

neXendo Wellness Medical Weight Loss Program

MEDICAL WEIGHT LOSS

THE PROGRAM

neXendo

A multifaceted and interdisciplinary team approach to weight loss. Our 12 week program is designed to not only ensure weight loss, but also make sure the weight remains off. We are looking at weight loss from multiple angles, medicine, hormones, blood work, diet, exercise and lifestyle. From the kind of products we supply, to the labs we review and the guidance we deliver, it is all to make sure this isn't just a fad diet you tried in the past. Your team will include a Medical Doctor, a Registered Dietitian and a Personal Trainer.

WHAT'S INCLUDED

Initial Assessment:

First you will meet with our MD for an initial consultation and blood work. Next you will meet with our Registered Dietitian and Personal trainer to take a metabolic rate test, complete a body composition analysis, sit for a nutrition consultation, undergo an exercise assessment and decide on a track for the program

Weekly RD follow-ups:

Weekly follow-ups will include weight and body composition tracking, nutrition education and goal setting

Final consult:

At the end of the 12 weeks, you will have a final MD consultation, blood work and metabolic rate retest.

THE OPTIONS

Track One: Medical Weight Loss with Optifast

The optifast track is designed to make weight loss a little easier. You will use optifast shakes and bars designed to promote weight loss while keeping quality in mind as a meal replacement for one or all of your meals.

Track Two: Medical Weight Loss with Meal Plan

Shakes just aren't for everyone. Our RD will help create a meal plan for you that will provide adequate nutrition but also ensure weight loss.

Track Three : Track One or Two with Personal Training

Exercise can make all difference Instead of general exercise information, opt in for the opportunity to work with our personal trainer weekly at a discounted rate

To Get Started
Point Camera Here

