

Life·Time Health



At Lifetime Health and Nutrition Center it is our philosophy that weight control is an important component of a happy and healthy lifestyle. Lifetime Health began in 1983 under the direction of Gail L. Weaver, M.S. and Brian P. First, M.D. and in the past 23 years has evolved in scope and content to become one of the most progressive and successful weight management programs in the country. The staff and consultants at Lifetime Health are highly respected medical and health professionals with decades of experience in weight control. Their sole purpose is to facilitate your success.

The weight management programs at Lifetime Health are both practical and innovative. They teach a set of understandings and corresponding skills that can be learned by anyone who is willing to work at creating optimal health and well being. It is our mission at Lifetime Health to support our clients in managing their weight and in manifesting a life of vitality, meaning, and personal satisfaction.

WEIGHT LOSS ◆ WELLNESS ◆ LONGEVITY

OUR CLIENTS



SUCCESS

"I had tried every diet known to man and lost hundreds of pounds over the years. My weight fluctuated between 200 pounds to over 350 pounds from the age of fourteen but it was impossible for me to maintain a healthy weight. I lost 135 pounds in the Lifetime Health Optifast Program, joined Lifetime's Maintenance Program and have maintained my weight within thirty pounds for seventeen years. I weigh 220 pounds and I know that I will never again be fat with the support of Lifetime Health." *Jim*

SUPPORT

"Everyone connected to Lifetime Health is committed to your success and happiness and will work to that end. They are not just focused on your weight loss but on your total well being. The group support, the medical monitoring, the one-on-one attention and the continuing maintenance program made abundantly clear that they would do everything necessary to insure my success." *Wes*

CHANGE

"I had been overweight since childhood and after seeing an ad in the newspaper decided to join the Optifast Program at Lifetime Health. Ten months later I had lost 163 pounds and felt great. I had started an exercise program while fasting which I quickly found was the key to successful weight maintenance. I have found that weight maintenance requires constant vigilance, that it can be very difficult and that old habits die hard; but I am continuing to exercise and maintain my weight loss and I feel great mentally and physically." *Jill*

OUR PROGRAMS

“Over the course of the past 23 years, our clients have taught us that weight management exists within the larger context of life management. In response to this, the programs we offer at Lifetime Health teach you how to manage your weight, achieve your health and fitness goals, and create the life of your dreams.”

Gail Weaver

VERY LOW CALORIE DIETS THE OPTIFAST AND NUTRIMED PROGRAMS

Our programs are very low calorie diets, sometimes called VLCD'S, which promote a predictable weight loss of 3 to 5 pounds per week. These programs use convenient meal replacements (shakes, puddings, soups, and bars) to replace grocery and restaurant food intake. These foods are amazingly tasty and satisfying and provide automatic portion and calorie control while suppressing your appetite and boosting your energy.

A VLCD is generally limited to 800 calories a day or less and while on the program you will be carefully medically monitored and receive weekly professional counseling which will support you in making the changes you need to make to not only lose the weight, but keep it off.

MODIFIED VERY LOW CALORIE DIET PROGRAMS

Our modified very low calorie diets are less aggressive programs designed for those who need to lose less weight or who prefer to combine our meal replacement products with a light meal. This meal may include a serving of lean protein or a prepackaged entrée and fruits and vegetables.

Your counselor will create a personalized program for you to meet your specific needs and promote a weight loss of 2 to 3 pounds per week. You will be regularly medically monitored as required by your specific plan.

VLCD FROM HOME PROGRAMS

Our VLCD from Home Programs allow you to participate in most of our VLCD programs from the comfort and convenience of your own home. After an initial visit which will include your medical evaluation and initial counselor consult, you will return home with a month's supply of our convenient and tasty meal replacements and a set of motivating materials to help you stay on track. Each week you will receive a prearranged telephone consult with your counselor to review your progress and make recommendations for success.

You will return to the clinic only once a month to receive your medical evaluation, meet with your counselor, and pick up your next month's supply of meal replacements and materials.

THE TUNE- UP

Our Tune-Up Program is designed for alumni of Lifetime Health or other similar medical VLCD programs who have lost a significant amount of weight and who may have regained a portion of that weight or for those who would like to lose more weight and do not need the full program. It is a condensed version of our full program and contains all of the same components in a 4 or 8 week model.

PROGRAM COMPONENTS

All of our Very Low Calorie Diet Programs have 6 components which are essential to a comprehensive weight management program.

1. CONTROLLED NUTRITION:

Our programs deliver rapid weight loss due to the controlled calorie intake of our medical meal replacement products. During the weight loss phase of the program you will consume 5 to 7 meal replacements a day that are high in protein and low in carbohydrates and force your body to use stored fat as a fuel. These products provide 100% of the RDA for protein, vitamins, and minerals and insure that your muscle mass is maintained, your appetite is suppressed, and your energy remains high. Visit our web site for more detailed product information.

2. MEDICAL SUPERVISION:

Prior to beginning the VLCD, you will undergo a full physical exam with our nurse practitioner which serves to insure that there are no existing medical conditions that make dieting inappropriate. This exam also gives our medical team the baseline information that they need about your health to effectively supervise and monitor your progress on the diet. Each week the nurse will weigh you, take your blood pressure, and if on the full VLCD, once a month she will draw your blood.

3. COUNSELING:

Each week you will receive group, private, or telephone counseling provided by our professional counselors. Our counselors have years of experience and know what works. They will help you understand your behavior and develop a set of attitudes and skills needed for successful weight loss and maintenance.

4. EXERCISE:

From the beginning of your program, you will be encouraged to participate in a regular program of exercise such as walking. Your goal will be to work up to 30 to 60 minutes or more of daily exercise.

5. LIFESTYLE COACHING :

When you are within 5 to 10 pounds of your goal weight you will transition from the meal replacement products to full food. This happens in a series of highly structured steps that insure that you continue to feel in control. During this stage of the program all of the counseling is done privately rather than in a group so that a personal program of eating and exercising can be created to meet your unique needs.

6. MAINTENANCE:

Lifetime Health's maintenance program is structured so that you can continue to attend for as long as you feel necessary for no additional fees. Obesity is a chronic disease that requires a lifetime commitment to overcome and the counseling and medical staff of Lifetime Health will be there for you. You can continue to buy our medical meal replacements, attend your counseling group for support, and be weighed in by our medical team for accountability. At anytime, you can easily restart the weight loss phase of the program should it become necessary. No other program provides this "long term insurance policy" for weight loss success.

OUR PRODUCTS

You will experience more weight loss than you ever thought possible when you consume our tasty and satisfying meal replacement products. All of our products have been used and tested in prestigious medical centers since the mid 70s and are nutritionally complete and portion and calorie controlled. They offer the added advantages of easy and quick preparation, no calorie counting, weighing, or measuring, no complicated meal planning, and no time consuming and tempting grocery shopping. There is sufficient variety to prevent "taste fatigue" and encourage daily compliance.

Our two main products lines are:

THE OPTIFAST PROGRAM:

Our Optifast Program is a comprehensive, medically supervised VLCD which promotes a predictable weight loss of 3 to 5 pounds per week. While on this program you will drink 5 servings per day of Optifast 800 or Optifast 70. These formulas are nutritionally complete meal replacements which provide either 800 or 420 calories per day. The products include a powdered shake mix in chocolate, vanilla, and strawberry and the Optifast 800 has a very popular ready to drink version that requires no mixing and a delicious tomato soup.

THE NUTRIMED PROGRAM:

The Nutrimed VLCD is an aggressive weight loss program that requires medical supervision and the meal replacement products include a variety of shakes, puddings, soups, and entrees. Shake flavors include chocolate, vanilla, and berry crème. Soups are creamy chicken and tomato. While on this program, the products can be mixed to provide calorie levels from 420 to 800 or more per day. If used as prescribed, these products produce a predictable weight loss of about 3 pounds per week and are suitable for lactose intolerant individuals.

Lifetime Health also has a number of other meal replacement products that you can add to your program for variety or use once you have lost the weight to help you keep it off for a "Lifetime". One of our most popular is Crisp and Crunch Nutrition Bars which come in a variety of flavors and provide 15 grams of protein and only 160 calories.

OUR STAFF AND CONSULTANTS:

Brian P. First, M.D. ♦ Medical Director

Brian P. First, M.D. is Board Certified in Internal Medicine with a specialty in Endocrinology. He received his medical degree at the University of the Witwatersrand Medical School in Johannesburg, South Africa. He serves on the Senior Staff of Sharp and Scripps Memorial Hospitals, has an active private practice, and has served as Medical Director for 22 years.

Gail L. Weaver ♦ President and Program Director

Gail L. Weaver, M.S. holds a Masters Degree in Exercise Physiology from the University of Michigan. President and Program Director at Lifetime Health for 22 years, she has created successful and innovative programs to help her clients achieve optimal health. She continues to search the world's wisdom traditions for the most inspiring and effective practices for rejuvenating the body, retraining the mind, and reconnecting to spirit.

Nancy Fogelstrom ♦ Counselor

Nancy Fogelstrom holds a B.S. in Special Education and Elementary Education from the University of Northern Iowa, and a M.A. in Counseling from Arizona State University. She has developed and taught stress management, behavior modification, and mentor teaching courses, using her extensive counseling skills to aid others in maximizing their potential.

Karen Sothers ♦ Counselor

Karen Sothers, M.Ed., R.Y.T., holds a Bachelor of Science in Life Sciences from Kansas State University and a Masters of Education in Health and Exercise Science from Vanderbilt University. She is a certified Iyengar Yoga teacher and a Registered Yoga Teacher. As a Health Consultant she has designed and implemented wellness programs in the areas of spinal health, optimal weight management, conscious eating, healthy body image, anxiety, and insomnia.

MEDICAL STAFF

SALLY SEAY ♦ FAMILY NURSE PRACTITIONER
SUSAN WOODS ♦ FAMILY NURSE PRACTITIONER

ADMINISTRATIVE STAFF

DIANNE URQUHART ♦ BUSINESS MANAGER
GLORIA VARGAS ♦ NORTH COUNTY MANAGER

THE MEDICAL PROTOCOL

Medical monitoring is a vital component of all of the weight loss programs at Lifetime Health. Clients undergo an initial medical evaluation before beginning any of our weight loss programs, and are seen by our medical staff on a weekly basis thereafter.

Dr. Brian First, Medical Director of the Optifast Program at Lifetime Health, requires each client who intends to participate in one of our VLCD programs to undergo the following physical exam prior to starting the program. This physical exam must be done at Lifetime Health, but you may bring the laboratory analysis from your health care professional. Thorough details of the Laboratory Panel are provided at the bottom of the page.

- 1. PHYSICAL EXAM**
- 2 LABORATORY ANALYSIS**
- 3. BODY COMPOSITION TEST**
- 4. DIAGNOSIS**

CBC W/DIFFERENTIAL

Hematology

WBC
RBC
HGB
MCT
MCV
MCH
MCHC
RDW
Platelets
MPV

Differential

Lymphocytes
Mid-Size Cells
Granulocytes

CHEMISTRY PANEL

Glucose	GGTP
BUN	CO2
Total Bilirubin	BUN/CREA Ratio
Cholesterol	Globulin
SGOT (AST)	A/G Ratio
Triglycerides	Sodium
SGPT (ALT)	Potassium
Uric Acid	Chloride
Albumin	Anion Gap
Total Protein	Magnesium
Phosphorus	
Alk Phosphatase	
Iron	
Calcium	
LDH	
Creatinine	

LIPID PROFILE

HDL Cholesterol
LDL
VLDL
Cholesterol/HDL

OTHER TESTS

Urinalysis

Thyroid
Stimulating Hormone

GETTING STARTED

This brochure is a thorough explanation of our program and you should have received a call from one of our counselors to answer your questions. If you feel all of your questions have been answered, then take the following steps to get started losing all of the weight that you would like to lose:



STEP 1:

Call to schedule your medical evaluation.

STEP 2:

Once you have had your medical evaluation, chose a program and a counseling group or private counseling.

STEP 3:

Attend your initial private consult with your counselor and start the program.

TELEPHONE

SAN DIEGO ♦ 619.296.2946

VISTA ♦ 760.726.2925

FAX

619.296.3946

EMAIL

LIFETIMEHEALTH@AOL.COM

WEBSITE

WWW.LIFETIMEHEALTH.NET



The staff at Lifetime Health is committed to your success and will provide ongoing support to ensure that you maintain your health and your weight loss for a lifetime.

LIFETIME HEALTH OFFICES

**5920 FRIARS ROAD, SUITE 101
SAN DIEGO, CA 92108
619.296.2946**



Our San Diego office is in Mission Valley, just west of Fashion Valley

FROM THE NORTH

TAKE I-5 SOUTH ♦ Exit Sea World Dr. toward Tecolote Rd. (Exit 21). Turn right on Sea World Dr. Go .25 miles and turn left onto Friars Rd. Go 1.5 miles. Our office will be on your left.

TAKE 163 SOUTH ♦ Exit at Friars Rd. (Exit 4). Merge left onto Friars Road. Continue 1.5 miles. Our office will be on your right.

FROM THE SOUTH

TAKE I-5 NORTH ♦ Exit at I-8/Morena Blvd. toward El Centro. Merge onto Morena. Drive 1 mile and turn a sharp right onto Napa St. Go .25 mile and turn left onto Friars Rd. Continue .5 mile. Our office will be on your left.

TAKE 163 NORTH ♦ Exit at I-8 West/Friars Road (Exit 3B). Turn sharp left to Friars Rd. Continue 2.25 miles. Our office will be on your right.

**2067 WEST VISTA WAY, SUITE 275
VISTA, CA 92083
760.726.2925**



Our North County office is in the Vista Medical Plaza, close to Tri-City Medical Center.

FROM INTERSTATE 5

FROM HIGHWAY 5 ♦ Take Highway 78 east and exit at College Ave. Get into the rightmost left turn lane and turn left onto College. Turn right at the first light, West Vista Way. Continue through the light at Thunder, and turn left into the next driveway to the red brick building, the Vista Medical Plaza. Take the elevator to Suite 275.

FROM THE EAST

FROM HIGHWAY 15 NORTH OR SOUTH ♦ Exit on Highway 78 West. Exit at Emerald and turn right onto Emerald. Turn left at West Vista Way. Continue to #2067. Follow the directions above.

lifetimehealth @ aol.com ♦ **www.lifetimehealth.net**