

What's the secret to losing weight and keeping it off?

Secret for losing weight: If you have 30 or more pounds to lose or have struggled with weight loss for years, the secret is a fast, healthy weight loss. Getting the weight off quickly and rapidly is important for success.

Secret for keeping it off: Learning new healthy habits that become part of your life. We focus on the same healthy lifestyle changes that research shows is the most effective way to lose weight and keep it off.

For over 30 years, we have helped people like you lose weight and gain healthier habits.

Call Weight Management Services at 715-838-6731 to register for a free information session and learn about our programs. Ask what types of classes are available in your community.



A variety of options to make a weight loss difference

CLINIC OPTIONS

Phase 1 (weight loss)

Weekly lifestyle education classes, coached by a weight management specialist

Decision Free — No food decisions

- Consists of a low-calorie plan using HMR meal replacements
- Promotes rapid, healthy weight loss
- Medical supervision as needed
- Ideal for 30–230 pound weight loss

Healthy Solutions

A combination of HMR shakes and entrees, and unlimited vegetables and fruit

- Promotes a fairly rapid, healthy weight loss
- Ideal for 20–50 pound weight loss
- Available with or without medical supervision

Phase 2 (maintenance)

A critical phase to develop the skills needed to keep weight loss and health in check.

To successfully manage weight, you need more structure, accountability and support. Phase 2 focuses on teaching survival skills to help protect your weight and health throughout the year.

- Learn ways to celebrate without gaining weight
- Get extra personal coaching and support
- Enjoy the help of structured meal replacements
- Share ideas with others who are going through the same struggles



All of our meal replacements are available for sale to the general public.

Call today to get details.

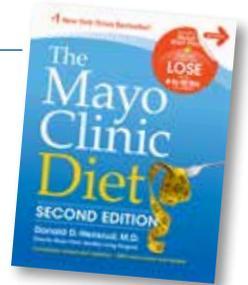
WEIGHT WISE

A structured, easy-to-follow food plan designed to help decrease decisions for maximum weight loss

- Ideal for people wanting to lose 10–40 pounds

MAYO CLINIC DIET

- Ten-week lifestyle classes will help you develop healthy nutrition and exercise habits
- Ideal for people wanting to lose 10–30 pounds



The Mayo Clinic Diet is a weight loss and lifestyle program designed by Mayo Clinic weight and health experts.

AT-HOME OPTIONS

The average weight loss for our at-home programs is 15–30 pounds.

Quick Start Diet Kit

- Use the same Healthy Solutions diet that has helped our clinic patients achieve and maintain a healthy weight loss
- Kit includes weight loss meal replacements, as well as well as materials that provide step-by-step instructions

Phone Class — HMR Weekly Group Class

- Use the same Healthy Solutions diet that has helped our clinic patients achieve and maintain a healthy weight loss
- Receive support from staff and other class members while in the comfort of your own home or office

Classes are available in northwest Wisconsin.

Call today to schedule your free group information session: 715-838-6731.