



You have the option of controlling your disease! Every decision you make takes you a step closer to either control or the loss of control. Each time you make poor choices, you are opting out of control. Your body is the result of what you have done to it. Unless you take responsibility, nothing will work.

Realizing that your endeavor requires commitment and effort is the first vital step to success.

Are you ready to take the first step toward a healthier, happier lifestyle?

Strongly Agree Agree

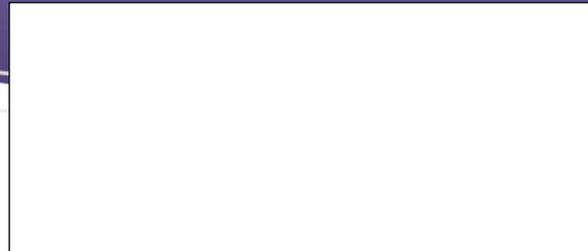
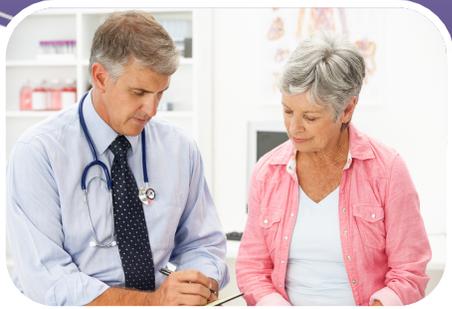
Somewhat Agree Disagree



TAKE CHARGE® is an Intense Behavioral Therapy (IBT) System of Medical Nutrition Education administered by Pharmacists to help patients battling Obesity, Type 2 Diabetes, High Blood Pressure, High Cholesterol, and other Lifestyle Associated Diseases



Are YOU Ready To Take Charge?





Are You Ready to Take Charge® of Your Life?

Obesity is a national concern primarily due to increased potential for the consequences that go along with the it: **Heart Disease, Stroke, Cancer and Adult-Onset Diabetes.** Beyond the increased risks of serious illness, obesity can affect virtually every part of the body.

Do you feel that your excess weight is affecting both your short-term and long-term health? (Circle Your Answer)

Strongly Agree Agree Somewhat Agree Disagree



Our bodies are remarkable machines and can even adapt to very poor nutrition in order to survive. However, most of us are unhappy with the results . . . disease, obesity, and more.

Being aware of the type and quantity of food you consume is most important. Basic knowledge of portion control and food groups, NOT calorie counting, helps you understand your body's needs and provides a much better response from your body.

Do you want to stop counting calories and start listening and responding to your Body's needs instead? (Circle Your Answer)

Strongly Agree Agree

Somewhat Agree Disagree

Many Americans are inactive, which has contributed to a significant rise in obesity. If exercise brings to mind a sleek and sexy aerobics instructor urging television audiences to stretch their bodies into fashion model shape . . . then you may be hesitant to commit to regular exercise.

Exercise isn't limited to the young, the wealthy, or the athletic. All you need to start regularly are comfortable clothes, proper footwear, and a desire to see great improvements in your health and appearance. Did you know, if you exercise so intensely it leaves you panting for breath, you're doing more harm than good? Exercise should be pleasurable and compatible with your lifestyle.

Can you begin to incorporate practical exercises into your daily routine? (Circle Your Answer)

Strongly Agree Agree

Somewhat Agree Disagree

The most common approach to weight loss is to start a new "diet" and there are literally hundreds to choose from. Many people end up feeling discouraged and quit the "diet" without success.

All of us have probably failed an attempt to change our lifestyle. Healthy lifestyles are not always easy, although the benefits are GREAT! In fact, changing unhealthy habits can be compared to climbing a mountain . . . it's mostly uphill and the destination is not always clearly in view.

Are you searching for something new and practical . . . a program that will last a lifetime? (Circle Your Answer)

Strongly Agree Agree

Somewhat Agree Disagree