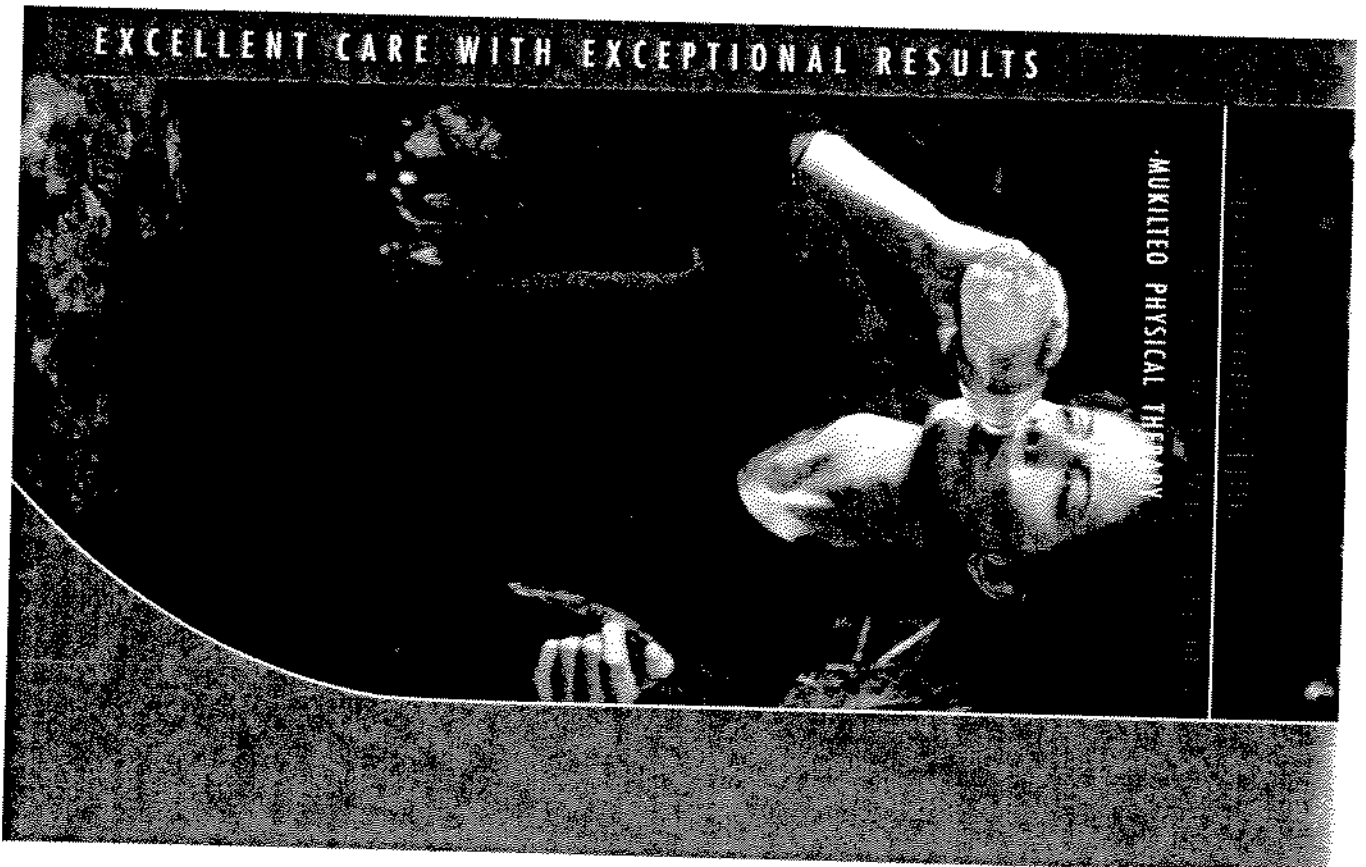


EXCELLENT CARE WITH EXCEPTIONAL RESULTS

ADVANCED PHYSICAL THERAPY





WHAT IS NUTRITION COUNSELING?

Nutrition counseling helps patients achieve a balanced lifestyle by working with a registered dietitian to improve nutrition and eating choices. A personal dietitian is personally certified to perform individual nutritional assessments and provide patient education and counseling for optimal diets. This expertise enhances a patient's ability to achieve results that have the least risk to many common diseases and enjoy an improved quality of life through healthier choices.

Nutrition counseling program can help patients realize many benefits:

- Maintain and improve health through good nutrition
- Improve body composition and weight loss
- Achieve better outcomes through proper feeding

INDIVIDUALIZED CARE

At IBC, we provide a positive, practical and interactive approach to total health and nutrition. We go beyond eating plans and training programs toward each patient's lifestyle and nutrition needs. Every program includes many or all of the following components:

- Analysis of risk factors and health issues
- Nutritional assessment
- Determination of a healthy weight goal
- Body fat testing
- An eating plan customized to each individual
- Balanced exercise program
- Ongoing monitoring of weight and activity goals

ADJUSTED PHYSICAL THERAPY