



Unleashing the Potential in You!



Comprehensive

Medical Weight Loss Program

Tailored to Your Health & Lifestyle Needs

www.MySynergyNJ.com

Which Medical Weight Loss Program is Right For You?

Here's an overview of the programs we offer...

New Direction Full Meal Replacement Program

- *New Direction* shakes, puddings, soups and bars for all meals
- High-quality protein, low-carb, very low-calorie diet
- Designed to help you lose 25 lbs. or more

Protein-Sparing, Modified Fast Rapid Weight Loss Program

- *New Direction* shakes, puddings, soups and bars used to replace most meals
- One high-protein meal of your choice daily
- High-quality protein, low-carb, very low-calorie diet
- Designed to help you lose 25 lbs. or more

Advanced Healthy Weight Loss Program

- Low-calorie diet
- Optional use of *New Direction* shakes, puddings, soups and bars for some meals
- High-protein, low-carb diet with more customized meals
- Any weight loss goal

Customized Weight Loss Program

- Registered dietitian-created meal plan
- Fully customized and based on your eating preferences
- Any weight loss goal

Synergy Quick 20 Program

- Designed to help you lose up to 20 lbs. quickly
- Steadily lose weight with a combination of meal replacements and structured high-protein meals

Pre- & Post-Bariatric Surgery Programs

- Very low and low-calorie diet programs preoperatively
- 3 & 6 month PeriOptimization Bariatric programs
- Post-surgery weight management for bariatric patients

Weight Loss Medications

- Weight loss medications may be used in combination with low-calorie diet and increased physical activity intervention programs
- Prescribed at the discretion of Dr. Dyal in keeping with clinical guidelines

Are you looking for a safe, medically-supervised way to control your weight, decrease stress, and reduce factors that lead to diabetes, high blood pressure, high cholesterol, cardiovascular disease, cancer and osteoporosis?

You just found it.

Call us for a no-obligation, FREE consultation today!



Welcome to Synergy Fitness & Wellness

Not your ordinary weight loss center!

Synergy is a medical weight loss and fitness center supervised by Cherise Dyal, MD, who is Board Certified in Obesity Medicine and develops results-driven, evidence-based, customized weight loss and fitness programs focused on each individual's needs and goals.

In our upscale environment, you'll receive personal attention, guidance, motivation and support. Our space is inviting and refined—you'll feel welcome and comfortable even if you have struggled with or never attempted weight loss or exercise before.

Why Synergy?

We are a medical multidisciplinary program that includes all aspects scientifically proven to increase weight loss success. Our state-of-the-art programs are all medically-supervised for rapid, safe weight loss and follow all suggested clinical guidelines.* Our goal is lifelong weight management through proper nutrition, behavior change, physical activity and medical management as needed.

Synergy Weight Loss Programs:

- Medically screen for safety and identification of health risks and lifestyle habits
- Develop safe, sustainable weight loss goals
- Identify customized dietary strategies to fit your lifestyle
- Prescribe appropriate diet based on preferences and health status

- Provide intensive multidisciplinary lifestyle intervention education and counseling
- Medically monitor and offer support throughout program
- Teach skills for sustaining behavior, lifestyle and eating habits for long-term success
- Guide you through small group and individual physical activity
- Provide mobile and online weight loss program with personalized feedback
- Offer 1-on-1 support
- Perform metabolism testing to determine your caloric needs
- Develop long-term maintenance program

Synergy Mobile & Cloud-Based Support

Weight management is a continuous process – Synergy uses personalized tools that help you stay on track wherever you are. Through a private account, your plan will be available on your computer or mobile device whenever you need it:

- Customized meal plans created by a registered dietitian
- Grocery lists
- Eating logs
- Appropriate food exchanges based on your taste
- Weight tracking
- Exercise logs
- *Fitbit*® Integration
- Messaging features



*2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults, *Journal of the American College of Cardiology*, Vol 63, No. 25, 2014.

Our 4-Phase Approach

There are four stages to our weight loss programs.

- **Screening**— for safety and program selection
- **Rapid weight loss**— using meal replacements and/or grocery foods
- **Adapting**— transition to new weight and dietary plans
- **Maintenance**— using new eating, behavior, physical activity skills and habits

Let Dr. Dyal and Synergy help you become the healthiest version of you!

Call (973) 339-9787 today!



Our weight loss programs adhere to the guidelines of the American Heart Association®, the American Society for Nutrition and the American Society of Hypertension.



About Dr. Dyal and the Synergy Weight Loss Program



Synergy Fitness and Wellness features results-driven individual programs created and overseen by Medical Director Cherise M. Dyal, MD.

Dr. Dyal assists people in losing weight safely and improving their health through customized evidence-based programs focused on nutrition, physical activity and lifestyle changes. She is Board Certified in both Obesity Medicine and Orthopedic Surgery.

- Harvard University, BA in Biology, Psychology and Social Relations
- Yale University School of Medicine, Medical Degree
- Columbia University, MS in Nutrition
- Columbia University, Certificate of Professional Achievement in Nutrition
- Wellness in Clinical Practice Certification
- Certified Weight Management Consultant
- Certified Nutrition and Wellness Consultant
- Certificate in Exercise Training and Wellness
- Recognized as One of NJ Top Docs
- Recognized as One of America's Top Orthopedists

Let Dr. Dyal and Synergy help you lose the weight you need to become the best version of you!



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