

The *Take Charge*[®] Healthy Lifestyle Program for High Cholesterol Includes Everything You Need to Create a Stronger, Healthier You!

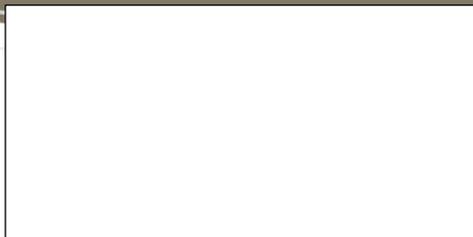
- Weekly educational meetings with your Take Charge Pharmacist
- Complete computerized body fat analysis
- Personalized Lifestyle IQ Health Risk Assessment
- Lifestyle IQ Patient Education Manuals
- Functional food “tools” to help assure results
- Ongoing support to assist you in reaching your goals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



**The Time is
NOW to TAKE
CHARGE[®]!**

This Professional Cholesterol 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 are newly diagnosed or have been living with high cholesterol for years, Take Charge[®] is the answer to helping you live a longer, healthier life!



**Lifestyle
Change for
High
Cholesterol**



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 high cholesterol and other cardiovascular 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.

Being diagnosed with high cholesterol should sound an alarm! It provides a unique opportunity to learn how your body works and how change to a healthier lifestyle can provide greater benefits than even treatment with medications. You can change!

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

Facts about high cholesterol:

1. The vast majority of hyperlipidemia (high cholesterol) cases are not inherited! They are caused by our own poor dietary and lifestyle choices.
2. According to the Mayo Clinic, losing just 5-10% of current body weight can significantly reduce cholesterol levels.
3. Lifestyle changes can be as effective as medication in treating hyperlipidemia *with less risk!*
4. It is never too late to make changes to reverse or lessen the consequences of this disease.
5. All cholesterol medication guides recommend lifestyle changes with the medication

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 your knowledge of heart healthy foods.



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 help you create a custom, individualized blueprint for your new lifestyle!