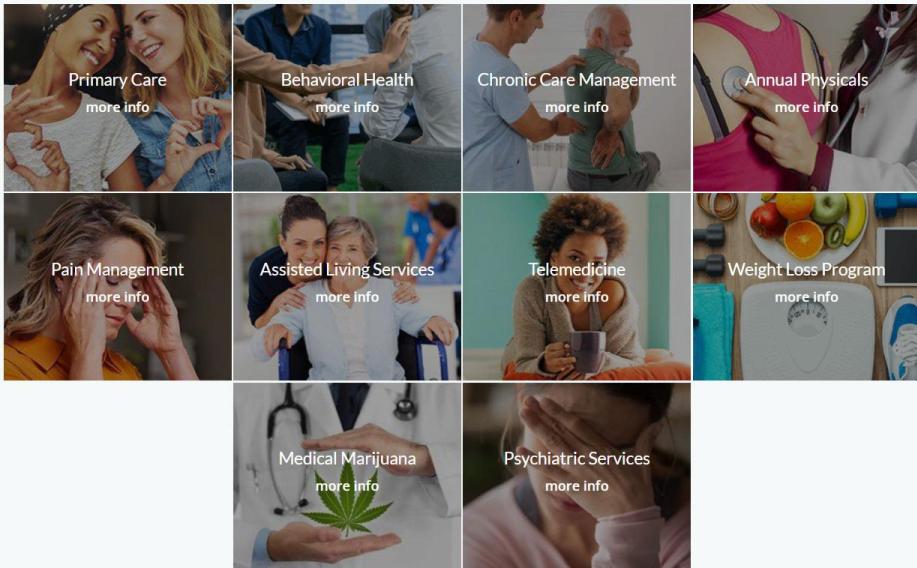
## **What are some of the health benefits of the weight loss program?**

The weight loss program we offer at Health and Wellness Spa has many health benefits. After completing the program, many patients have successfully stopped taking their high blood pressure, cholesterol, and diabetes medicines.

You will also gain self-confidence and self-esteem, which will enhance your emotional and mental well-being.

You don't have to lose weight on your own. For professional help, call Health and Wellness Spa today or schedule your initial weight loss program consultation online.

WHAT WE OFFER  
Services



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Health and Wellness Medical Services, Charlottesville, VA  
Phone (appointments): [434-933-3318](#) | Phone (general inquiries): [434-933-3318](#)

Address: 1560 Insurance Lane, Charlottesville, VA 22911

Health and Wellness Medical Services, Madison, VA

Phone (appointments): 434-933-3318 | Phone (general inquiries): 434-933-3318

Address: 1171 North Main St, Madison, VA 22727

4.94/5 | (17 Reviews) 

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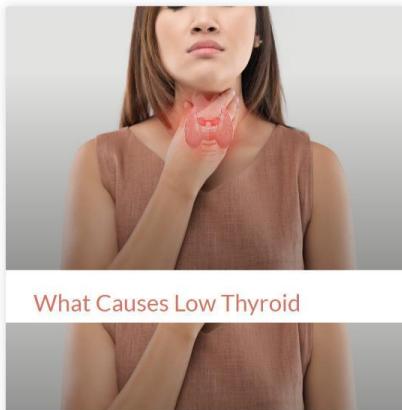
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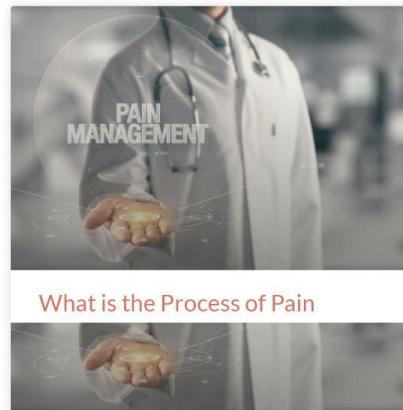
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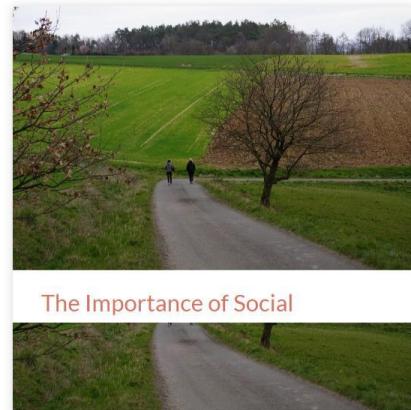
## Blog



[What Causes Low Thyroid](#)



[What is the Process of Pain](#)



[The Importance of Social](#)

## What Causes Low Thyroid Levels?

It is known as hypothyroidism when the thyroid does not produce and release enough thyroid hormone into your bloodstream. The result of low thyroid levels

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August 2, 2022



## What are the advantages of a house call, especially in the time of the COVID-19 Pandemic?

What are the advantages of a house call, especially in the time of the COVID-19 Pandemic? If there's one thing we know about the last

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June 14, 2022

## What is the Process of Pain Management?

Are you living in chronic or long-term pain? Then pain management with the team at Health and Wellness Medical Services in Charlottesville, Virginia, is a

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July 5, 2022



## What is a Requirement to Bill for Chronic Care Management?

Chronic care management is a healthcare service dedicated to people living with chronic medical conditions. However, getting this service requires knowledge – who can have

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June 6, 2022

## The Importance of Social Distancing

What is it? Social distancing means putting space between yourself and other people. The recommended distance is 6 feet, or about 2 meters. This also

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June 14, 2022



## What Is Pain Management? Relief for Back, Knee Pain, Etc.

Pain management would depend on the cause of the pain, which can be simple or complex. The history of the pain guides its treatment, intensity,

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May 9, 2022

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#### Announcements

**Face masks are required at this location.**

If you have or suspect you have been exposed to COVID-19, [take these precautions](#) before you seek care. If you have an appointment, please view the [visitor restrictions](#) in place, and learn about the [safety measures](#) in place at all Duke Health locations.

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### Announcements

**Face masks are required at this location.**

If you have or suspect you have been exposed to COVID-19, [take these precautions](#) before you seek care. If you have an appointment, please view the [visitor restrictions](#) in place, and learn about the [safety measures in place](#) at all Duke Health locations.

## Duke Lifestyle and Weight Management Center

Type: **Specialty Clinic**

The Duke Lifestyle and Weight Management Center has helped people achieve a life of health and wellness for more than 50 years. Our comprehensive approach to obesity treatment, [weight loss](#), and lifestyle change will give you the tools you need to lead an active, fulfilling, and healthy life.

 Duke Health Douglas Street  
501 Douglas St  
Durham, NC 27705-3888 [Get Directions](#) **Appointments**  
**800-235-3853**  
Office  
**800-235-3853**

### Clinic Hours

| Mon     | Tues    | Wed     | Thur    | Fri     | Sat    | Sun    |
|---------|---------|---------|---------|---------|--------|--------|
| 8:00 am | -      | Closed |
| -       | -       | -       | -       | -       | Closed | Closed |



## Medically Supervised Weight Loss

Learn how we help you change your eating habits, adopt healthy lifestyle habits, lose weight, and maintain your weight loss.

[Learn More >](#)

### How We Can Help

The Duke Lifestyle and Weight Management Center's team of experts help you change your eating habits, adopt healthy lifestyle habits, lose weight, and maintain your weight loss. Our comprehensive [weight management](#) program offers:

- Comprehensive consultations and ongoing management to help you lose weight
- A low-calorie meal replacement program
- Exercise guidance
- Nutritional counseling
- Behavioral health counseling



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**Erin Hadley, PT, DPT, CLT**

Physical Therapist

Duke Health Provider

919-684-2445

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**Nia S. Mitchell, MD, MPH**

Medical Weight Management Specialist

Duke Health Provider

800-235-3853

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**Elisabetta Politi, CDCES, MPH, RD**

Certified Diabetes Educator, Dietitian

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**Sofia H. Rydin-Gray, PhD**

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Nurse Practitioner - Internal Medicine

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**Christine B. Tenekjian, LDN, MPH**

NBC-HWC, RDN/LDN

Dietitian

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**Diahnn Thompkins, MS, RDN/LDN,**

**CSSD**

Dietitian

Duke Health Provider

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**William Samuel Yancy Jr., MD, MHS**

Internal Medicine Doctor, Medical

Weight Management Specialist, Primary

Care Doctor

Duke Health Provider

4.85 out of 5

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## Accepted Insurance

|   |  |
|---|--|
| Aetna                                   | Healthgram                             |
| Ambetter                                | Humana                                 |
| Blue Cross Blue Shield of NC            | MedCost                                |
| Bright HealthCare                       | Medicare                               |
| Cigna                                   | MultiPlan / Private Healthcare Systems |
| Duke Group Plans                        | NC Medicaid                            |
| Experience Health                       | Optima Health                          |
| First Health                            | TRICARE                                |
| Gateway Health Alliance                 | United Healthcare                      |
| Halifax Physician-Hospital Organization |  |

## Preparing For Your Visit

### Accessibility Services

We provide equal access for all people and offer a range of free [accessibility services](#) to patients and visitors who need them.

### Interpreter Services

Free [interpreter services](#) can be provided for patients who prefer to communicate in a language other than English.



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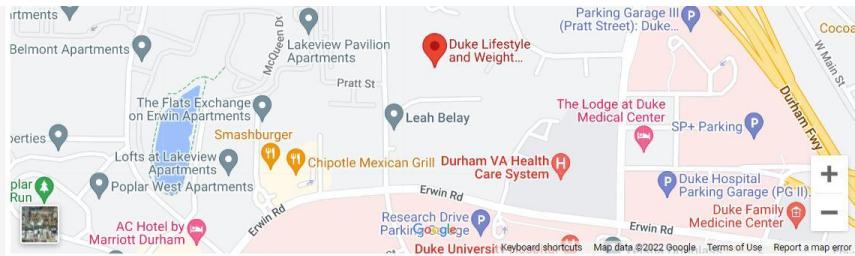
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**Address**

Duke Health Douglas Street  
501 Douglas St  
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**Parking**

Free, convenient parking.

**Public Transportation**

Plan your trip to Duke Lifestyle and Weight Management Center through [GoDurham](#) bus routes [6](#), [11](#), [11B](#), and [20](#) or [GoTriangle](#) bus routes [400](#) and [405](#). The closest bus stops are [Erwin Rd at Research Dr](#) and [Erwin Rd at Downing St](#). If you have trouble accessing these routes, visit [GoDurham Access](#) and [GoTriangle Access](#) to check if you meet the ADA eligibility for accessible transit programs.

Duke Transit provides free bus service to the Duke University Medical Center campus for students, employees, patients, and visitors. [See maps of bus routes](#).

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[Duke Health & Fitness Center](#)

3475 Erwin Rd  
Durham, NC 27705-0005

The screenshot shows the Duke Health website for weight loss options. At the top, there's a navigation bar with links for 'Find a Location', 'Children and Teen Weight Loss' (selected), 'Find a Doctor', 'Treatments', 'Locations', 'Patients & Visitors', and 'Duke MyChart'. A search bar is also present. The main content area features a large image of a medical professional in a purple dress and mask talking to a patient. To the right of the image, text reads: 'Our weight management specialists have years of experience helping children and adults lose weight through our comprehensive programs.' Below the image, a sidebar on the left lists 'Call for an Appointment' with the phone number 919-948-2680, 'Weight Loss Options' (selected), and 'Adult Weight Loss'. The main content area has a breadcrumb trail 'Home > Treatments for Adults' and a section titled 'Understand Your Weight Loss Options' with subtext 'Find the Approach that Works for You in 2 Easy Steps'. It also mentions that Duke Health offers several options for medical supervision. A blue banner at the bottom right says 'Our weight management'.

Find a Location >

Children and Teen Weight Loss

DukeHealth

Find a Doctor

Treatments

Locations

Patients & Visitors

Duke MyChart

Search

Our weight management specialists have years of experience helping children and adults lose weight through our comprehensive programs.

Call for an Appointment  
919-948-2680

Weight Loss Options

Adult Weight Loss

Home > Treatments for Adults

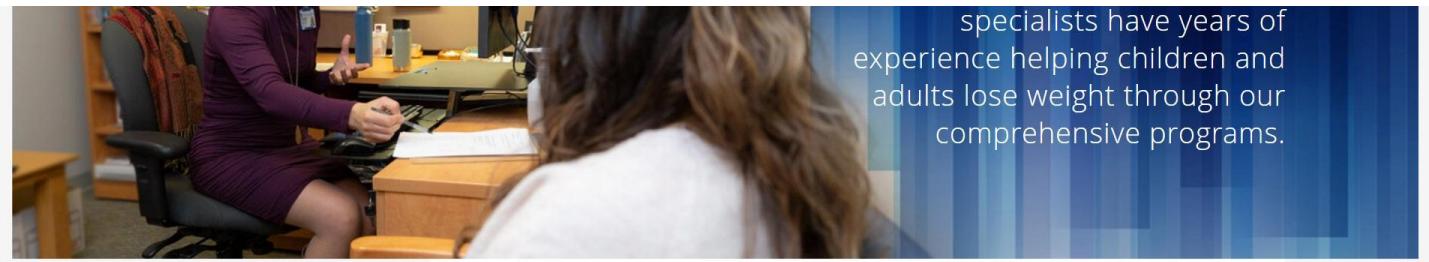
Understand Your Weight Loss Options

Find the Approach that Works for You in 2 Easy Steps

If you've tried but have been unable to lose weight on your own, Duke Health offers several options to help you lose weight under medical supervision.

Our weight management specialists have years of experience helping children and adults lose weight through our comprehensive programs.

Our weight management



specialists have years of experience helping children and adults lose weight through our comprehensive programs.



Call for an Appointment  
**919-948-2680**

Home > Treatments for Adults

## Understand Your Weight Loss Options

Find the Approach that Works for You in 2 Easy Steps

If you've tried but have been unable to lose weight on your own, Duke Health offers several options to help you lose weight under medical supervision.

Our weight management specialists have years of experience helping children and adults lose weight through our carefully structured, comprehensive programs. With our professional help, you'll gain access to a variety of tools that will help you reach a healthy weight loss goal. In addition to ongoing medical care, we offer:

- Medical evaluations, check-ins, and health coaching
- Metabolic testing to help you set your goals and track your progress
- Expert diet and nutritional guidance so you can adopt healthy lifestyle habits
- Behavioral health counseling to address and overcome barriers to weight loss
- Programs, workshops, and classes to build mind and body strength

Ready to get started? Calculate your BMI, then answer a few questions. We'll use your responses to recommend the best approach for your weight loss journey.

### Step 1: Calculate your BMI.



Call for an Appointment  
**919-948-2680**

#### Weight Loss Options

Adult Weight Loss



Children and Teen Weight Loss



Call for an Appointment  
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#### Weight Loss Options

Adult Weight Loss



Children and Teen Weight Loss



Fundamentals of Medical Weight Management

Fundamentals of Medical Weight Management FAQ

#### Additional Resources



 Call for an appointment  
919-948-2680

**Weight Loss Options**

- Adult Weight Loss ▼
- Children and Teen Weight Loss ▼
- Fundamentals of Medical Weight Management
- Fundamentals of Medical Weight Management FAQ
- Additional Resources ▼

 Call for an appointment  
919-948-2680

**Weight Loss Options**

Height  ft.  in.

Weight  lbs.

**Calculate**

Step 2: Use our tool to identify the right weight loss option for you.

What is your age?

Under 18

18-24

Over 24

## Weight Loss Options for Adults

We work with adults who want to lose weight, adopt a healthier lifestyle, and take control of weight-related conditions such as diabetes, heart disease, and other chronic conditions. We

|   |   |
|---|---|
| <a href="#">Adult Weight Loss</a>                             | ▼ |
| <a href="#">Children and Teen Weight Loss</a>                 | ▼ |
| <a href="#">Fundamentals of Medical Weight Management</a>     |   |
| <a href="#">Fundamentals of Medical Weight Management FAQ</a> |   |
| <a href="#">Additional Resources</a>                          | ▼ |



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**919-948-2680**

|   |   |
|---|---|
| <b>Weight Loss Options</b>                                    | ▼ |
| <a href="#">Adult Weight Loss</a>                             | ▼ |
| <a href="#">Children and Teen Weight Loss</a>                 | ▼ |
| <a href="#">Fundamentals of Medical Weight Management</a>     |   |
| <a href="#">Fundamentals of Medical Weight Management FAQ</a> |   |
| <a href="#">Additional Resources</a>                          | ▼ |

also work with people who want but do not qualify for bariatric surgery, as well as people who need help maintaining weight loss following bariatric surgery.

#### **Lifestyle and Weight Management Center**

Our weight management specialists have been successfully helping people lose weight for more than 50 years. You'll undergo a comprehensive evaluation, then work with our team to develop a customized plan based on your weight, health issues, eating habits, and activity level.

#### **Keto Diet for Weight Management**

Duke weight management specialists provide medical supervision and lifestyle counseling to people with chronic conditions including obesity, diabetes, and heart disease, who want to lose weight using the keto diet. In addition to weight loss, published research shows that the very low-carbohydrate, low-sugar diet is an effective method for reducing hunger, increasing muscle mass, and reversing medical conditions to the point where medication, such as insulin, may no longer be needed.

#### **Bariatric Surgery for Adults**

Weight loss surgery is a safe, proven option for people who have been unable to maintain weight loss through diet, exercise, and/or medication. While it's not a quick fix, it can help you achieve lasting benefits when accompanied by permanent lifestyle changes. Our weight management experts and bariatric surgeons help you through every step of this process.



Call for an Appointment  
**919-948-2680**

## Weight Loss Options for Children and Teens

There is no one-size-fits-all solution to weight loss. That's why our team of experts uses a

tailored approach that's unique to your child's needs. When creating their nutrition and exercise plan, we'll consider what strategies you've tried in the past, whether your child has medical complications that need treatment, and their personal preferences and goals.

#### Duke Children's Healthy Lifestyles Program

Our comprehensive weight management program is staffed by pediatric experts in medicine, nutrition, exercise, and behaviors. We help children with excess body weight and their families adopt healthy lifestyle habits by creating a customized approach to nutrition and exercise.

#### Bariatric Surgery for Adolescents and Teens

Weight loss surgery may be an option for some children ages 14 to 18 who have tried to lose weight for at least six months. We work closely with weight loss surgeons at Duke to prepare children who qualify for bariatric surgery. Duke is home to North Carolina's only accredited adolescent weight loss surgery program.



Call for an appointment  
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#### Weight Loss Options

[Adult Weight Loss](#) ▾

[Children and Teen Weight Loss](#) ▾

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[Additional Resources](#) ▾



## Weight Loss Options

[Bariatric Surgery](#)

[Weight Management for Children and](#)

Children and Teen Weight Loss ▾  
Fundamentals of Medical Weight Management  
Fundamentals of Medical Weight Management FAQ  
Additional Resources ▾

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## Additional Services

› [Bariatric Surgery](#)  
› [Integrative Medicine](#)

› [Understand Your Weight Loss Options](#)

Reviewed: 12/08/2020



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CHANGE HABITS, LOSE WEIGHT, AND  
maintain your weight loss.

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**Weight Loss Options**

**Adult Weight Loss**



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**Weight Loss Options**

**Adult Weight Loss**

Lifestyle and Weight Management for Adults

Keto Diet for Weight Management

Cardiometabolic Weight Management

Primary Care Weight Management

OPTIFAST® Weight Loss

Home > Treatments for Adults > Understand Your Weight Loss Options

## Lifestyle and Weight Management

### Medically Supervised Weight Loss

Duke weight management specialists counsel and oversee non-surgical treatments to help you change your eating habits, adopt healthy lifestyle habits, lose weight, and maintain your weight loss. We have been helping people successfully lose weight, manage medical conditions, and change your eating habits, adopt healthy lifestyle habits, lose weight, and maintain your weight loss. We have been helping people successfully lose weight, manage medical conditions, and transform their lives for more than 50 years. Here's how we can help you live a healthy, active, fulfilling life.

- We work with you through virtual and in-person appointments to help you identify and achieve realistic weight loss goals.
- We customize our treatment recommendations to your individual needs and preferences.
- We offer all of our services – medical weight management, nutrition, behavioral health, and exercise guidance – using a convenient and comprehensive approach.
- Our experts work closely together to provide the proper guidance and support to help you in your weight and health journey.



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Lifestyle and Weight Management for Adults



Duke Lifestyle and Weight Management Center

Read about our amenities and get directions to our clinic.

Learn More >

## How We Can Help You

If you want to lose weight and have struggled to do so on your own, we can help. Our experts help people to lose weight for many reasons such as:

- Your weight increases your risk for a medical condition such as diabetes, high blood pressure, or heart disease.
- You want to lose weight to improve one of these conditions or others like sleep apnea or osteoarthritis.
- You do not qualify for weight loss surgery.
- You might be interested in weight loss surgery but are not ready to take that step.
- You had weight loss surgery and are now struggling to maintain the weight loss.
- You want to move more easily, feel more vibrant, or look better.

### We've Been Helping People Lose Weight for More Than 50 Years

People who have worked with our experts report they:

- Reduced their risk of heart disease, diabetes, and obesity-related conditions.
- Can move more easily and are less restricted by arthritis and chronic pain.
- Enjoy improved endurance, strength, and flexibility.
- Have a healthier, more balanced approach to eating and activity.
- Are better able to manage stress and enjoy a more positive mindset.
- Successfully changed how they integrate diet and exercise with their lifestyle.
- Continue to experience progress on their own.

Keto Diet for Weight Management

Cardiometabolic Weight Management

Primary Care Weight Management

OPTIFAST® Weight Loss Program

Bariatric Surgery for Adults →

Children and Teen Weight Loss

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Call for an Appointment

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## Medical Weight Loss Services

### Comprehensive Consultation and Ongoing Management

Initially, you'll meet with your weight management specialist for a comprehensive evaluation that will include a discussion about your medical history as it relates to your weight, eating and activity habits, and any weight-related behavioral issues. Your doctor will use this information to recommend a personalized treatment plan.

### Exams and Tests

You will undergo baseline and periodic physical examination and testing to assess your weight, waist circumference, blood pressure, and blood cholesterol, triglycerides, and glucose levels, among others. This information is used to search for underlying causes of weight gain and monitor medical conditions that are sensitive to diet, exercise, and weight loss, such as diabetes, high blood pressure, and high cholesterol.

### Body Composition Measurement With Bod Pod®

Initial and ongoing assessments may include a body composition measurement using the Bod Pod. This highly accurate, full-body capsule can detect the smallest changes in body fat and lean body mass. It can be used to measure the success of your weight management program. Currently, this service is not covered by insurance.

### Initial Tests Prices

- \$85 per person, \$145 for two people when tests are scheduled to take place at the same time

**Children and Teen Weight Loss** ▼

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**Weight Loss Options**

**Adult Weight Loss** ^

- Lifestyle and Weight Management for Adults**
- Keto Diet for Weight Management**
- Cardiometabolic Weight Management**
- Primary Care Weight Management**
- OPTIFAST® Weight Loss Program**

**Bariatric Surgery for Adults** →

**Children and Teen Weight Loss** ▼

 **800-235-3853**

**Weight Loss Options**

**Adult Weight Loss** ^

- Lifestyle and Weight Management for Adults**
- Keto Diet for Weight**

- time.
- Duke staff, military, and civil servants: \$72.50 per person, \$125 for two people when tests are scheduled at the same time.
  - Duke patients on Optifast meal replacement program: \$42.50

#### Retest Prices

- \$60 per person
- Duke staff, military, and civil servants: \$50
- Duke patients on Optifast meal replacement program: \$50



#### Sign up for More Information

Sign up to receive more information about the services and programs provided at the Duke Lifestyle and Weight Management Center.

[Sign up >](#)

#### OPTIFAST® Low-Calorie, Meal Replacement Program

If appropriate, your doctor may recommend that you follow a very-low-calorie, meal replacement program such as OPTIFAST® to help you lose weight and lower your blood pressure, cholesterol, and glucose. This highly successful, multi-week program provides nutritionally complete soups, bars, and shakes, and includes weekly provider visits plus group support sessions led by one of our nutrition, behavioral health, fitness, or medical experts. During weekly visits, your provider will monitor your vital signs, your weight loss, and be on the lookout for any signs that might indicate a medical issue. Over time, your doctor will work with you to slowly reintroduce food into your diet as you reach your weight goal. Currently, this program is not covered by insurance, but consultations with your doctor or dietitian may be.

#### Nutrition Consultation

Our registered dietitians /nutritionists will conduct a nutrition assessment and create a plan with you that addresses your weight and health goals. Your nutritionist will learn about your

Management

Cardiometabolic Weight Management

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personal needs and then assist with creating a nutrition plan and setting lifestyle goals to help you adopt healthier eating habits. During regular visits, you'll learn how to plan meals that can be adapted to your preferences or if you have cultural eating limitations, food allergies, or other intolerances.

#### Emotional Wellness

We believe your mind is as important as your body when trying to achieve your weight and health goals. That's why we offer behavioral health counseling. They help you to identify behaviors and emotions that prevent successful weight loss, such as binge eating, emotional and mindless eating, self-image concerns, anxiety, and life stress. We help you build confidence and motivation to make healthy lifestyle changes and reach your goals.

#### Exercise and Fitness

Our exercise physiologists at the [Duke Health and Fitness Center](#) conduct a thorough fitness and ability assessment and then create a plan tailored to increase your stamina, strength, flexibility, and balance while burning more calories and preventing injury.

#### Complementary Treatments

You may wish to take part in programs, workshops, and classes through the Duke Integrative Medicine Center or the Duke Health and Fitness Center. Your doctor can help you understand how these options, such as acupuncture, massage, yoga therapy and more, can aid your weight loss journey.

#### Bariatric Surgery

If your provider determines that your body mass index and medical conditions make you a candidate for weight loss surgery, he or she can help you understand if this option is right for you and prepare you to be as successful as possible.

8

Matching Results

#### Our Providers

Meet our team and view their profiles.

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**Weight Loss Options**

**Adult Weight Loss**

Lifestyle and Weight Management for Adults

Keto Diet for Weight Management

Cardiometabolic Weight Management

Primary Care Weight Management

OPTIFAST® Weight Loss Program

Bariatric Surgery for Adults →

**Children and Teen Weight Loss** ▾

Lifestyle and Weight Management for Adults

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Cardiometabolic Weight Management

Primary Care Weight Management

OPTIFAST® Weight Loss

## Our Team

Our team includes experts who lead one-on-one sessions to facilitate weight loss. These sessions may be performed through our telehealth option or in person. Check with your insurance plan to see which of these services are covered. Our team includes:

**Medical Weight Management Specialists**

These health care providers include medical doctors and other health care providers who specialize in weight loss and management of health issues related to weight.

**Nutritionists**

Our registered dietitians help you to understand the relationship between nutrition, your weight and your health.

**Behavioral Health Specialists**

Our licensed clinical psychologists and licensed clinical social workers help you understand and address barriers to a healthy lifestyle change.

**Personal Trainers**

Our exercise physiologists help you to identify and overcome barriers that prevent you from starting an exercise program, then show you how to exercise more safely and effectively.

**Health Coaches**

You may also choose to work with our nutritionists, fitness experts, and behavioral health specialists as your own personal health coach who can help you implement your plan.

## Start Your Exercise Program



The **Duke Health & Fitness Center** offers a wide variety of fitness and wellness classes, exercise equipment, a pool, and sauna. We also offer personal training, nutritional consultations, massage therapy, and

Program

Bariatric Surgery for Adults →

Children and Teen Weight Loss ▾

Fundamentals of Medical Weight Management

Fundamentals of Medical Weight Management FAQ

personal training, nutritional consultations, massage therapy, and medically-based exercise programs. Membership is open to everyone.

Try our seven-day free trial.

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## Additional Services

↳ [Bariatric Surgery](#)

↳ [Understand Your Weight Loss](#)

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2022 Flu Vaccination



## A Flu Vaccine Protects Mom, Fetus, and Infant

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Ver en español With flu season starting in October, it's important to get a flu vaccination for protection while COVID-19 continues to spread. Your body ...

to get a flu vaccine every fall. According to Duke perinatologist Geeta Swamy, MD, the annual immunization ...

Ver en español With flu season starting in October, it's important to get a flu vaccination for protection while COVID-19 continues to spread. Your body ...

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## Think You Have the Flu? Try Virtual Urgent Care

It's winter and you're tired, coughing, and have a low fever. What do you do next? As the country settles into another flu season, it's important to ...



## Answers to Common Questions About the Flu Vaccine

Many questions surround the flu vaccine, including why it's needed every year. Here, ...



## Should You See a Chiropractor for Back Pain?

Nearly everyone suffers from back pain at some point. One treatment option is chiropractic care, which often includes spinal manipulation (also called manual ...

Important to ...

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August 16, 2022

Important to ...

August 15, 2022



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When it comes to treating back and neck pain, starting with conservative treatments like physical therapy, acupuncture, and chiropractic manipulation is ...

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## Hand Transplant Now an Option for Limb Loss

If you have lost one or both hands, you may be a candidate for a hand transplant. This surgical approach is being researched and is part of a new category of ...

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## More People Eligible for Cochlear Implants Thanks to Expanded Criteria

People with severe hearing loss in just one ear are now eligible to receive cochlear implants. These surgically implanted devices not only improve a person's ...

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## Hepatitis B-Positive Liver Donations Offer New



## When Diabetic Neuropathy Made Him Miserable, A



## A Safe Return to Fall Sports

Lack of conditioning, hot, humid weather, and

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# Personalized Weight Management Specialist

XBody Health, Wellness & Spa > Personalized Weight Management Specialist



## XBody Health, Wellness & Spa

Functional Medicine & Aesthetics & Medical Spa located in Wayne, NJ

In Wayne, New Jersey, the highly qualified medical team can help you shed excess pounds to give you the gift of better health, and reduce your risks of numerous health complications. For personalized and successful weight management based on comprehensive body tests, call XBody Health, Wellness & Spa or book an appointment online today.

 973-692-9780

REQUEST APPOINTMENT

## Personalized Weight Management Q & A

## Personalized Weight Management Q & A



### What Is Personalized Weight Management?

XBody Health, Wellness & Spa provides specialized and personalized weight management programs that are designed, monitored, and supported by a highly trained medical weight loss specialists. At Xbody Health, Wellness, & Spa, we strongly believe there is no "quick fix" or one-size-fits-all solution to weight loss. We offer many different treatments tailored to each person's specific needs to live a happier, healthier life. Through counseling and coaching, we identify your weight loss challenges and work together to reach your personal weight loss goal. Through specific testing, our providers create a plan to address dietary and lifestyle changes. Our program is different from the rest in that the focus is not on prescription drugs, calorie counting, and endless exercise, it is natural and holistic approach to ensure our patients lose optimal weight and keep it off.

### How Can I Lose Weight With Personalized Weight Management?

The first step with professional personalized weight management is an in-depth evaluation and consultation with your XBody Health, Wellness & Spa medical staff. This usually includes any necessary tests, such as comprehensive blood work, and a review of your medical history. We also do a lot of diagnostic tests, such as metabolic testing, allergy testing, sudo scans to check the functionality of the body, and more.

Your XBody provider might recommend various effective personalized weight management methods, such as:

- Stress management
- Nutritional counseling
- Exercise
- Vitamins and supplements
- Regular weight analysis and body measurement
- Medications, such as appetite suppressants
- Hormone therapy to balance your hormones
- IV therapies and lipotropic injections
- Reduced calorie diets
- Full or partial meal replacements
- Nonsurgical cosmetic fat-loss procedures
- Mesotherapy
- HCG weight loss program

The right weight management plan for you depends on several factors, including your medical and family history, food sensitivities and allergies, and diet and diet preferences.

Mental health disorders can also play a significant role in obesity and excess body weight, so your XBody Health, Wellness & Spa provider works with you to improve your behaviors, habits, and outlook, and diminish any anxiety you might have.

Your provider also analyzes your individual genetics and teaches you the best ways to optimize your nutrition.

#### What Are Some Complications Of Excess Body Weight And Obesity?

Obesity and carrying excess weight on your body can affect almost all of your bodily systems and lead to concerning complications, such as:

- Poor self-image
- Diminished confidence
- Diabetes
- Stroke
- Arthritis
- Depression

- Heart disease
- High cholesterol
- Sexual dysfunction
- Infertility

The caring and knowledgeable XBody Health, Wellness & Spa providers offer compassionate and professional guidance and support. The team believes there isn't a one-size-fits-all approach to weight loss, and they've seen impressive results with their personalized weight management programs.

For a personalized weight management program to help you reach your healthy goal weight, call XBody Health, Wellness & Spa or click to schedule an appointment online today.

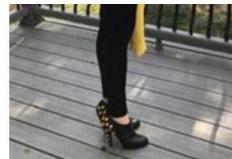
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## Weight Loss Program





**Before**



**After**



**Before**



**After**





Before



After



Before



After

**BEFORE**

**AFTER**



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## HCG Weight Loss



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For a personalized weight management program to help you reach your healthy goal weight, call XBody Health, Wellness & Spa or click to schedule an appointment online today.

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## Weight Loss Program





**Before**



**After**



**Before**



**After**





Before



After



Before



After

**BEFORE**

**AFTER**



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## HCG Weight Loss



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### [Is It Menopause or a Thyroid Problem?](#)

As women move through their 40s and approach their 50s, lots of changes take place — many of them unfavorable. You may experience hair loss, chronic fatigue, forgetfulness, weight gain, and other generally unpleasant symptoms. But how can you tell if it's menopause or a thyroid problem?

As women move through their 40s and approach their 50s, lots of changes take place — many of them unfavorable. You may experience hair loss, chronic fatigue, forgetfulness, weight gain, and other



### [Eximia: The Revolutionary New Technology That Banishes Stubborn Fat Deposits Without Surgery](#)

So you hit the gym every day and eat healthy, working hard to get results. Only you're not seeing the results you want. There's a new technology that banishes stubborn fat deposits without surgery.

So you hit the gym every day and eat healthy, working hard to get results. Only you're not seeing the results



### [How Vitamin Deficiencies and Hormone Imbalances Impact Your Health](#)

If there's one universal truth about the human body, it's that it relies on balance above all else to function at its best. When that balance is disrupted, it can lead to various health issues, such as fatigue, mood swings, and difficulty concentrating. In this article, we'll explore how vitamin deficiencies and hormone imbalances impact your health.

If there's one universal truth about the human body, it's that it relies on balance above all else to function at its

generally unpleasant symptoms. But how can you tell if you're going through perimenopause or experiencing a thyroid problem? Both

July 7, 2020



### Learn About Our Revolutionary Bone Density Scan That Uses Free of Radiation Ultrasound

The New Modern Day Ultrasound Bone Density and Fragility Test XBody Health & Wellness Integrative Functional Medicine Office has the most advanced innovative FDA approved tool Echolight REMS enabling us to do an earlier diagnosis of Osteoporosis and to predict risk of fracture in the next 5 years. This

March 1, 2020

you want. Despite your efforts — all the sweat, the muscle burn, the early morning alarms — you still have bulges of fat in places you'd really rather be

May 8, 2020



### Banish Varicose Veins With Radiofrequency Ablation

Winter isn't quite over, but summer will be here before you know it, and it will be time to stop hiding your legs. If you're dealing with varicose veins, that sentence may have made you flinch. Perhaps just the thought of warm weather makes you shudder for fear of showing

February 1, 2020

best. From balanced diets to balanced hormones, your overall wellness requires that your body has the resources it needs to maintain optimal health. And when these balancing acts

April 27, 2020



### Fortify Your Immune System This Flu and Cold Season With IV Vitamin Therapy

Let's face it: Life is stressful. Most of us don't get enough sleep, work too much, take on too many obligations, and generally just don't have enough time to truly relax. You may turn to caffeine to perk up and alcohol to wind down, eat too many packaged foods for

January 1, 2020



---

## Forget Surgery: Learn Why Thread Lifts Are the Hottest Way to Instantly Look Years Younger

Until relatively recently (read: late 2010s), the only method that allowed for dramatic reshaping of facial features was a face-lift. Face-lifts, unfortunately, require invasive surgery, a long recovery period, and downtime to deal with sensitive post-surgical sites. Of course, you can opt for laser skin resurfacing, chemical peels, Botox®, or

December 6, 2019

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## Start Laser Hair Removal Treatment Now and Be Silky Smooth By Summer

It's hard to think of summer when winter is only just now gearing up, but these long, cold months also present a great opportunity to prepare for the warmer months — especially if you'd like to start the summer hair-free. Through our innovative laser hair removal system, we can clear away

November 11, 2019

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# Nutritional Guidance Specialist

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## XBody Health, Wellness & Spa

Functional Medicine & Aesthetics & Medical Spa located in Wayne, NJ

Balanced nutrition is a major factor in feeling your best. At XBody Health, Wellness & Spa in Wayne, New Jersey, the team of doctors and health coaches enthusiastically helps anyone who wants to make a positive change in their diet with nutritional guidance and supplementation. To get started on revitalizing your health and wellness, call XBody Health, Wellness & Spa or book an appointment online today.

 [973-692-9780](#)[REQUEST APPOINTMENT](#)

## Nutritional Guidance Q & A

## Nutritional Guidance Q & A



### Why Is It Important To Get Proper Nutrition?

Nutrition is the foundation of your body's functioning. When you get a balance of important nutrients in your diet, you reduce your risk of a wide variety of chronic conditions and health complications.

Eating well can help prevent:

- High blood pressure
- High cholesterol
- Heart disease
- Stroke
- Diabetes
- Some forms of cancer
- Osteoporosis

Additionally, eating well helps you feel more energetic, alert, and mobile. Your medical staff at XBody Health, Wellness & Spa helps you explore the benefits that eating better provides for your personal lifestyle.

## Should I Get Nutritional Guidance?

You don't need to be overweight or chronically ill to benefit from nutritional guidance and services from a trained professional. At XBody Health, Wellness & Spa, the team provides nutritional guidance to anyone who wants to improve their lifestyle or who already has a chronic condition and needs help managing it.

Since nutrition isn't necessarily one-size-fits-all, XBody Health, Wellness & Spa provides testing to help the team get an idea of your needs. After reviewing your medical history and any present symptoms, they request blood work to view your levels of certain nutrients and other factors. They also provide:

### Allergy testing

Identifying your food allergies and sensitivities with allergy testing helps the XBody Health, Wellness & Spa team create your personalized diet plan effectively. They offer skin prick testing and blood testing to find out what foods you should avoid.

### Metabolic testing

With metabolic testing, your provider can find out more about the speed and efficiency of your metabolism, or the process of your body turning food into energy. Through the Reevue Metabolic Machine, the staff are able to determine your resting metabolic rate within 10 minutes of the exam.

## What Does Nutritional Guidance Entail?

An integrative nutrition health coach is a guide and mentor who empowers you and provides ongoing support as you set goals and make sustainable changes that optimize your health and manage your weight. In one hour private sessions, we will connect the dots between who you are and who you want to be. Together we create your personal blueprint, set personal goals, and work towards sustainable change for an overall healthier lifestyle. Our team of experts at Xbody Health, Wellness, & Spa are highly trained and knowledgeable about nutrition and weight loss. They can make a personalized and effective diet plan to help you lose weight, manage a chronic condition, live with a food allergy, or simply be healthier.

The team gives you direction and helps you navigate the necessary changes to your diet. If you have any questions about your nutrition, the integrative nutrition health coach and medical experts readily answer them in detail so you're certain about the choices you make when it comes to eating.

The team also provides guidance on needed supplements if you must follow a restrictive diet. Your body may have certain

The team also provides guidance on needed supplements if you must follow a restrictive diet. Your body may have certain requirements for higher-than-average levels of specific nutrients, and supplements can help you reach those levels in ways that you couldn't with food alone.

To improve your wellness with expert nutritional diagnostics and coaching, call XBody Health, Wellness & Spa or book an appointment online today.

- The nutritional guidance program includes:
- Nutritional guidance and education
- Holistic support
- Food recommendations (vegan, vegetarian, gluten free, dairy free, etc.)
- Customized macronutrient ranges
- Nutrition guidance for all life changes
- Supplement recommendations
- Meal suggestions
- Email support between sessions
- Cooking demonstrations

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## Nutrition & Weight Management

### Nutrition Counseling

Our dietitians are very skilled at helping patients with any special dietary needs. We work with health and lifestyle improvements, food and dietary allergy issues, eating disorders, sports and nutritional needs, oncology patients, and more. We also offer several specialty programs for weight management and work with patients before and after bariatric surgery for their unique needs.

### Endocrine & Thyroid

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[Bariatric Surgery](#)

Hi! Welcome to Frederick Health. How can we help you?

[Diabetes & Nutrition](#)



To schedule your medical weight loss consultation, call us at [240-215-1474](tel:240-215-1474).

## Adult Weight Loss Programs

For adults ready to make the lifestyle changes to lose weight, we offer two options for weight loss programs. Both programs include weekly weigh-in and group education sessions, behavioral assessment and coaching and the assistance of a navigator in helping you stay on track.

Hi! Welcome to Frederick Health. How can we help you?



- A Very Low Calorie Diet (VLCD) program that requires comprehensive medical monitoring is offered for those who have 40 or more pounds to lose. This program uses a nutritionally complete beverage as your sole source of nutrition.
- A Low Calorie Diet (LCD) program is offered that incorporates a combination of healthy foods and/or meal replacement beverages and snack products.

## Insurance

The Frederick Health Medical Group Medical Weight Loss practice accepts most insurances and may have out-of-pocket expenses. As a new patient coming into our program be sure to have a Physician Order Form from your referring doctor. We ask that you call ahead to your insurance company to make sure you understand your benefits for diabetes education and nutritional counseling.

## What to Bring to Your Initial Consult

- Your recent blood work results
- Physician order form / referral / insurance cards
- List of your medications
- Your glucose readings, if you have Diabetes.

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- - -

## All Locations



### Frederick Health Crestwood | Endocrine & Thyroid

Medical Office Building

7211 Bank Ct, Suite 240  
Frederick, MD 21703  
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Frederick Health is celebrating its 120th Anniversary! Click here to learn more.



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## ProMotion Fitness

### Promoting Health & Fitness

Have you been thinking about starting an exercise program or has your health care provider been encouraging you to begin? If you are unsure about how to begin a safe and effective program or feel more comfortable under specialized supervision and guidance, Frederick Health ProMotion Fitness provides a safe and supportive environment designed to partner with you in reaching your exercise goals.

#### Our Mission

To serve Frederick County and surrounding communities by providing early intervention in preventing and/or managing chronic disease. We employ only the most highly qualified staff to

#### Related Services

[Yoga & Pilates Classes](#)

[Survivor Fitness](#)

[Pulmonary Rehab](#)

[Cardiac Rehab](#) Hit! Welcome to Frederick Health. How can we help you?



work in collaboration with the health care provider and participant, offering tailored exercise prescription, education and support to help participants successfully achieve and maintain their healthy lifestyle goals.

## Exercise Is Medicine

Frederick Health ProMotion Fitness supports the global Exercise is Medicine initiative. We will work with you and your health care provider to develop an exercise prescription tailored to your individual needs.

- Exercise and physical activity are clinically proven to be important to health and the prevention and treatment of many chronic diseases.
- We offer a highly qualified staff who are degreed, certified or specialized to work with members who are at risk for or who already have chronic disease.

## What Is Offered

- Personal attention and guidance as needed.
- Entry fitness assessment and re-assessment at 6 months and annually thereafter.
- Blood pressure and heart rate monitoring as needed.
- Blood Glucose monitoring for diabetes, if applicable.
- Technogym aerobic and strength equipment that allows us to:
  - Develop a personalized electronic exercise prescription that you carry with you on a wellness key and insert into the exercise equipment to ensure an appropriate and safe experience.
  - Track your individual progress towards reaching your goal.
  - Provide feedback to your physician per your individual request and needs.

## The Most Highly Qualified Staff

We are committed to providing a highly qualified, degreed and credentialed staff of Registered Nurses and degreed Exercise Physiologists. The American College of Sports Medicine differentiates Exercise Physiologists with a minimum of a bachelor's degree in Exercise Physiology

## All Frederick Health Services

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[Breast Cancer](#)

[Cancer Care](#) Hi! Welcome to Frederick Health. How can we help you?

[Cancer Care - Colon & Rectal](#)

[Cancer Care - Prevention & Screenings](#)

[Cardiac Catheterization & Electrophysiology Lab](#)

[Cardiac Rehabilitation](#)

[Care Clinic](#)

[Colorectal Cancer](#)

[CyberKnife Stereotactic Radiosurgery System](#)

[Dental Clinic](#)



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and specific training as the "Gold Standard" when working with individuals who have or are at risk for chronic disease. Our staff provides a standard of care and supervision unlike any other exercise facility in the region. We are committed to providing you with personalized care in a safe, friendly environment.

Please call [240-215-1470](#) or email [Exercise@Frederick.Health](mailto:Exercise@Frederick.Health) if you are interested in starting the program, want to schedule a tour, or need more information.

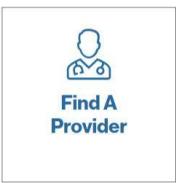
### Additional Information

If you have experienced a recent cardiac or pulmonary event, it is advised that you complete the Cardiac or Pulmonary Rehabilitation program prior to enrolling in this program. To contact the [Cardiac](#) and [Pulmonary Rehabilitation](#) program at Frederick Health, please call [240-566-3229](#). [Yoga and Pilates](#) classes and [Survivor Fitness](#) classes also offered at ProMotion Fitness.

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### How Can We Help?



## Related Locations



### Frederick Health Crestwood |

#### ProMotion Fitness

Medical Office Building

7211 Bank Ct, Suite 220

Frederick, MD 21703

240-215-1470

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## **United States Patent and Trademark Office (USPTO)**

### **USPTO OFFICIAL NOTICE**

Office Action (Official Letter) has issued  
on August 24, 2022 for  
**U.S. Trademark Application Serial No. 97120660**

A USPTO examining attorney has reviewed your trademark application and issued an Office action. You must respond to this Office action in order to avoid your application abandoning. Follow the steps below.

- (1) [\*\*Read the Office action\*\*](#). This email is NOT the Office action.
- (2) **Respond to the Office action by the deadline** using the Trademark Electronic Application System (TEAS). Your response must be received by the USPTO on or before 11:59 p.m. **Eastern Time** of the last day of the response period. Otherwise, your application will be [abandoned](#). See the Office action itself regarding how to respond.
- (3) **Direct general questions** about using USPTO electronic forms, the USPTO [website](#), the application process, the status of your application, and whether there are outstanding deadlines to the [Trademark Assistance Center \(TAC\)](#).

After reading the Office action, address any question(s) regarding the specific content to the USPTO examining attorney identified in the Office action.

## **GENERAL GUIDANCE**

- [\*\*Check the status of your application periodically\*\*](#) in the [Trademark Status & Document Retrieval \(TSDR\)](#) database to avoid missing critical deadlines.
- [\*\*Update your correspondence email address\*\*](#) to ensure you receive important USPTO notices about your application.
- [\*\*Beware of trademark-related scams\*\*](#). Protect yourself from people and companies that may try to take financial advantage of you. Private companies may call you and pretend to be the USPTO or may send you communications that resemble official USPTO documents to trick you. We will never request your credit card number or social security number over the phone. And all official USPTO correspondence will only be emailed from the domain “@uspto.gov.” Verify the correspondence originated from us by using your Serial Number in our database, [TSDR](#), to confirm that it appears under the “Documents” tab, or contact the [Trademark Assistance Center](#).

- **Hiring a U.S.-licensed attorney.** If you do not have an attorney and are not required to have one under the trademark rules, we encourage you to hire a U.S.-licensed attorney specializing in trademark law to help guide you through the registration process. The USPTO examining attorney is not your attorney and cannot give you legal advice, but rather works for and represents the USPTO in trademark matters.

User: Crystal Yi

**Statistics for Case  
97120660**

| #         | Search   | Total Marks | Dead Marks | Live Viewed Docs | Live Viewed Images | Status/Search Duration |
|-----------|--|-------------|------------|------------------|--------------------|------------------------|
| <b>1</b>  | 97120660[sn]   | 1           | 0          | 0                | 0                  | 0:00                   |
| <b>2</b>  | (*l{"iy"}v* "l i v e") [bi,ti] not dead [ld]                 | 25479       | 0          | 0                | 0                  | 0:01                   |
| <b>3</b>  | (*r{"iy"}ght* *r{"iy"}te* "r i g h t") [bi,ti] not dead [ld] | 15808       | 0          | 0                | 0                  | 0:04                   |
| <b>4</b>  | 2 and 3  | 152         | 0          | 152              | 152                | 0:05                   |
| <b>5</b>  | 260118[dc] not dead[ld]                                      | 13318       | 0          | 0                | 0                  | 0:01                   |
| <b>6</b>  | 260121[dc] not dead[ld]                                      | 114659      | 0          | 0                | 0                  | 0:01                   |
| <b>7</b>  | 260503[dc] not dead[ld]                                      | 5258        | 0          | 0                | 0                  | 0:01                   |
| <b>8</b>  | 5 and 6 and 7  | 24          | 0          | 1                | 24                 | 0:00                   |
| <b>9</b>  | 5 and (6 7)  | 7702        | 0          | 0                | 0                  | 0:00                   |
| <b>10</b> | 6 and 7  | 469         | 0          | 2                | 469                | 0:01                   |
| <b>11</b> | 5 and 6  | 7692        | 0          | 0                | 0                  | 0:00                   |
| <b>12</b> | 5 and 7  | 34          | 0          | 1                | 34                 | 0:01                   |

Session started 08/24/2022 7:44 am

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Session duration 6 minutes 39 seconds

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User: Crystal Yi

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| <b>1</b> | 97120660[sn]   | 1           | 0          | 0                | 0                  | 0:00                   |
| <b>2</b> | (*l{"iy"}v* "l i v e") [bi,ti] not dead[lid]                 | 25479       | 0          | 0                | 0                  | 0:01                   |
| <b>3</b> | (*r{"iy"}ght* *r{"iy"}te* "r i g h t") [bi,ti] not dead[lid] | 15808       | 0          | 0                | 0                  | 0:04                   |
| <b>4</b> | 2 and 3  | 152         | 0          | 152              | 152                | 0:05                   |

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