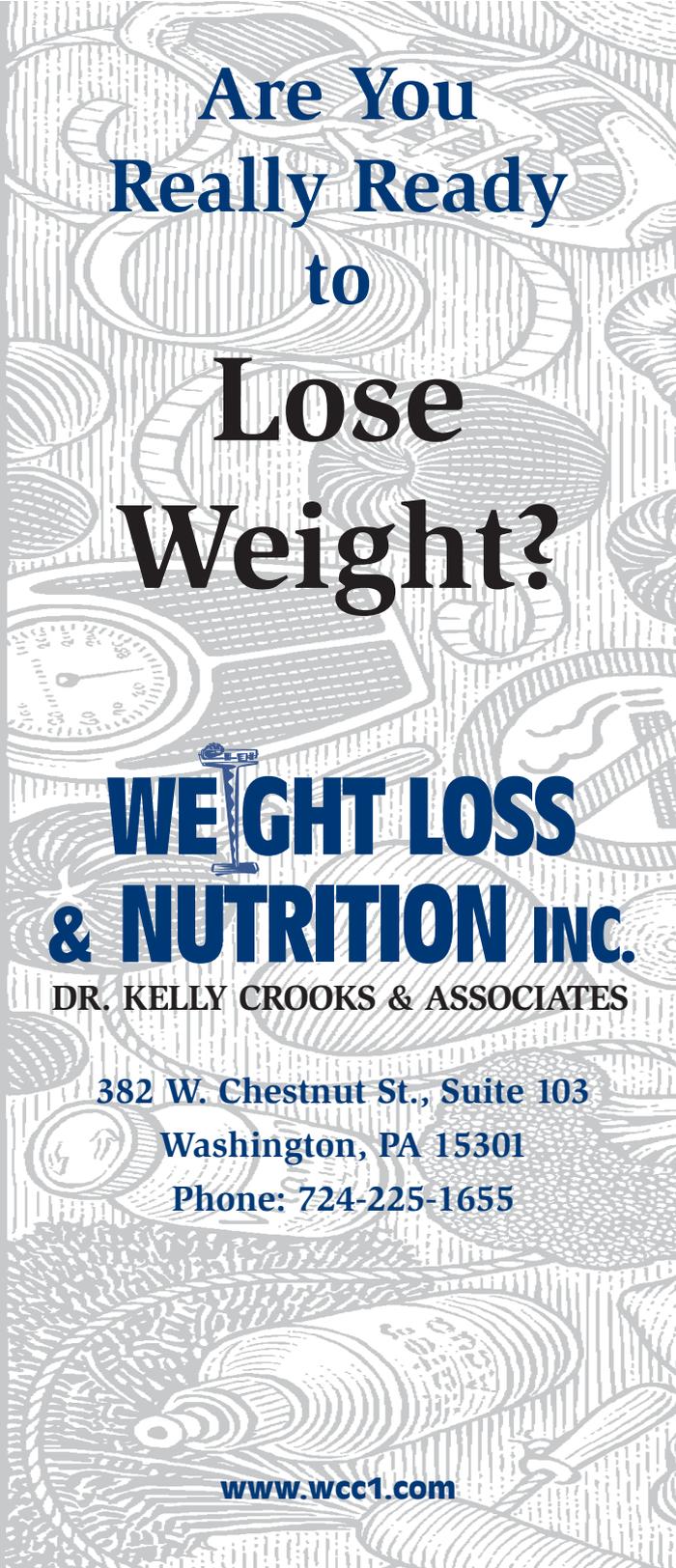


## Weight Loss Made Simple

Weight loss seems simple. A calorie is a calorie. Eat too many, gain weight. Eat fewer calories, lose weight. Not so complicated, right? Wrong. Everywhere you turn there are so called “new and improved” ways to lose weight. Americans spend \$33,000,000,000.00 annually on weight loss foods, products and services according to the American Dietetic Association. With that amount of spending, its no surprise there is an overwhelming number of diets and weight loss products on the market. When we designed our weight loss program, we started with a proven formula that incorporates changes to achieve long-term healthy life-style behaviors, including eating practices and daily physical activity that meet the individual needs of the patient.

**Get all the help you need to lose weight, get healthy and feel great! We Have . . .**

- **Diabetic Plans**
  - **Teen Plans**
- **Pharmaceutical Grade Vitamins**
  - **Nutritional Consulting**
- **Fitness/Body Fat Testing**
  - **Exercise Programs**
- **Liver Detoxification**
  - **Herbal Remedies**
- **Natural Hormone Supplementation**



Are You  
Really Ready  
to  
Lose  
Weight?

**WEIGHT LOSS  
& NUTRITION INC.**

DR. KELLY CROOKS & ASSOCIATES

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Phone: 724-225-1655

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## Commitment to Health

Weight Loss and Nutrition, Inc. has a weight-control solution for you that takes a sensible approach which emphasizes moderation, not deprivation.

This program gives you everything you need to establish healthy eating habits that are the basis for reaching and maintaining your individual weight loss goals.

## Free Consultation

During the private consultation with Dr. Kelly Crooks, you will be advised of the cost of the program in advance which will be based on your specific needs, medical history and the time it will take to lose the weight.

When you are ready to begin, a comprehensive medical history will be obtained, blood chemistry and body fat composition tests will be performed and an individualized program will be prescribed.

## The Program is totally Doctor Supervised

Our ultimate goal is not just to help you fit into your favorite jeans; but to modify your eating habits to optimize long term health. Your weekly office visit will consist of a weigh-in, blood pressure, an evaluation and a private consultation with our staff to review your progress.

## It's Easy

Our easy, healthful program will help you put your weight-loss plan into action. It's so simple to follow because you don't have to count calories or fat grams. The eating times are flexible and the program is adaptable to any life-style. You work from a list of foods that are easy to buy at the grocery store or even order at a restaurant.

## Three Phases

The program is divided into three phases; weight loss, stabilization and long term maintenance.

### During the Initial weight loss phase . . .

We concentrate on establishing good eating habits and learning the basics about nutrition. You will keep a daily food diary that will be reviewed with Dr. Crooks during your weekly consultation. Our ultimate goal is not just to lose weight but to insure that your weight loss is body fat and not muscle.

### During the Stabilization Phase . . .

We slowly increase caloric intake returning previously restricted foods. This is done over a six week period while maintaining your new goal weight.

### During the long term maintenance phase..

We help you maintain your goals for one year while modifying your life-style with good eating habits and exercise recommendations.