

## Argentine Health Partners

... using the TSFL approach, we provide the following services for the 13-18 year old Teens in your practice:

- ◆ Individual Health Coaching for your teens "On Program" & their parents
- ◆ Weekly 1:1 "Check-In" with Teen
- ◆ Weekly Habits of Health Seminars for Parents
- ◆ Free Informational Seminars for your teen patients & parents — at your office
- ◆ Health Coaching Mentoring & Training in the TSFL Model for your 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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## Argentine Health Partners

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



## Referring Your Teen Patients for Weight Loss & Health Coaching

... Guidance for Providers of Care & Potential Clients



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

*Maggie is passionate about helping teens & parents  
Discover, Achieve & Maintain Optimal Health!*

*A twice retired SUNY nursing educator, Maggie has: served as an elementary school nurse; directed the Madison County Child Obesity Prevalence Project from 2008-2011; was founding Director & Nurse Researcher of the Fit Kids of Madison County (an interventional pilot program for 11-14 year olds under medical care for obesity with co-morbidities); is Vice President of the Madison County Board of Health & member of the Madison County Rural Health Council's Live Well Madison County team, focusing on "Healthy Weight for Kids 4-18."*

**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

*Chances are, you've chosen the Medifast for Teens Program for one of two reasons: 1) you want to lose some weight, or 2) you want to maintain your current weight as you grow taller, in order to live a healthier, more active lifestyle.*

- You've taken the important first step in controlling your weight and improving your health!

As your body continues to grow, achieving and maintaining a healthy weight is crucial to your overall state of health. Take Shape For Life has meal plans specially designed to meet the needs of adolescents 13-18 years old.

- These meal plans are convenient, they emphasize portion controlled eating at regular intervals throughout the day and best of all – they're simple to follow!

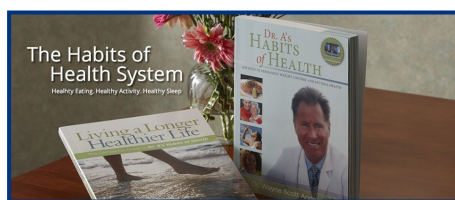
Take Shape For Life can help you achieve the healthy weight that's right for you. Maintaining a healthy weight allows you to live life to the fullest. Successfully lose weight and improve your health with more than 60 Medifast Meals to complement your healthy eating meal plan. Medifast is the brand recommended by over 20,000 doctors since 1980 and proven in multiple clinical studies.

- Your Body Mass Index (BMI) determines which plan to choose. BMI is a calculation based on your current height and weight.

Medifast Meals are essential to achieving your goals. They provide you with convenient, great-tasting, healthy, portion- and calorie-controlled foods that can be used either as meal add-ons or as snacks.

The Medifast for Teens Program is high in fiber, combining the unlimited use of whole grains, fruits and vegetables with fiber-rich Medifast Meals. This combination helps to control your hunger while limiting your calorie intake. With today's busy lifestyles, it can be difficult to follow a strict weight loss plan.

The Medifast for Teens Program provides you with flexibility, through the inclusion of "Sometimes Foods" and through the convenient use of Medifast Meals as alternatives to traditional foods.



- 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.

- By making small, consistent changes in your habits, you CAN learn to sustain your results for life!

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



## 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

