



# Weight Loss Program

We offer in-person group sessions as well as virtual gathering options as well. Call today or visit our website to learn more about our program offerings:

**Baptist-Health.com**

## Weight & Nutrition Center

10915 N Rodney Parham Rd, Suite G  
 Little Rock, AR 72212  
 Phone: 501-202-2001, ext 1  
 Fax: 501-202-4299



## Weight & Nutrition Center

1002 Schneider Dr, Suite 102  
 Malvern, AR  
 Phone: 501-332-1037  
 Fax: 501-337-3660

### FEES

Orientation .....	<b>\$185</b>
Weight Loss Phase .....	<b>\$100</b> per month, with an average weekly food cost of \$90
Evolution Phase .....	<b>\$50</b> per month
Maintenance Phase.....	<b>\$25</b> per month

### MONTHLY FEES ARE:

Paid in bulk or monthly

Payroll deduction is available for Baptist Health staff.

Baptist Health staff receive a 20% discount on fees, not food.



# welcome to good health

Let Baptist Health Weight & Nutrition Center be your guide to a healthier lifestyle. Whether your goal is to lose weight, improve your current health, or manage a chronic health condition, our program is for you! Baptist Health Weight & Nutrition Center applies a comprehensive approach of both diet and exercise to assist in your healthy lifestyle transformation! Weekly weigh-ins will allow us to review your previous week and plan for the week ahead. By addressing your weekly progress, you will learn how to manage your weight long term. With our staff of Clinical Dietitians and Certified Exercise Staff, we will help make your goals become attainable.

By using a combination of our protein rich products and store bought produce, you will learn to make healthy food selections, practice portion control and adopt sustainable diet patterns. Each and every one of our diet plans are based off of your individualized needs:

- Calories
- Macronutrients
- Allergies
- Likes and dislikes
- Previous attempts
- Individual progression
- Chronic health conditions
- Medications

## A Program Designed for Success

**Intensive Weight Loss Option:** in-person weekly sessions

**Intensive Weight Loss Hybrid Virtual/in person Option:** once a month in person visits incorporated with weekly virtual visits (Must be able to weigh yourself at home.)



**Metabolism Testing:** one visit to aid you in a do it yourself-plan

Our individualized programs consist of 3 phases based off of your own metabolic profile performed in the in person orientation.

**Weight Loss Phase:** Weekly attendance until 80% of your goal is achieved.

**Evolution Phase:** Bi-weekly attendance until 100% of your goal is achieved

**Maintenance Phase:** Once a month attendance for as long as you need

Yes! Our plans are easy to follow. Each phase will transition you to form healthy lifestyle choices on your own. Our variety of protein rich and portioned controlled items will help guide you through learned choices for long term success! Our variety of protein rich items includes:

- Meal Replacements shakes Snacks, chips, bars and drinks
- Breakfast options such as oatmeal and cereals
- Shelf stable entrees
- Multivitamin

*Lactose free and gluten free options available. Our Clinical dietitians will assist in selecting the right product for you.*

