

# Back on Track

Centegra Health Bridge Fitness Center  
Huntley

10450 Algonquin Road  
Huntley, IL 60142

877-CENTEGRA  
236-8347

centegra.org

 **Centegra**  
HealthSystem

WELL BEYOND EXPECTATION<sup>SM</sup>

 **Centegra**  
HealthSystem

WELL BEYOND EXPECTATION<sup>SM</sup>

We commit to serving with genuine respect, passionate caring and a joyful spirit.



**If you are struggling with an extended plateau or have regained weight after your weight loss surgery, then it's time to reclaim your goals and get "Back on Track!"**

This program is for individuals who have had weight loss surgery and have experienced a weight plateau and/or weight gain and hope to get "back on track."



**You'll learn key elements that will lead to long-term success including:**

- goal setting
- exchanging and sharing habits
- understanding metabolism
- using a kick start diet plan
- incorporating exercise to achieve balance.

Achieve weight loss and weight maintenance with the Centegra Back on Track program today!

**Date/Time:** varies; 6 week program

**Fee:** \$175 for Centegra Weight-Loss Surgery Center patients\*  
\$199 for non-Centegra Weight-Loss Surgery Center patients\*

\*Includes a 2 month WellBridge membership to both Centegra Health Bridge locations. A \$60 value!

**Location:** Centegra Health Bridge Fitness Center - Huntley

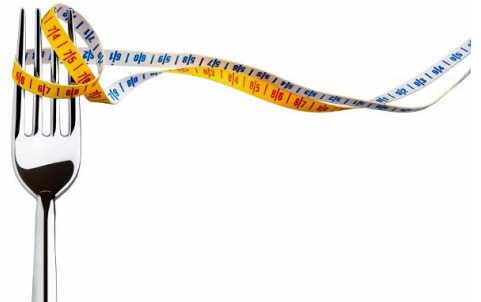


The Centegra Back on Track program is led by certified professionals who will help you set and achieve realistic goals.

**Registered Dietitians:** You'll work with a Registered Dietitian who will assist you with:

- meal planning
- goal setting
- healthy recipes
- and more

**Fitness Coaches:** Get moving at a pace that works for you! Work with an expert to tailor your workout to your needs.



**For more information or to register, call 877-CENTEGRA (236-8347).**

 **Centegra**  
HealthSystem  
WELL BEYOND EXPECTATION™