

How Healthful Life MD will Help You Obtain a Healthy and Energetic Life!

We believe the wisdom of many can often solve the problems of one, which is why we embrace a comprehensive, 360-degree approach to our patient care. All of our Healthful Life MD team members work as a cohesive health care unit to ensure you receive the best possible care.

We combine the leadership of Dr. Abby Bleistein as our medical doctor with the insight of other carefully vetted medical, nutritional, and fitness practitioners. Our medical weight loss solutions include a combination of diet, nutrition, personal training, and other disciplines. We regularly consult as a team to discuss every patient's care and adjust care as needed to best meet your end goals.

Healthful Life MD Helps Patients Through a 3-Phase Medical Weight Loss Process

Our approach to personalized medical weight loss can be segmented into three distinct phases.

Phase I | Active Weight Loss

Phase I involves the creation and activation of your very own personalized weight loss plan. We work as your very own weight loss concierge to create a plan that is built for your needs, preferences, body, passions, and goals.

Medical Assessment: We start with a Medical Assessment by one of our board-certified physicians to determine your current state of health and specific medical issues we need to address within your program. We may recommend prescribing specific medications, such as appetite suppressants or medications to inhibit cravings to assist with weight loss and nutritional change. Additionally, we go over what has and has not worked for you in the past. We use all of this knowledge to start crafting your successful weight loss journey.

DEXA Body Assessment: We will take an accurate measurement of where your physical body is at before beginning the program. In order to get the most accurate reading of your lean mass and fat mass, Healthful Life MD uses the DEXA body scan. Other tools such as BMI do not provide the most accurate results, where this test will show us and you exactly where you are at.

Nutritional Assessment and Nutrition Plan of Action: We then walk you through a Nutritional Assessment with our Registered Dietician. We help you assess food allergies and preferences, challenges, and specialized nutritional needs. In order to create the most successful plan for *you*, we want to choose a nutritional plan where you will be most likely to succeed. Not only will your nutritionist help you with *what* to eat, but she will also make a plan of action with you to overcome any foreseen nutritional obstacles.

Program Choice: Next, you choose your program. This can be based on what rate you wish to lose weight loss, whether you prefer certain food or meal replacements, or a combination of both solutions. People may have different preferences based on the amount they travel, work, family time, social events, etc.

One-on-One Personal Nutrition Meetings: We schedule regular one-on-one personalized meetings with your nutritionist to monitor progress and help you with challenges.

Follow-Up Appointments: You follow up with one of our physicians to monitor health, adjust medications, and evaluate your support needed to ensure you receive the right level of attention and care.

Fitness Assessment: We help you undergo a Fitness Assessment and structure your exercise program to fit your individual interests and needs.

Regular Follow-Ups with Specialized Personal Trainer: You schedule a regular follow-up with a personal fitness trainer, who is a certified Personal Trainer by the International Sports and Science Association, including specializing in Exercise Therapy, to advance your fitness goals. Your personal trainer will begin with corrective, functional exercises. This will help to get your body moving the correct way and set you up for success in your fitness journey. She will also work with you to train towards activities that *you* like to do. Whether it's biking, hiking, swimming, climbing, lifting, or jump

roping... we will get you on the right track! Eventually, you will work into High Intensity Interval Training (HITT). HITT is extremely helpful for weight loss and can help you in all areas of fitness.

Culinary Education Classes: We invite you to experience our culinary education classes – six hands-on cooking classes over a 12-week span to learn how to make easy, healthy, and delicious meals to keep up with your busy lifestyle or in-home personal instruction with a chef specializing in culinary nutrition.

Behavioral Assessment: We also recommend a Behavioral Assessment and support for specific emotional needs.

Phase II | Transition

We help you transition from calorie and nutritional programs for weight loss to a weight maintenance approach for lifelong nutritional health. Although a significant amount of weight loss typically occurs during the 12-week program (an average of 10-15% of body weight), it is important to continue efforts towards your weight loss goal. HLMD teaches you how to bring these skills with you into everyday life so that you can still get closer and closer to your desired weight.

Dexa Body Scan Part 2: After completing the initial 12-week program, we then have you do another DEXA body scan. This will show how much weight you lost and whether the weight loss was from lean muscle or body fat. Healthful Life MD designs a program that optimizes your fat loss rather than muscle loss.

Ongoing Care: Ongoing care is important during the Transition process because it helps to keep patients on track. Most patients will see Dr. Abby once a month after completing the initial 12-week program. Depending on your life preferences, you may want to continue to see the dietician after completing the program as well. Again, everything is personalized to your body's needs.

Physical Trainer Follow-Ups: People tend to find great success if they continue to meet with the personal trainer twice a month. During these follow-ups, your trainer will work with you to correct any form issues during exercises, keep you on track for your physical goals, and work with you to overcome any physical challenges that you may be going through after the 12-week program.

Overcoming Weight Loss Plateaus: Many patients find that at a certain point their weight loss progress plateaus and it is increasingly difficult to lose weight at the same rate. Although this is perfectly normal, we work with you through this time period to make changes that will support further weight loss. We take a look at your nutritional plan and amount of body movement, making changes as needed. Some will switch to meal replacement, others adjust macronutrients, and some will shift over to intermittent fasting.

Phase III | Maintenance and Enjoying the Lifestyle You Desire

We provide continued follow-up to support you in maintaining your weight loss and health. Research shows that people who are able to maintain their weight loss for at least two years will usually keep it off for life. We will be present for that journey to support your success.

Meal Replacement Transition: In order to make your weight loss maintenance sustainable, we will work with you to transition off of meal replacements to whole food. We provide you the necessary nutritional knowledge to be successful in this journey.

Ongoing Care: It is still critical to keep track of your weight loss maintenance, health progress, and your health. In order to do so, we suggest you see Dr. Abby once every 3 months for the first two years of your weight loss maintenance. We want to ensure that you have long-term success. Follow up appointments are an excellent tool to make this a long-term change rather than a short-term weight loss plan. Healthful Life MD wants to see you healthy and energetic for life!

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