

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



**Lifestyle
Change for
High Blood
Pressure**

- 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

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

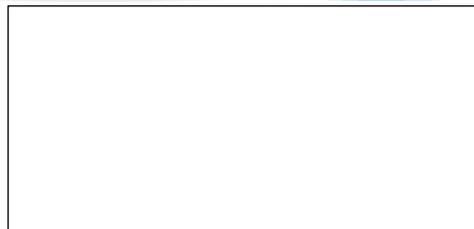
This Professional Lifestyle Education and Healthy Nutrition Strategies System for high blood pressure is based on your Take Charge[®] Pharmacist teaching you how to live a healthier life through proper education, nutrition, and fitness!

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



***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 blood pressure, heart disease 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 well being.

If you've been diagnosed with high blood pressure (a systolic pressure — the top number — of 140 or above or a diastolic pressure — the bottom number — of 90 or above), you might be worried about taking medication to bring your numbers down. Lifestyle change can reduce the need for medication!

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

Facts about high blood pressure:

1. The vast majority of high blood pressure cases are not inherited! They are caused by our own poor dietary and lifestyle choices.
2. Lifestyle plays an important role in treating your high blood pressure. If you successfully control your blood pressure with a healthy lifestyle, you may avoid, delay or reduce the need for medication.
3. Eating a healthy diet can lower BP by 14 points.
4. Regular exercise (30-60 minutes a day of just walking) can lower BP by 5-10 points.
5. All BP 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!