

# The Diet Center of Winston-Salem can get you started on the path to weight loss

For more than 33 years, throughout the U.S. and Canada, Diet Center has offered a complete approach to weight management. Each of their weight loss programs combines the principles of sound nutrition, the motivation of private counseling and the effects of long term behavior management. Their Exclusively You program emphasizes fresh fruits, vegetables, whole grains, low fat dairy products and lean meats. It's personalized for each individual client and based on healthy eating, behavior management and exercise.

Their Instant Shape Up program is designed as a nutritiously satisfying convey-



*Marilyn Wright has maintained her loss of 20 lbs. and 22 inches, as well as 10% body fat, with the help of Winston-Salem Diet Center.*

nience with no calorie counting or measuring of portion sizes. Clients enjoy great tasting, lower carbohydrate meal replacement drinks and bars that are portion, calorie and nutrition controlled. No matter which program is selected, Diet Center counselors support their clients every phase of the way through Conditioning, Reducing, Stabilization, Maintenance and Behavioral Management.

Based on clients' schedules, Diet Center Counselors meet one-on-one with them and show them how to take off extra pounds and inches, keep them off and become more self-assured. They help to determine and set goals, overcome hurdles and keep clients motivated throughout their weight loss program. Clients are encouraged as their dieting becomes easier and more effective.

The key difference at Diet Center is that clients are able to lose weight while still enjoying regular, grocery-store foods. This is because of the tremendous flexibility within all 3 programs. Clients can combine traditional foods with the choice of more than 50 optional products, so they can travel, dine out with friends and still lose weight. They're able to choose from a wide variety of delicious entrees,

snacks, salad dressings and more.

With more than 65% of Americans classified as overweight and the recent Surgeon General's call to action to prevent obesity, the need for effective weight loss programs is greater than ever. Diet Center teaches clients how to lose that excess weight and keep it off for good. To find out more about Diet Center's total approach to weight loss and weight management, give them a call schedule your free, no obligation consultation at 336-760-0433.

Diet Center is at 511 Shepherd St. in the Executive Park area.



*Mary Hales is a nurse at WFU Medical Center. She lost 21 lbs, 44 inches, 6% body fat and has maintained her goal weight for the past twelve months.*