

As you may know, weight gain happens all too easy and losing weight is very challenging. Unfortunately, being overweight is more than just appearance: Being overweight affects how your body functions at all levels and can lead to poor health. Common conditions that may result of being overweight include heart disease, diabetes, metabolic syndromes, high cholesterol, high blood pressure, cancer, sleep apnea, and pain syndromes.

Our Weight Management Program is a Doctor-Supervised program and has been designed to help you understand why it is important to maintain a healthy weight and a healthy lifestyle and help you attain an optimal state of health. At the end of the day, our goal is to get you to look as good on the inside as you will on the outside.

The Team

Dr. Brandon Blood is the director of the program. Dr. Blood is on the medical staff at Lutheran Hospital, a Cleveland Clinic Hospital. Dr. Blood will perform the initial evaluation process with you and track your progress throughout the program.

Mark Brzycki is a certified personal trainer through the American College of Sports Medicine. He has a degree in Kinesiology. Mark has been helping people attain their weight goals for over 15 years. Mark will perform your body composition test and will design an exercise program that you will be able to complete and he will supervise the program each visit.

Success Stories

Darlene C.: Darlene is a 66 year old female. Darlene joined our program after trying many other weight loss programs with no success. At her 8 week check-up, Darlene lost a total of 10lbs, dropped 6% body fat, and lost 7 inches. At her visit with her medical doctor, lab results showed that she dropped her bad cholesterol levels by 24 points. As a result of her hard work and dedication, Darlene is now able to be more active, get more enjoyment out of her day, and be more active with her grandchildren.

JoAnn N.: JoAnn is a 70 year old female. Prior to joining our program, JoAnn never performed any form of formal exercise. At her 8 week check-up, JoAnn had lost a total of 7lbs, dropped 5.5% body fat, and lost 4 inches. Initially, JoAnn was only able to perform 3 minutes of cardiovascular activity. She can now perform 30 minutes. As a result, JoAnn is more active and feels better overall.

Marcella H.: Marcella is a 78 year old female. Prior to the program, Marcella went through treatment for Cancer. Her goals coming into the program including gaining strength and endurance as well as losing weight. At her 8 week check-up, Marcella had lost a total of 6lbs, dropped 4% body fat, and lost 4 inches. As a result, she too is more active and is feeling stronger.

“Peak 10 is a fun and friendly place to get professional one-on-one training.”

- Ceci W.



WEIGHT MANAGEMENT PROGRAM



Reclaim Your Life!

LOCATED AT:
PEAK 10 FITNESS
4883 Dressler Rd NW
Canton, OH 44718
(330) 479-9193
www.Peak10Fit.com

About The Program

Our Weight Management Program consists:

1. Evaluation:

- a. The Evaluation is a one-on-one consultation to go over your health history, gather information on your current lifestyle habits, and set goals and discuss how we can achieve them. The Evaluation will also consist of blood pressure, pulse rate, height weight, and body measurements including body fat percentage and circumference. All aspects of the Evaluation take place in a private setting.

2. Healthy Choices Nutrition Plan:

- a. The Healthy Choices Nutrition Plan is an outline of what foods you can consume to help reach your goal weight. The Nutrition Plan is based on caloric intake. We realize that nutrition is one of the hardest aspects to modify. The Healthy Choices Nutrition Plan gives you options of everyday foods and amounts that you can consume. The plan is also used as a tool to instruct you on how to approach food intake on an on-going basis.

3. Supervised Exercise Program:

- a. Exercise is a crucial aspect to weight management and health in general. Exercising the right way will increase your capacity to lose weight. You will be put on a customized exercise program that will be supervised and modified as your body can handle it.

4. Re-Evaluation and Assessment:

- a. Performed on a monthly basis until desired results are achieved.

Are You a Candidate?

Our members are from all different ages from youth to seniors; lifestyles and careers, including health care workers, business professionals, teachers, retirees and students; all sharing a desire to find more enjoyment in life through healthy weight management.

The typical person who enrolls in our weight management program fits into one or more of the following categories:

- Needs a structured treatment program
- Long history of unsuccessful weight loss
- Need to lose anywhere from 5lbs to 200lbs +
- Over the age of 13
- Has medical problem(s) caused by obesity

Cost of the Program:

Our Weight Management is very affordable and will get you the results you want. Please contact our office for associated costs at (330) 479-9193.



What You Can Expect From this Program

Weight Loss
Decreased Inches on your Waist and Extremities
Decreased Body Fat %
Increased Energy
Increased Flexibility
Increased Balance
Increased Endurance
and more!
Call Today to Join
330-479-9193

Look Better...

Feel Better...

Live Better...

