

# Pricing

## 12 Week Program

### Includes:

- Fitness Assessment**
- Equipment Orientation**
- Program Orientation**
- Group Training**
- Right-Sized Portion Plate**
- Food Scale**
- Food Journal**
- Nutrition Classes**

**Members:**            \$119 (Adults)  
                              \$79 (Ages:14-18)

**Non-Members:**    \$299 (Adults)  
                              \$179 (Ages: 14-18)

*(Includes membership to Premiere Fitness for 12 weeks.)*

**Premiere Fitness**  
 2231 Lake Avenue  
 Ashtabula, OH 44004  
 www.premierefitness.com

# CALL 998-FITT



The Results Weight Management Solution includes everything you need to get healthy and stay healthy for *life*.



**Premiere Fitness**    *Get FIT, Stay FIT*

**Ashtabula County Medical Center**  
 ACMC Healthcare System

An affiliate of  
**Cleveland Clinic**

Millions of Americans waste their time, energy and motivation on hopeless fad diets with no scientific or medical credibility. Ignore products and programs that promise quick, easy results, or that promise permanent results without permanent changes in your lifestyle. Obesity is the fastest growing problem in the United States, and one of the most serious chronic conditions of our time. Approximately 64% of the adult population is either overweight or obese.

### ***What makes the Results Weight Management Solution different from all the other diets and programs I've tried?***

Most people are unsure about changing long-standing lifestyle behaviors; they fear that it will be difficult, uncomfortable, or depriving. Many people start a diet or try to increase their physical activity on their own, but fail to follow through - or gain back the weight immediately after discontinuing the program time and time again.

The Results Weight Management Solution is not a "diet". It is a lifestyle change. This program concentrates on regular physical activity and maintaining healthy eating habits.

You are not on your own. That's why the Results Weight Management Solution separates itself from the rest - our ultimate concern is your health. We work with and encourage you through every phase of weight loss - from learning healthier eating habits to teaching proper form and technique when working out.

### ***How do I get started?***

It is easy to get started. Simply make an appointment for your initial Fitness Assessment.



## Program Includes:

### **Fitness Assessment**

**Visual Fitness Planner:** You will meet with one of our fitness specialists and you will receive a fitness assessment utilizing our state-of-the art Visual Fitness Planner software. This technology will do three things...

1. It will create an individualized 3-D representation of what you currently look like.
2. It will create a personalized health risk profile that predicts your current risks for four major diseases: heart disease, diabetes, cancer and stroke – and what you can do to minimize those risks.
3. It will show you what you will look like when you are at your goal as well as predict how long it will take you to get there.

**Orientation:** You will receive an equipment orientation so you are comfortable with everything the club has to offer in terms of cardio and resistance equipment.

### **Fitness Instruction**

**Group Training:** You will receive group training from certified personal trainers. Whether it's the motivation from the instructor, the camaraderie and energy of the group, or the variety in the sessions, we have designed the group training to offer a fun and motivating approach to fitness.



## Healthy Eating

**Right-Sized Portion Plate:** This colorful plate will help teach how much of each food group you should be eating each day. You will learn how to get control of your eating and make long-term changes by learning portion control. You'll eat real foods and lose the weight.

**Food Journal:** We often don't realize how much we eat. Writing down everything we put in our mouth helps us better manage daily food intake. You will receive a food journal to keep track of your daily caloric intake.

**Food Scale:** Ideal for weighing food portions. Removable plastic pan and zero-adjustment knob (tare) allow accurate measurement and comparisons using liquids or small solids. Large, clear dials with metric and standard calibrations. Durable, easy-to-clean plastic construction.

**Results Program Orientation:** You will meet one-on-one with our Wellness Program Coordinator who will do your initial weigh-in, blood pressure, and measurements. You will also receive instructions on how to use the Right-Sized Portions Plate and food journal.

**Nutrition Classes:** Attend weekly nutrition classes held by dietitians. Stay on track and receive the necessary support you need to achieve and maintain your weight loss goals.