

Weight Loss Program



- Lose 3-5 pounds a week
- Fast results without hunger
- Eat 6 times a day
- Clinically proven at Johns Hopkins
- Portioned-controlled meals
- Weekly nutrition check-ins
- Transition and maintenance program
- Free Weekly Support Groups

I have tried diets before. What is so different about the Take Shape For Life weight loss program?

Our weight loss program is designed to help you lose weight as quickly and safely as possible. **Clinically proven by Johns Hopkins University**, this program has helped our patients **lose 13 to 20 pounds a month** and reduce or become free of diabetes and high blood pressure. You will not have to worry about portion control and temptation with balanced meal replacements combined with counseling sessions.

Nutrition Sessions

Our licensed dietitian nutritionists provide nutrition counseling for weight loss, diabetes, gestational diabetes, high blood pressure, high cholesterol, PCOS, bariatric surgery, eating disorders, food allergies, pregnancy, hypoglycemia, osteoporosis, digestive problems, celiac disease, chronic disease, diverticulosis, irritable bowel syndrome, vegetarian eating and healthy eating.

What will we cover during our nutrition sessions?

An initial nutrition assessment will include a diet analysis and diet history to help you determine how many calories and nutrients you need to reach your health goals. Follow-up sessions will help you stay motivated and make sure you are on the right track.

Will insurance cover my nutrition sessions?

Health insurance companies cover nutrition sessions for most medical conditions. We are a PPO with most of the major health insurance companies. Contact us and we will help you verify your nutrition benefits before your first session.

Metabolism Testing

Each individual has a unique metabolism. The MedGem metabolic test determines your individual RMR, therefore establishes an accurate calorie budget specifically for you so you can successfully achieve your weight goals.

Personal Training

One of our personal trainers will come to your home or place of work. Please contact us or visit our website for more information.



2011 Pricing

Weight Loss Program

Free phone check in program
Food/month.....\$250-\$300

Or
Office Visit Option

Food/month.....\$250-\$300
Initial nutrition assessment\$50
Self-Pay Weekly Check-ins.....\$25-\$40

Nutrition Assessments

Initial nutrition assessment visit.....\$200.00
Follow-up nutrition visit.....\$100.00
1 Initial visit and 2 follow-up sessions...\$260.00
Metabolism test.....\$50.00

Personal Training Sessions

1x 60 minute session.....\$90.00
10 x 60 minute sessions.....\$850.00
20 x 60 minute sessions\$1600.00

Combined Nutrition Program

*Includes 5 personal training sessions,
1 initial nutrition assessment and 2 follow-up
visits\$625.00*

**NuWeights is a preferred provider with
Blue Cross, Aetna, United and Cigna.
Contact us and we will help
you verify whether your insurance plan
will cover nutrition visits.**



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Weight Loss Program

Nutrition Programs

Metabolism Testing

Personal Training

