

An Investment in your  
**Take Charge®** Healthy  
Lifestyle Program  
Includes Everything You  
Need to Create a  
**Stronger, Healthier You!**

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



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!

**Women:  
Trying to Lose  
Weight?**



Introducing  
**TAKE CHARGE®**

**Lifestyle IQ  
Health & Nutrition Education**

## 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 Conditions. 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:** Lifestyle modification can be as effective as medication with less risk!
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 Modification the first line of defense and best treatment option for lowering heart risk and improving quality of life

### We F.E.E.D. You!

**F. Functional Foods:** Foods with a purpose over & beyond the nutrient content. Take Charge® foods are “tools” to use while you learn to eat on your own. Utilizing our foods enables you to get immediate results while learning to eat nutritionally sound food prepared yourself. Unlike other “programs” our foods are NOT the reason you will get ultimate results! They simply allow you to get results while you learn.

**E. Education:** The cornerstone of the Take Charge® Program is education! You will receive 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. It has to be fun for you to succeed!

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