

# The Healthy Solutions<sup>®</sup>

# Weight Management Program

at Baptist Medical Center Downtown



## *State-of-the-art weight loss management that works!*

Healthy Solutions<sup>®</sup> is a structured weight loss program with an easy-to-follow diet using weight loss shakes and pre-packaged meal entrées, along with fruits and vegetables. Average weight loss is 26 pounds over the 12-week program.

Healthy Solutions works because of these Five Success Variables:

1. Weekly Classes and Personal Coaching
2. Record-Keeping
3. Meal Replacements – Shakes and Entrees
4. Vegetables and Fruits
5. Physical Activity

Call Diabetes and Nutrition Resources  
at **202.2140** for more information or  
to sign up for a **free orientation**.

