

THE NEW AND IMPROVED BODYBUGG® IS HERE!

# Weight Loss

*Made simple.*

## WEIGHT LOSS PROGRAM

WITH SYNERGY AND BODYBUGG® INCLUDES:

- Personal bodybugg® –  
To track calories burned vs. calories consumed
- Twelve week subscription to MyApex.com.
- Eight personalized sessions with a Registered Dietitian.
- Pre and post measurements to measure your progress.




## WHAT IS UNIQUE ABOUT SYNERGY'S PROGRAM?

- 8 personal coaching sessions to properly use the bodybugg®
- Personal nutrition coaching by a registered dietitian
- Keep eating the food you love while making optimal changes
- Measurements: – Regular weigh-ins  
– Pre- and post- % body fat  
– Pre- and post- measurements

Our program provides you with a personal touch for accountability, nutrition coaching, & continued goal setting.

*You are not on your own when you are with Synergy!*



Wellness Center  
**Queen of the Valley  
Medical Center**   
ST. JOSEPH  
HEALTH SYSTEM

A Ministry of the  
**Sisters of St. Joseph**  
of Orange

FOR MORE INFORMATION, CALL 707.251.1395