



## 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- Youth \$249.00 / Young Adult \$279.00 / Adult \$319.00**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

|   |
|---|
| <p><b>For Office Use Only:</b></p> <p>Date _____</p> <p>Fee _____</p> <p>Payment Method _____</p> <p>Staff Name _____</p> |
|---|

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