



Weight Management- **HealthWise™**

Lose 1-4 pounds per week

Achieving a healthy weight is the first step on the path to Optimal Health. The HealthWise™ program offers you a PhD level personal Health Coach who will guide you as you lose weight using clinically proven methods. Along the way, your Health Coach will share with you the "Habits of Health". These behavioral techniques will help you make better choices so you can finally take charge of your health for the long term. You receive daily feedback that includes guidance for exercising correctly, eating efficiently and dealing with the stresses of everyday life. All program components are professionally organized in a day-by-day prescription, providing a clear, intelligent approach to reaching personal goals.

Evaluation Includes: Metabolism Rate
Body Composition
Fitness Level

Prescription Includes: Positive Eating Plan- PEP
Aerobic Activity Plan
Resistance Exercise Plan
Re-test at 1 week intervals
Wellness Education

Ages- 8- any

Program Duration- 12 Weeks

Cost- Member- \$199.00 Renewal- \$99.00 (12 weeks) Maintenance- \$99.00 (1x per month for year)
Non-Member- \$250.00 All Ages

Name _____

Address _____

Phone _____

Email _____

For Office Use Only:

Date _____

Fee _____

Payment Method _____

Staff Name _____

Call 402-223-5266 (Y) or 402-806-2485 (Dr. Ruiz) if you have questions or to schedule your first session.