

## COMPANY BACKGROUNDER

Founded in 2007, Valens Medical is a medical weight management office operated by board certified physicians. Focusing on weight loss, nutrition, athletic body management and medical conditions stemming from obesity, Valens' nationally-recognized doctors use body composition and general health to prescribe a customized weight management program perfectly suited for each individual's metabolic make-up. Using medical history, body composition and an array of other factors, Valens physicians customize individual weight management programs that are adjusted as each new goal is reached.

Utilizing psychology, nutrition, exercise and in some cases medications, Valens physicians meet weekly with patients in a one-on-one session at their welcoming offices in Irvine, Calif. Patients lose weight, learn to manage proper eating habits, deal with psychological ties to food, develop necessary fitness routines and learn how to manage weight-related medical conditions such as diabetes, heart disease and more. Valens is not a weight loss center, but instead a weight lifestyle solution. Valens doctors educate each patient to revolutionize their nutrition choices and manage a healthy body composition for a lifetime.

Valens Medical offers customized weight management programs for a variety of weight lifestyle profiles. The Valens Value promises each program will include a detailed medical history evaluation; body composition and metabolic rate analysis; weight management goal settings; weekly consultations with your physician and dietician; lab procedures; attendance at lectures on health-related weight issues, exercise, and psychosocial topics; comprehensive blood tests; blood pressure monitoring; and body composition analysis. *Based on their nationally published clinical studies, Valens physicians may also prescribe weight management medication and partner with a patient's primary care doctor to adjust current medication intake as needed.*

## **WELLNESS PROGRAMS**

Level I Rapid Lean: The most aggressive program Valens offers, Rapid Lean targets men or women diagnosed as obese or morbidly obese with a BMI above 30 and weight related medical issues. Patients are prescribed a very low calorie diet based on balanced nutrition portions and a complete meal replacement products provided by Valens. Designed to achieve maximum weight loss while preserving lean muscle mass, patients typically lose 3-5 pounds per week.

Monthly Program Price: \$11 per day (not including food costs)

10 Week Program Price: \$23 per day (including food costs)

Level II Moderate Lean: This program is intended for those moderately overweight with a BMI of 25-30, a family history of obesity and a gradual weight gain over the years. Using a low calorie diet based on partial use of meal replacements and a daily dietician designed balanced meal, Level II aims for loss rates of 1-3 pounds per week.

Monthly Program Price: \$11 per day (not including food costs)

10 Week Program Price: \$19 per day (including food costs)

Level III Tonal Lean: Specifically intended for patients within a normal weight range but with a high percentage of body fat and low lean muscle weight. Called the hidden killer, the condition known as Sarcopenic ("skinny fat"), is especially dangerous as the patient often appears thin and "in-shape," however, the risk factors typically associated with obese individuals are just as prevalent with Sarcopenic patients. The program focuses on creating muscle mass using a protein enriched diet, nutritional supplements, amino acids and strength-training exercise.

Monthly Program Price: \$11 per day (not including food costs)

10 Week Program Price: \$19 per day (including food costs)

Level IV Wellness Management: Once a patient achieves the goals set in Level I, II, III programs, they graduate to Level IV. Considered perhaps one of the most important course, this wellness management program focuses on maintaining a healthy weight lifestyle for life. The on-going practice of weight maintenance is critical to long-term, healthy lifestyle. Patients that continue with Level IV are statistically proven to maintain results indefinitely.

Monthly Program Price: \$7 per day (not including food costs)

10 Week Program Price: \$13 per day (including food costs)

## QUESTIONS & ANSWERS

*Q. I've read that weight loss is all about calories in vs. calories out. Is this true?*

A. To lose one pound a week, you need to essentially cut 500 calories a day from your diet. While exercise is always recommended, it is difficult to assess how many calories are actually burnt. Diet is the most effective way to do so because with set menus and dietician counseling it is easy to identify the calories and eliminate them from your daily diet.

*Q. As I've gotten older it's been increasingly more difficult to lose weight. Why?*

A. The American public does not realize how much muscle mass we lose as we get older. After age 40, we lose 5-10% of our muscle mass per decade. Muscle mass is directly tied to your resting metabolic rate (RMR) which dictates how much energy your body needs at rest. If you intake more calories than indicated by your RMR, you gain weight. Thus, as you are losing muscle mass, your RMR goes down making it very easy to exceed your body's caloric needs, causing weight to skyrocket.

*Q. I'm guilty off popping every new diet pill on the market. Some of them have worked with an initial weight loss, but then I gain it all back. Are there any diet pills that do work?*

A. There are many weight loss medications that do work. But, it's important to realize the key word is medications. These are doctor prescribed and have been FDA approved for weight loss. They are subjected to countless clinical trials and have been carefully studied. While we sometimes prescribe medications for our patients, medication alone is not the trick. The focus needs to be on weight management, not weight loss. Anyone can lose weight, but without changes in lifestyle and behavior, patients will always gain it back.

*Q. How is Valens different from other physician-supervised weight loss centers?*

A. We are not a weight loss center. We don't just teach weight loss, we educate our patients on how to change their behaviors and lifestyle to manage their weight. Our comprehensive services empower patients by teaching the basics of nutrition, foods, dietary preparation and healthy topics such as the benefits of pomegranates and tea polyphenols. Other centers promote weight loss and customers only visit the physician during the first visit. At Valens, we are your personal doctors and partner with your primary care physician to provide a strategic approach to weight lifestyle management. We meet with you every visit to discuss progress, issues, and make adjustments as needed.

## **STATISTICS**

- According to the Center for Disease Control, 66% of the American population is overweight or obese.
- \$78.5 billion dollars has been spent on medical problems related to obesity.
- It is predicted by 2015, one in every 3 children will be obese and one every 2 children will be overweight.
- Medical issues such as diabetes and hypertension, once reserved for adults, are becoming more common in adolescents.
- 80% of type II diabetes cases and 70% of cardiovascular diseases are directly related to obesity.
- Among those diagnosed with breast and colon cancer, 42% were obese individuals
- 30% of gall bladder surgery related to obesity
- 26% of obese individuals have also been diagnosed with high blood pressure

## **HEALTHY WEIGHT MANAGEMENT TIPS**

- The average adult is urged to participate in 30-60 minutes a day of cardiovascular exercise. However, this can be broken up into eight, five minute walks to do. While working, get up from your desk once an hour and walk up the stairs or around the building for five minutes.
- Don't forget to focus on resistance training when trying to lose weight. When you increase muscles mass you burn more calories.
- Doctor prescribed medications are FDA approved to aid in losing weight, but only when coupled with good dietary habits and exercise. No over the counter weight loss pill is proven by the FDA to aid in weight loss.
- Eat breakfast every day as it jumpstarts your metabolism and helps your body immediately start burning calories.
- Weigh yourself once a week, same day and time.
- Watch less than 10 hours of TV per week.