



Why Transformations?

America spends more than \$150 billion a year on obesity-related, health care issues. Obesity is often the cause of serious diseases such as diabetes, heart disease, stroke, and some types of cancer.

Don't let obesity weigh you down.

Christie Clinic's Transformations is offering you a new way of thinking about diet and nutrition. Learn how to keep the pounds off forever.

The state of Illinois has continued to watch its obesity rates climb. It's time we reverse the trend. With Christie Clinic's Transformations, we can transform our communities, our families and ourselves.



CHRISTIE CLINIC

Medicine for Your Life

Since 1929, Christie Clinic has been providing the people of east central Illinois with the highest quality health care. We are one of the largest physician-owned, multi-specialty group medical practices in Illinois, but our approach to meeting your health care needs is simple...our physicians and staff are known for a truly personal touch with patients.

This care transfers to Christie Clinic's Transformations program led by Dr. Nathan Walker, a Christie Clinic internal medicine physician. Health coaches support Dr. Walker and meet with participants on a weekly basis to review their progress and discuss any challenges they may have.

Christie Clinic Transformations Medical Weight Loss Program

501 N. Dunlap Ave., Savoy, IL
366-7460
366-7469 *fax*

Visit www.transformations.christieclinic.com to find a Transformations satellite location nearest you.



CHRISTIE CLINIC
transformations
MEDICAL WEIGHT LOSS PROGRAM



**Transforming Lives with
Medically Supervised Weight Loss**



Presented by **CHRISTIE CLINIC**
Medicine for Your Life

www.transformations.christieclinic.com



Transform... Your habits, Your diet, Your life

Do you struggle each day to have the energy to perform your favorite activities?

Are your favorite clothes just too snug?

Do you no longer recognize yourself in the mirror?

Are you concerned that your weight is causing severe health problems?

Are you ready for a transformation to a leaner, healthier you?

Today is the day you can begin living a new way. Christie Clinic introduced Transformations for people like you. People committed to changing their lifestyle – starting with nutritious eating.

Christie Clinic's Transformations

- Clinically proven
- Medically safe
- Natural and effective
- Excellent repeatable results



What is Transformations?

Christie Clinic's Transformations is a medical weight loss program that offers:

- FDA labeled and approved foods
- A full personal health assessment
- Group and individual support and coaching
- Weight and measurement progress analysis
- Nutrition education
- A meal plan to help you select the right nutritional foods



How does Transformations work?

Christie Clinic's Transformations Medical Weight Loss Program follows the Ideal Protein® Weight-loss Method. Combined with coaching and education, protein packets complete with essential amino acids and complemented with vitamins and mineral salts work fast to help you:

- Lose weight every week
- Promote fat loss
- Maintain muscle mass
- Tone and revitalize skin
- Treat cellulite
- Promote vitality and energy
- Learn to control your hunger
- Re-establish pancreatic function (insulin)

How do I begin my transformation?

Christie Clinic's Transformations is designed to help you achieve success by engaging both mind and body to learn the nutritional information you need to maintain your long-term weight goal. You will work alongside Christie Clinic Transformation providers and health coaches who are focused on helping you achieve your goals.

Your first step is to attend an Informational Meeting to learn more about the program.

After entrance to the program, you will meet with a health coach. This will begin the first phase of your transformation.

There are four phases to the program, and each phase will build upon the next. Your health coach will guide you accordingly. Phase 1 will be followed until 100% of your weight-loss is achieved. Phase 1 consists of at least three Ideal Protein foods per day, plus vegetables, unlimited lettuce and an additional protein of your choice.

One of the biggest challenges that we can face in a weight loss program is keeping the weight off. As you work with your health coach you will build accountability through the weekly rechecks. We will also have you come to Transformations to see your health coach even when you hit your goal weight. We want you to know we're there to support and encourage you through till Phase 4 and beyond. An exercise program, meeting with a group or an individual meeting with a dietitian are a few of the maintenance options we provide.

Maintain and keep the pounds off. Live transformed!

FDA labeled and approved foods.

