

Argentine Health Partners

... using the TSFL approach, we provide the following services for your Health Professional Practice:

- ◆ Individual Health Coaching for your patients & their family members, "on Program"
- ◆ Health Coaching for your Staff who become clients
- ◆ Free Informational Seminars for your patients — tailored to your Practice
- ◆ Health Coaching Mentoring & Training in the TSFL Model for your qualified staff
- ◆ Wellbeing Evaluations to track progress toward Optimal Health Goals



TSFL Trilogy Health Assessment

**STOP.
CHALLENGE.
CHOOSE.**

Make the greater choice of health, make the smaller choices that matter. - Dr. A

Contact Maggie for the upcoming dates for our
4 & 6-Week Online Health Games Challenge



Argentine Health Partners

Maggie Argentine, PhD, RN
Len Argentine, MD

Nationally certified by
Take Shape for Life, in partnership with

**MACDONALD CENTER
FOR OBESITY PREVENTION
AND EDUCATION**

COLLEGE OF NURSING | VILLANOVA UNIVERSITY

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Website for Physician & Providers:
www.argentinehealthpartners.tsfl.com/hp

Website for Patients & Prospective Clients:
www.argentinehealthpartners.tsfl.com/explore

Argentine Health Partners

*Professional Health Coaching & Supervised Weight Loss ...
helping adults, seniors, & teens achieve & maintain
Optimal Health since 2009*



Referring Your Patients for Weight Loss & Health Coaching

... Guidance for Providers of Care & Potential Clients



**Drs. Maggie & Len Argentine have maintained
their healthy weight since 2009.**

**Either or both are eager to serve as Your Partners
in Discovering, Achieving & Maintaining
Your Optimal Health**

"results vary, typical weight loss is 2-5 lbs per week for
the first two weeks, then 1-2 lbs per week thereafter."

Take Shape For Life®'s innovative plans & products empower & equip you to create Optimal Health™ in your own life. Our comprehensive healthy lifestyle offering can help you safely & effectively reach and maintain a healthy weight, and adopt habits for a lifetime of health. 3 components create a foundation for transformation:

1. Scientifically-Proven Products & Programs
2. Your **FREE** Health Coach and a Community of Support
3. The Habits of Health System to Create Lasting Health

The Optimal Weight 5&I Plan™ to reach your ideal weight



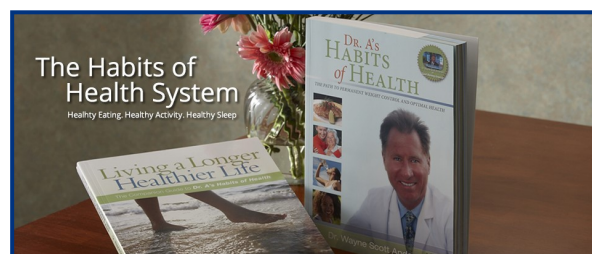
Optimal Weight
Meal Replacements **5**

1 Lean & Green
Meal

The Optimal Weight 5&I Plan™

- Lose weight quickly†
- Choose 5 meal replacements a day, one every 2-3 hours
- Choose five meal replacements from over 70 different, delicious choices, such as shakes, soups, bars, hot beverages, hearty choices, cheese puffs, pretzels, pudding, and brownies
- Each meal replacement has virtually the same nutrition profile designed to meet all your vitamin, mineral, & nutrient needs
- Eat 1 Lean & Green Meal when it's most convenient (Lean & Green = lean protein + a vegetable)
- Create a fat-burning state in your body while feeling full and satisfied
- Meal replacements are convenient and can be used on-the-go

† "results vary, typical weight loss is 2-5 lbs per week for the first two weeks, then 1-2 lbs per week thereafter."



- As your **FREE Health Coach** we introduce you to Dr. A's **Habits of Health System**, which contains everything you need to replace poor eating and other lifestyle habits you might have developed with healthy ones* that will contribute to their long-term success.
- **How?** we meet anywhere we are, using face-to-face, text, phone, email on online meetings to connect daily for your first few days, then weekly until you reach your goals. Then, we make a personal Transition Plan to carry you to your own unique Optimal Health maintenance Plan.
- By making small, consistent changes in your habits, you **CAN** learn to sustain your results for life!

- * **Healthy Eating**
- * **Healthy Activity & Sleep**
- * **Healthy Mind**
- * **Healthy Finances**



Your Health Coach and the Optimal Health™ Community

Caring, knowledgeable, one-on-one support provided by your personal Health Coach is what makes Take Shape For Life® different than any other healthy lifestyle program. Studies have shown that most people, without additional support and the ability to change their habits, will regain the weight they've lost. Guiding you to healthy habits and providing you with encouragement and support are your Health Coach's priorities.

In addition to your **FREE** Health Coach, Take Shape For Life® also provides you with support from our Optimal Health™ Community.

These tools include:

- The BeSlim® Club to help you stay on plan, save, receive FREE shipping and exclusive offers
- Habits of Health System
- Nutrition Support Team
- Your Optimal Health™ community meetings and events
- Optimal Health™ community support calls
- Online 4 & 6-Week Health Games Challenges

