



Before

Lisa lost 140 pounds on the New Direction program.



After

"I really hit the jackpot when I discovered Aultman Weight Management's New Direction program. It's the easiest plan I have ever followed and I lost more than 140 pounds!"

### A Healthier You

Maintaining a healthy weight is important to how you look and feel. More importantly, it's the key to a healthy life.

Conditions associated with being overweight or obese include high blood pressure, diabetes, sleep apnea, arthritis, back problems and heart disease.

If it's time for you to take control of your health, Aultman Weight Management can help.

### Aultman Weight Management

We offer medically supervised programs to help you lose weight, whether you need to lose 20 or 200 pounds.

Our team of health-care professionals – including physicians, nurses, registered dietitians, exercise specialists and behaviorists – will help you meet your weight-loss goals and provide the tools you need to maintain a healthy lifestyle.



» *New You*

### Weight-Loss Products

Aultman Weight Management programs feature exclusive NutriMed Plus products. High-quality, high-protein beverages, puddings, nutrition bars and soups will help you stick to your meal plan.



### Getting Started

Aultman Weight Management offers day and evening appointments for your convenience. Call 330-491-1670 or visit [www.aultman.org](http://www.aultman.org) to learn more.



New Location



2732 Fulton Drive NW • Canton, Ohio 44718

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MEDICALLY SUPERVISED

# weight-loss programs

Sherry lost 59 pounds on the New Direction program.

Sherry Augustine —



Before



After

Now you're **in control!**



## our programs

Our team of health-care professionals will help you choose the right program for you.

### 1 NEW DIRECTION

- » *High-protein liquid program*
- » *Designed for people more than 40 pounds overweight*
- » *Average weight loss is 3-5 pounds per week*

### 2 NEW OUTLOOK

- » *Combines high-protein liquids with one well-balanced meal per day*
- » *Ideal for people wanting to lose 20 pounds or more*
- » *Average weight loss is 2-3 pounds per week*

### 3 NEW CHOICES

- » *Based on well-balanced meals and snacks*
- » *Ideal for people who want to look better and improve their overall health*
- » *Average weight loss is 1-2 pounds per week*

## New Direction » New Outlook » New Choices

### Program Phases

If you enroll in the New Direction or New Outlook programs, Aultman Weight Management will help you work through the following stages:

- » *Reducing: initial weight loss*
- » *Adapting: transitioning from weight-loss products to food*
- » *Sustaining: making smart food choices and staying active to maintain your healthy weight*

### Keys to Success

Aultman Weight Management programs incorporate four essential elements of long-term success:

- » *Nutrition information*
- » *Portion control*
- » *Behavior modification*
- » *Physical activity*

After you've lost weight, the Aultman Weight Management team will continue to provide support and education to help you maintain your healthy lifestyle.



### Free Fitness Center Membership

Exercise is an important aspect of helping you reach your goals and sustain good health.



When you enroll in an Aultman Weight Management program, you'll receive free membership in Aultman's four fitness centers. Membership includes guidance from Aultman fitness specialists to help you create and maintain a safe, effective fitness plan.



Aultman North



Aultman West



Aultman Carrollton



Aultman Tusc

