

Weight Loss



Get Lost!

No, not you. But those extra pounds are something you could do without. Losing weight can be challenging, frustrating and emotionally draining. Many would even go so far as to say, "I just can't do it." At Saratoga Health and Wellness, we know just how hard it can be, so we've created DROP; an individualized, 12 week, intensive, team-oriented weight loss program. It's science-based and includes the latest techniques to change the behaviors that are keeping you from reaching your goals. Here is what you can expect:

- ✓ 12 weekly exercise and coaching consults.
- ✓ An effective, personalized eating plan.
- ✓ A custom exercise program.
- ✓ 12 weekly weigh-ins.
- ✓ Targeted strategies for changing your behaviors.
- ✓ A 3 month membership to Saratoga Health and Wellness.
- ✓ Unlimited support from our team--phone, email, in person.
- ✓ A structured program for increasing your non-exercise activity.

Getting started is simple. Call 518-306-6987 to schedule an initial interview.

Hey, what have you got to lose?



518-306-6987

www.saratogahealthandwellness.com

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Our Rates

12 week weight loss program <u>includes</u> membership	\$599
12 week weight loss program only (no membership)	\$449

Undecided? Call today for a free consult.



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