



## *Is Dial Weight Control Right for Me?*

- Have you tried any of the fad diets (Atkins, South Beach, Zone, etc.) with limited or no results?
- Have you lost weight only to gain it all (or more) back?
- Do weight watchers, overeaters anonymous, or other group meetings make you feel self-conscious, ashamed, guilty or just plain bored?
- Do you eat to feel better, deal with stress, or to replace what's missing in your life?
- Do you have trouble dealing with the factors that sabotage your progress:
  - Job and Family Stress
  - Post-Partum Weight
  - Restaurants
  - Your Mother
  - Your Mother-in-Law
  - Office Parties
  - Travel
  - Vacation
  - Holidays
  - Emptiness
  - Temptation
  - Entertaining

**These are all issues that we can help you with on a daily basis.**

**Call us today! 617-965-2181**



## *Dial Weight Control*



**For more information, call:**

**617-965-2181**

**or visit our website:**

**[www.DialWeightControl.com](http://www.DialWeightControl.com)**

***Call today and look forward to tomorrow!***



# *Dial Weight Control*

**A personalized service to help you achieve sustainable success with your weight loss and self-image goals.**

*— established 1973 —*



*Lose the weight and keep it off*



*Continue to enjoy what life offers*



*Avoid the pitfalls of other programs*


**Call: 617-965-2181**







**[www.DialWeightControl.com](http://www.DialWeightControl.com)**



**Give yourself the gift of a healthy and beautiful body!**



 **Dial Weight Control** is a proven system to help you achieve and sustain your weight loss, health and body image goals while avoiding the pitfalls of other programs that result in regained weight and damaged self-esteem.

-  **No fad diets or manufactured meals** - Lose weight while eating good tasting foods you choose yourself.
-  **No sacrifices** - Continue to eat at restaurants guilt-free, attend dinner parties, and travel for business or pleasure with no diet stress
-  **No hunger** - We'll help you identify emotional hunger from physical hunger, and show you how to successfully deal with both.
-  **No "diet blues"** - Weight loss and self improvement doesn't need to be depressing—we'll show you how to enjoy life while taking it off, keeping it off and how to take advantage of the new you.
-  **No huge commitments or peer pressure** - There are no meetings to attend, group weigh-ins or contracts.
-  **No setbacks or falling off the wagon** - Through daily, personal contact, we help you deal with real life's unexpected challenges and surprises. We'll help you avoid life's constant attempts to sabotage your best efforts and give you ongoing support that's always there for you.

## *The Dial Weight Control Strategy*

Dial Weight Control focuses on caloric intake, nutrition and exercise combined with daily personal contact between you and your consultant. This strategy has been used successfully since the early 1970s and has been proven effective for all types of people who have been frustrated with other programs.

### **Once you start the program, you will:**

- Set personal weight loss goals
- Discuss past experiences
- Review personal health history
- Create a schedule for your daily strategy session
- Learn to keep a food log
- Begin to lose weight

## *About Dial Weight Control*

Established in 1973, this program has been used successfully with people who were former members of Weight Watchers, Overeaters Anonymous, personal patients of Dr. Atkins, and many others. What was lacking in many of these programs is daily personal support. You eat seven days a week and you need support seven days a week. Your friends, spouse, or family do not want to hear what you eat every day and how much you weigh, but WE DO. Your success is our success.

### *What will I have to do?*

Your primary responsibility will be daily home weigh-ins. When you are losing or even at a plateau this will be a motivating factor and pleasure in your life. You will keep a food diary and count your calories and carbohydrates.

Lastly, you should never feel physically hungry when you are on this program. We will help you eat in a way that wakes up the mechanism that tells you when you are physically hungry rather than psychologically empty.

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