

# Weightloss Program



-20 Week Medically Guided

A complete evaluation for a lifestyle and fitness plan that provides sustained weight reduction.

<b>Regular provider check-ins, OMA guidelines, meal plans and medical support</b>		Comprehensive Evaluation Includes: Nutrition curriculum, EKG, Labs and Measurements (full body analysis) and medication management.	
<b>Week 1</b>	Initial Evaluation: Goal Setting	<b>Week 11</b>	Digital Lesson: Making Food Lists
<b>Week 2</b>	Office Visit: Exercise Goals	<b>Week 12</b>	Office Visit w/Labs: Food noise
<b>Week 3</b>	Office Visit: Eating Triggers	<b>Week 13</b>	Lesson Stay Motivated
<b>Week 4</b>	Office Visit w/Labs: Focus on Fat	<b>Week 14</b>	Office Visit: Measuring Success
<b>Week 5</b>	Lesson: Emotional Eating	<b>Week 15</b>	Lesson: Dietary Guidelines
<b>Week 6</b>	Office Visit: Daily Physical Activity	<b>Week 16</b>	Office Visit: Hormones
<b>Week 7</b>	Lesson: Reading Food Labels	<b>Week 17</b>	Lesson: Think "F.I.T"
<b>Week 8</b>	Office Visit: Saboteurs	<b>Week 18</b>	Office visit w/Labs: Relapse
<b>Week 9</b>	Lesson: Cardio/Aerobic Activity	<b>Week 19</b>	Lesson: Measuring Success
<b>Week 10</b>	Office Visit: Managing Stress	<b>Week 20</b>	Office Visit w/ full body analysis

**\$999 20 week/12 visit medical plan**

\*Labs and medications separate

All Inclusive

**\$2,499 labs and medications**

\*\$499 monthly payment plan

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