



# Northlake Weight Management Center

## We Help You Help Yourself.

For some people, quick diet plans and one-size-fits-all strategies don't fit the bill. They might bring a small amount of weight loss or increased energy, but they ignore the larger issues of true health and wellness. Northlake Weight Management Center with OPTIFAST® step in where other weight loss plans fail. One of our plans is for you if you:

- Are at least 20 pounds overweight
- Are experiencing weight-related health problems
- Tried other diets and gained back the weight you lost

## The OPTIFAST® Program.

Trying to lose weight while ignoring your health is like flying a kite without a string. It may take off, but it will quickly lose control and fall.

**There's a better way to lose weight.** With the OPTIFAST® Program, you can keep control of your weight, improve your health, and do both in a way that fits your lifestyle.

That's what weight wellness is all about—treating you as a whole person. OPTIFAST® brings you:

- A way to look and feel better
- Personalized plans to fit your lifestyle
- Results for the short and long term
- Individual and group support
- A safe, medically monitored program

## You Get Results!

More than any other program available, OPTIFAST® provides you the assurance that you are on a winning program. Countless studies show the OPTIFAST® approach to weight loss and health management offers the best results for the long-term.

OPTIFAST® offers:

- Clinically proven results such as
  - › Significant weight loss.
  - › Lower cholesterol.
  - › Lower blood pressure.
- A long track record—OPTIFAST® has been used successfully since 1974.
- A holistic view of weight loss—not just eat less, exercise more.

## You See Changes!

Bringing about long-term weight loss and better health takes more than a quick lecture on diet and exercise. That's why OPTIFAST® gives you plans for the short-term and the long-term.

Throughout the initial stages and afterward, you'll receive coaching to develop life strategies to improve your health and weight. You'll also get teaching on how to choose and prepare the best foods and how to find an exercise program that works for you.

☑ *Improve your health*

☑ *Increase your energy*

☑ *Enhance your self-esteem*