

## GET HEALTY NOW

ALTAMONTE MEDICAL ASSOCIATES,P.A. strives to promote health through good nutrition, exercise and diet. We aim to preserve and maintain YOUR HEALTH.

ASK HOW YOU CAN GET STARTED

WHAT DO YOU HAVE TO LOSE ?



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## PHYSICIAN WEIGHT LOSS PROGRAM & NUTRITIONAL SUPPLEMENTS



Tel: 407-339-5600



# ASK HOW YOU CAN GET STARTED. WHAT DO YOU HAVE TO LOSE?

## GET HEALTHY NOW !

INTRODUCING PHYSICIAN APPROVED  
FORMULAS FOR WEIGHT LOSS  
AND NUTRITION



EAT BETTER  
MOVE MORE  
LOSE WEIGHT  
FEEL GREAT

GET STARTED TODAY.  
WHY NOT BE  
HEALTHY FOR YOURSELF.

## WEIGHT LOSS CONSULTATION

Consult with physician and review medical history

Set weight loss goals.

Physical Exam including blood pressure measurement, vitals and waist circumference measurements.

Labs and EKG if needed.

Exercise and Nutritional Counseling.

Weight loss starter kit includes:

**Natural Appetite Suppressants.**

**Multi-vitamins , food supplements and diet plan.**

## ACTIVE WEIGHT LOSS PHASE

Lose 1-2 pounds weekly the healthy way.

Weekly Weigh-ins.

Blood pressure check.

Waist measurements.

Review Diet with physician.

Urinalysis.

Continue appetite suppressants, food supplements and diet.

We keep you motivated.

Individual goals may vary.

## MAINTENANCE

Long term step to avoid failure . During this phase, you will continue to meet with the physician on a monthly basis to ensure you continue to practice healthy eating habits, and maintain weight loss.

## NUTRITIONAL SUPPLEMENTS

Available for purchase through our office.

**OMEGA FISH OIL**

**CoQ10 ANTIOXIDANTS**

**MULTIVITAMINS**

**NATURAL MENOPAUSE SUPPLEMENTS.**

**NATURAL APPETITE SUPPRESSANTS.**

**LOW SUGAR,HIGH PROTEIN MEAL**

**REPLACEMENT SHAKES.**



**HEALTHY MEALS  
AND  
EXERCISE KEEP  
YOU FIT**