

The *Take Charge*® Healthy Lifestyle Program for Joint Disease/Arthritis Includes Everything You Need to Create a Stronger, Healthier You!



- Weekly educational meetings with your Take Charge health professional
- Complete computerized body fat analysis
- Personalized Lifestyle IQ Health Risk Assessment
- Lifestyle IQ Patient Education Manuals
- Functional food “tools” to help assure results
- Ongoing support to assist you in reaching your goal



The Time is NOW to TAKE CHARGE®!

This Professional Lifestyle Education and Healthy Nutrition Strategies System Joint Disease/Arthritis is based on your Take Charge® Pharmacist teaching you how to live a healthier life through proper education, nutrition, and fitness!

Whether you are newly diagnosed or have been living with joint issues for years, Take Charge® is the answer to helping you live a longer, healthier life!

Lifestyle Change for Joint Disease/Arthritis



Introducing TAKE CHARGE®

Lifestyle IQ Health & Nutrition Education



Your Pharmacist is Your Coach!



Take Charge[®] is a 26 week, one-to-one Intense Behavioral Therapy (IBT) System of personalized Medical Nutrition Education administered by Pharmacists to help patients suffering from joint disease, arthritis or patients facing joint replacement. Your **Take Charge**[®] pharmacist serves as educator, motivator, monitor and guide as you, through trial and error, learn to implement permanent lifestyle changes that improve your health and well being.

Joint disease not only impacts lifestyle . . . it is expensive! Physicians often require a patient to lose significant weight before approving joint replacement surgery. Losing weight the proper way and learning how to eat is both safe and effective.

Diets DON'T Work...WE DO!!



Facts about joint disease Treatment:

1. Most joint disease, including osteoarthritis, are worsened by or even caused by our own poor dietary and lifestyle choices.
2. Losing just 5-10% of current body weight can lessen pain and suffering caused by joint disease.
3. Lifestyle changes can be as effective and longer lasting than medication in joint disease ***with less risk!***
4. It is never too late to make changes to reverse or lessen the consequences of this disease.

We F.E.E.D. You!

F. Functional Foods: Foods with a purpose over & beyond the nutrient content. Take Charge[®] foods are “tools” to use while you learn to eat on your own. Utilizing our foods enables you to get immediate results while learning to eat nutritionally sound food prepared yourself. Unlike other “programs” our foods are NOT the reason you will get ultimate results! They simply allow you to get results while you learn.

E. Education: The cornerstone of the Take Charge[®] Program is education! You will receive an educational booklet each week for 26 weeks that will teach different aspects of how foods work in your body. Your Take Charge[®] Pharmacist and Coach will use their skills to enhance this knowledge during your meetings.

E. Encouragement: Your Take Charge[®] Pharmacist will help you set realistic goals you can be excited about! Their job is to prepare you in advance for any stumbling blocks you may encounter as you begin the process of changing lifestyle habits. It has to be fun for you to succeed!

D. Direction: The 26 week Take Charge[®] Program was created with you in mind. Your Pharmacist already provides you with guidance & direction concerning your medications and they are trained to provide the same instruction concerning your lifestyle habits. Your Pharmacist will provide a custom, individualized blueprint to build your new lifestyle!