

How do you want to LOOK and FEEL six months from now?

If YOU are tired of the lies, myths, and misconceptions about HOW to lose fat and improve YOUR health, then the *Lifestyle Medicine Program* is for YOU!!

You Now Have a Choice

You can continue to waste your precious time and money on the empty promises, magic pills, exotic supplements, and exercise gimmicks and gadgets so shamelessly promoted by the multi-billion dollar weight-loss industry as quick and painless solutions to your fat-loss and health concerns.

But ... You already know how that story ends – with YOU failing to achieve the fat-loss and health improvement goals you desire and feeling more depressed, desperate, and frustrated than ever before.

OR

You can enroll today in the *Lifestyle Medicine Program* at CGH Medical Center and immediately begin to change the shape of your body, lose those excess pounds and inches, improve your health, explode your energy levels, and start to feel and look like the person you desire to be.

All YOU have to supply is some commitment and a dream, and we'll do the rest!

Call Bryan today for additional information or to enroll in an upcoming *Lifestyle Medicine* Class – seating is limited to just 10 students per class.

Call Bryan at

(815) 625-0400 ext. 1057

to enroll, or for additional information NOW!

LIFESTYLE MEDICINE

BUT ... You don't have to believe me. Just listen to what YOUR friends and neighbors are saying about the Lifestyle Medicine Class ...

"Hey Bryan ... I just wanted to let you know that the decision to enroll in your Lifestyle Medicine Class was the best decision I ever made in my life! In just 8 months my weight has gone from 259 pounds to 178 pounds, my waist has fallen from 42 inches to 34 inches, and I used to have to purchase Triple X sized shirts and now I fit comfortably in a L. This program is something I can easily do for the rest of my life. You know it's not true what they say, you can have your cake and eat it too!! Thanks for everything Bryan."

~ Jesse from Sterling, IL

"Thank you, thank you for your life changing program! Jim has lost 20 pounds and I have lost 18 pounds in just 20 days! We feel GREAT and have no problem following the program. Keep up the wonderful work."

~ Jim and MaryAnn from Sublette, IL

"Hello Bryan. I just wanted to write to you for a couple of reasons. Joe and I started the program on the 8th of January and in less than a month, Joe has lost 15 pounds and I have lost 21 pounds. We are both so thankful for this program and everything you have done to help others like us. We are both really enjoying everything about the program plus all the energy we have now. My life feels so much better now; I'm losing fat, I have more energy, and less stress. Thank you so much."

~ Laurie and Joe from Dixon, IL

"Hi Bryan. This is the best program I've ever been on! I'm never hungry and I even seem to be eating more than I ever have before and I'm still losing fat. In just 2 months, I have lost 26 pounds of fat AND my cholesterol has dropped by 100 points! This even shocked my doctor. Thanks for everything Bryan."

~ Sandy from Rock Falls, IL

LIFESTYLE MEDICINE



Caring People... Caring Tradition

www.cghmc.com

**Our LIFESTYLE MEDICINE
Program will help you to:**

- Lose loads of toxic fat
- Lose those excess and unsightly inches
- Reshape your body
- Lower your blood pressure
- Lower your cholesterol levels
- Reduce or eliminate your diabetes risk
- Improve your energy levels
- Sleep better
- Reduce or eliminate chronic back pain
- Reduce risk for heart disease and stroke

Bryan Frederick

(815) 625-0400 ext. 1057

100 E. LeFevre Road
Sterling, IL 61081

HELP IS HERE!

Since March of 2006, OVER 100 of your friends and neighbors – people just like YOU – have experienced a fat loss and health improvement MIRACLE!! Now you can be a part of this unique experience that is available ONLY at CGH Medical Center by enrolling in the **LIFESTYLE MEDICINE PROGRAM!**

YOUR friends and neighbors have ...

- Lost 30, 60, even 100 pounds of toxic fat in less than 1 YEAR
- Eliminated 10, 20, even 30 + unsightly and unhealthy inches from their bodies
- Decreased their cholesterol levels
- Super-charged their energy levels
- Lowered their blood pressure
- Reshaped their bodies
- Reduced or even eliminated their risk for diabetes and heart disease

AND ... they did it without ...

- Dangerous Pills
- Surgery
- Special Diet Foods
- Expensive Supplements
- or even Exercise!

They simply COMMITTED to the TRUTH and unleashed a MIRACLE!

THE PERSONAL PROGRAM

The Personal Program YOU receive by enrolling in the Lifestyle Medicine Class is designed **especially for you** and is based on:

- The Five Fundamental Truths of Fat Loss
- The Five Fundamental Truths of Exercise
- The Science and Discipline of Physiology and Preventative Medicine

NO gimmicks, fads, pills, supplements, or exotic exercises are needed for you to succeed.

All YOU have to supply is a DREAM and some COMMITMENT
And *Lifestyle Medicine* will do the rest – It's that SIMPLE!

"HEY BRYAN ~ I JUST WANTED YOU TO KNOW THAT I HAVE LOST 42 POUNDS AND I FEEL GREAT AND DON'T LOOK BAD EITHER! I WENT FROM 213 TO 171. MY SHIRT SIZE IS NOW MEDIUM INSTEAD OF EXTRA LARGE AND I AM HEADED FOR A SIZE 36 PANTS IN ANOTHER MONTH. HOPE YOUR JOB IS GOING WELL, AND THANKS AGAIN FOR CHANGING MY "LIFESTYLE."

~ALLEN FROM CHADWICK, IL

WHAT IS LIFESTYLE MEDICINE?

Having an in-depth understanding of your needs and goals is fundamental to the way we work with you.

Here's the scoop ... My name is Bryan Frederick, and I teach the Lifestyle Medicine Class at CGH Medical Center. The class is purposely designed to provide YOU with a complete Health and Body Transformation Program.

At the conclusion of each class, YOU will have a Step-by-Step Daily Action Plan, a *personal blueprint*, that shows you exactly what to do to ...

- Achieve the positive physical changes in YOUR body that you desire so that you like the way you look and feel, leading to a sense of increased self-confidence and achievement
- Optimize your body's metabolism making it work for you by turning it into a 24-hour fat-burning machine
- Decrease your toxic fat stores, eliminate those excess and unsightly inches, and reshape your body
- Improve YOUR health by showing you how to avoid the fat-storing, disease-producing state thus allowing your body to begin to heal itself naturally