

# neXendo Wellness Medical Weight Loss Program

## NUTRITION AND WEIGHT LOSS

### THE POWER OF NUTRITION EDUCATION

#### **Why Diets Fail**

Diets are one sized fits all. We, all unique, must rely on the same diet regardless of our individualized needs? This does not seem right! Diets fail because they are not personal. Diets fail because they lack education. Diets fail because we never diet, we eat!

#### **Dismissing the Myths**

We strongly believe in education. In order to achieve weight loss we must use the best science out. However, the responsibility we stress on ourselves the most is to keep the patient informed. We are here to dispel the myths and provide you with true science backed nutrition.

### WORKING WITH A REGISTERED DIETITIAN

#### **Education**

You must be properly educated in order to make smart, healthy and informed decision. Education will not only get you through this program but will also allow you to continue to stay healthy after the program ends.

#### **Accountability**

The Registered Dietitian is here to guide you through the program and make sure you are hitting all your targets and goals. You are not in this alone!

#### **Structure**

We ensure weight loss by having a solid foundation. All bases are covered from what you eat, to what medicines to take to how much weight you should lose per week.

#### **Adaptability**

We expect some curveballs. But 1-on-1 weekly sessions with our Dietitian allows us to make appropriate changes. We don't plan on it, but we are ready for it!

### NUTRITION @ THE MEDICAL WEIGHT LOSS PROGRAM

#### **Weekly check ins**

The Dietitian will do full body composition analysis, discuss your goals and aid in any issues

#### **Weekly classes**

Our foundation in education starts week 1. You can expect a new topic each week to be covered ranging from supermarket shopping to understand macros to exercise programs and more. The point of this is to make sure you are more than capable of leaving this program and become a self sustainable healthy eater

#### **Total accessibility**

Two days into a week is not a good time to have a question and not get an answer. Your Dietitian is your 24/7 support system. Emails are basically text and he will get right to you

To Get Started  
Point Camera Here

