

Your Investment in a Healthier Life Includes Everything You Need to Create a Stronger, Healthier You!



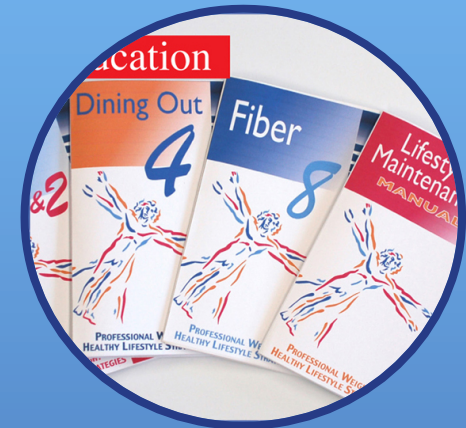
Men: Trying to Lose Weight?

- Weekly educational meetings with your Take Charge health professional
- Complete computerized body fat analysis
- Personalized Lifestyle IQ Health Risk Assessment
- Lifestyle IQ Patient Education Manuals
- Functional food “tools” to help assure results
- Ongoing support to assist you in reaching your goals

The Time is *NOW* to TAKE CHARGE®!

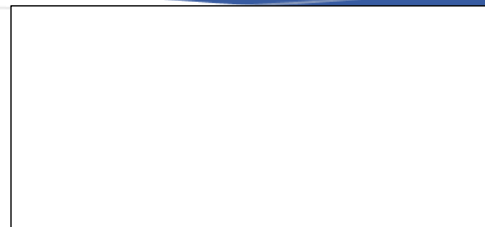
This Professional Obesity Education and Healthy Lifestyles Strategies System is based on your Take Charge® Pharmacist teaching you how to live a healthier life through proper education, nutrition, and fitness!

Whether you need to lose weight, lower cholesterol, blood pressure, control Type 2 Diabetes or just get healthy, Take Charge® is the answer to helping you live a longer, healthier life!



Introducing TAKE CHARGE®

Lifestyle IQ
Healthy Nutrition Strategies



Your Pharmacist is Your Coach!



Take Charge® is a 26 week, one-to-one Intense Behavioral Therapy (IBT) System of personalized Medical Nutrition Education administered by Pharmacists to help patients battling Obesity, Type 2 Diabetes, High Blood Pressure, High Cholesterol, and other Lifestyle Associated Diseases. Your **Take Charge®** pharmacist serves as educator, motivator, monitor and guide as you, through trial and error, learn to implement permanent lifestyle changes that improve your health and wellbeing. So, whether you need to lose weight, lower cholesterol and blood pressure, control Type 2 Diabetes or all of these, **Take Charge®** is the answer to helping you live a longer, healthier life!

Diets DON'T Work...WE DO!!



WE UNDERSTAND:

1. More than 2/3 of Americans are overweight with >1/3 considered obese.
2. **Type 2 /Pre-Diabetes:** Can be lessened by just losing 5% of current body weight.
3. **High Cholesterol:** Risks can be reduced by making Lifestyle Changes such as diet & exercise.
4. **High Blood Pressure:** It is never too late to make changes to reverse or lessen the consequences of this disease.
5. **Heart Disease:** Lifestyle Counseling is recommended as the FIRST line of therapy for ALL these conditions.

We F.E.E.D. You!

F. Functional Foods: Foods with a purpose over & beyond the nutrient content. Take Charge® foods are crutches, tools to use while you learn to walk (or in this case eat) on your own. Utilizing our foods enables you to get immediate results while learning to eat nutritionally sound food prepared yourself.

E. Education: The cornerstone of the Take Charge® Program is education! You're given an educational booklet each week for 26 weeks that will teach different aspects of how foods work in your body. Your Take Charge® Pharmacist and Coach will use their skills to enhance this knowledge during your meetings.

E. Encouragement: Your Take Charge® Pharmacist will help you set realistic goals you can be excited about! Their job is to prepare you in advance for any stumbling blocks you may encounter as you begin the process of changing lifestyle habits.

D. Direction: The 26 week Take Charge® Program was created with you in mind. Your Pharmacist provides you with guidance & direction concerning your medications and they are trained to provide guidance & direction concerning your lifestyle habits. Your Pharmacist will provide a custom, individualized blueprint to build your new lifestyle!