



Healthy Lifestyles

YOUR PATH TO LONG-TERM WEIGHT LOSS, HEALTH & FITNESS

ONE TEAM...FOCUSED ON YOU...EVERY STEP OF THE WAY!

The Health Lifestyles Program: Welcome To Your Future!

Congratulations! You have taken the first step on making the commitment to a new and healthy lifestyle. It is our privilege to help you achieve your health and weight loss goal every step of the way.

Founded by licensed clinical psychologist, Dr. Marla Deibler, the Healthy Lifestyles Program provides pre and post-bariatric surgery patients with access to affordable and comprehensive psychological, nutritional and fitness coaching. We will assist you in your preparation for surgery as well as empower you to change the way you think, feel and make decisions about food and exercise.

Our team of professional will work with you to create a healthful nutritional plan and fitness regimen that is specifically tailored to your needs, while working with your physician to maximize your weight loss success!

What Makes Us Different

Every client is treated as an individual. We pride ourselves on our one-on-one, personalized services and the quality of our work.

Healthy Lifestyles offers the highest level of qualified professionals of any program in the area.

Psychological services are provided by doctors of psychology with expertise in bariatric services.

Nutritional services are provided by a licensed, registered dietitian
Personal training provided by nationally certified and degree-credentialed fitness professionals
We offer studio-based and in-home personal training. We bring the gym to you!

We offer grocery shopping trips, food sampling, eating out tips, healthy cooking lessons & demonstrations, email and text
Access to on-line food journal and support blog monitored and maintained by our staff



Interdisciplinary Weight Loss Consortium

Healthy Lifestyles is proud to offer a **FREE** on-going, interdisciplinary, educational and peer support group program. Our bariatric surgery clients are invited to attend this support group to share their experiences with one another as well as gain further pre and post-operative knowledge from invited guest speakers including experts across the healthcare disciplines such as preventative medicine, plastic surgery, cardiology, psychology, diet & nutrition, personal training & exercise psychology and much more! Please check out our online calendar for dates, times and details of our schedule.

Psychological Services



The Center for Emotional Health's Healthy Lifestyles Program provides clients with evidence-based pre and post weight loss surgery programs to assist in achieving a healthy self-esteem and long-term weight loss success. Our highly trained team of clinical psychologists led by Dr. Marla Deibler, along with a team of psychological professionals, provide clients with one-on-one services including:

- Pre-surgical psychological evaluation and preparation
- Pre and Post-surgical multidisciplinary team consultation
- Pre and Post-surgical weight loss counseling
- Individual counseling for weight loss and motivation
- Individual counseling and psychotherapy for difficulties with adjustment, anxiety and depression

Psychological services also provide individuals with the invaluable opportunity to participate in group services including:

- Free, unlimited, educational multidisciplinary seminars
- Free, unlimited peer support group
- Cognitive-behavioral weight loss coaching groups
- Couples and family psychotherapy and counseling

A Cognitive Behavioral approach (CBT) is the most evidence-based approach to helping individuals change the ways in which they think, feel and act, providing them with problem-solving and coping skills to successfully navigate and overcome challenges and obstacles. CBT helps individuals improve daily functioning, meet personal goals, maintain motivation and improve quality of life.

HEALTHY LIFESTYLES SERVICES
MEET INSURANCE REQUIREMENTS
FOR A "MULTIDISCIPLINARY SURGICAL PREPARATORY REGIMEN"



To get started on **YOUR** Healthy Lifestyle, contact us at:

Phone: 856.220.9672
Fax: 856.673.0630

Atrium Professional Center
1910 Route 70 East
Suites 5 & 7
Cherry Hill, NJ 08003

Www.
thecenterforemotionalhealth.com



Healthy Lifestyles' psychological services will assist you in preparation for surgery, as well as empower you to change the way you think, feel and make decisions about food and exercise. We will utilize practical strategies to help you maintain motivation and move toward a healthy, new you!

Healthy Lifestyles provides clients with pre-operative psychological evaluations by licensed clinical psychologists in accordance with standards set by the National Institute of Health and the American Society for Metabolic and Bariatric Surgery. The Center provides clients with pre- and post-operative evidence-based coaching, behavior modification, and cognitive-behavioral strategies to assist in lifestyle and psychological adjustment to maximize potential for weight loss success and improved health and wellness. Our free, monthly weight loss consortium offers clients the opportunity to share their experience with one another as well as gain further pre and post-operative knowledge from invited guest speakers, including experts across multiple health and wellness disciplines. Visit our website for meeting schedules and speakers, as well as

information about psychological evaluations and to learn more about Dr. Deibler and her associates at www.thecenterforemotionalhealth.com.

Healthy Lifestyles psychological services are covered by many **health insurance plans**. We also offer sliding scale fees and payment plans. We offer day, evening and weekend appointments in a comfortable and supportive setting. We look forward to being a part of your journey.

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Nutritional Services



To Better Health, LLC offers comprehensive pre and post-nutrition counseling services for bariatric surgery patients. Professional nutrition counseling services are provided in two locations: West Deptford and Cherry Hill. Registered Dietitian Kelly Burgess, MBA, RD, LDN and her staff works closely with each client to ensure success.

According to the US Department of Health and Human Services, obesity is the second leading cause of preventable deaths in the United States. Many health conditions such as heart disease, cancer, stroke, diabetes and high blood pressure can be prevented and/or controlled with weight management, proper nutrition, regular physical activity and lifestyle changes.

Why is Nutrition Education Important to Bariatric Surgery Success?

Bariatric surgery produces weight loss by dramatically reducing food intake. However, success is possible only with healthy habits and maximum cooperation in behavioral change and medical follow-up.

Surgery reduces food intake and may interfere with the absorption of nutrients. Patients who undergo bariatric surgery must commit to a life-time of healthy eating and regular physical activity to produce and maintain weight loss, and reduce the risk of deficiencies. Cooperation and commitment must be carried out for the rest of a patient's life to ensure weight loss success and optimize health.

Nutrition Counseling will provide:

- Critical knowledge about nutritional needs and proper food intake pre and post-bariatric surgery
- Guidance for calorie and portion control
- Tips for buying healthy foods and preparing balanced, nutritious and calorie-controlled meals
- Tips for dining out and social engagements
- Steps to developing healthy lifestyle practices

KELLY BURGESS, MBA, RD, LDN
LICENSED AND
REGISTERED DIETITIAN



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-or-

The Center for Emotional Health
 Atrium Professional Center
 1910 Route 70 East,
 Suite 5, Counsel Room 6
 Cherry Hill, NJ 08003

Phone: 609.352.6266 or
 Toll Free: 844-223-6973
 (844-2Be-MyRD)

Email:

Kelly@tobetterhealthnutrition.com

Nutritional Counseling Services

- »Individual nutrition assessment and diet analysis
- »Comprehensive nutrition education and healthy lifestyle plan of care
- »Meal preparation tips and recipes
- »Dining out menu education & recommendations
- »Food Sampling
- »Simulated Food Pantry
- »Cooking Demonstrations
- »Grocery shopping lists & tours
- »E-mail communication & support

Health Insurance—Call for Details

- Aetna
- AmeriHealth / Keystone Health Plan East / Independence Blue Cross
- Anthem Blue Cross Blue Shield
- CIGNA
- Highmark
- Horizon Blue Cross Blue Shield (Horizon BCBS) / Horizon Federal Medicare
- Oxford
- Qualcare
- United Healthcare / United Health Community



YOUR PATH TO LONG-TERM WEIGHT LOSS, HEALTH & FITNESS

Personal Training Services



Bariatric Weight Loss Solutions...

There are many reasons why our services are the superior weight loss and fitness choice. In one word—results. With over twenty years experience serving the South Jersey area, we have helped numerous clients lose weight, tone-up, and just feel better. Why not let Athletic Fitness Concepts be the missing link in your Healthy Lifestyle adoption?

Why we are right for you:

We *guarantee* you will get the results you want, as quickly and as safely as possible with 100% certainty. We will communicate regularly with the whole bariatric team to ensure together we you are on track to make your goals a reality. Within the first two months, our typical client sees 15lbs of fat loss, a 2 to 3 reduction in pant size, a loss of six inches across the body, firmer arms, legs, and tummy.

We focus on you, not just your weight loss. You will see improved posture, lower blood pressure, fewer body aches and reduced stress.

Our staff has over 20 years of combined experience in personal training, coaching and nutrition. We pride ourselves on our unmatched level of professionalism, experience, education and individualized attention. All trainers have specialized college degrees and certifications to work with several medical conditions and orthopedic issues.

Trainer Dan Dychtwald is a weight loss success story having lost 140lbs. His story, insight and motivation provides continuous motivations and inspiration.

Services Offered:

- One-on-one sixty or thirty minute personal fitness training
- Partner training (Split your session with a friend and save \$\$)
- Fitness Bootcamps
- In Home Training—We bring the gym and the equipment to you
- Pre and Post-Bariatric Jumpstart Packages—A Great Way to get started!!
- Corporate Wellness Programs including supervised Weight Loss Challenges
- Massage Therapy offered through Healthy Life Massage
- Sports Specific Training
- Youth Training

What Our Clients are Saying...

"I can't thank you enough for all of your help, encouragement and instruction...It will stay with me forever. You made a difference in my life and I am grateful" - Lynette, Voorhees, NJ

"This is the best thing I have done for myself...I am at a place I never thought I could be physically and I could not have done it without the professional guidance and knowledge of Athletic Fitness Concepts." - Sarah, Voorhees, NJ

"Working with Athletic Fitness Concepts through the years has strengthened my lower back muscles and enabled me to continue working. My back pain is minimal and there are many days I am pain free." - Roberta, Cherry Hill, NJ



Contact Us
Serving Burlington, Camden
& Gloucester Counties

Phone: 856.885.3346

Hours:
Weekdays: 6am—8pm
Weekends: 7am—3pm

