

10,000 Pounds and Counting at Transition Medical Weight Loss!



Salem, Dec 4, 2020 (Issuewire.com) - Transition Medical Weight Loss in Salem, NH is proud to announce that over 400 patients have now achieved a total of 10,000 pounds of weight loss since opening in February of 2019. In addition, a multitude of patients have improved their health and reduced risk factors by improving their cholesterol, blood pressure, triglycerides, blood sugar, and more. With New Year's resolutions right around the corner, Transition continues to be the top weight loss program in the area for those looking to lose weight efficiently and keep it off.

Due to the continued growth, Transition is now in the process of expanding its office space, doubling the size of the healthy food store, adding space for another practitioner, building a seminar room, and more. Renovations are expected to be completed by the end of the year.

As a medical office, the center follows all proper protocols during the pandemic to prioritize the health and safety of all patients and staff. "Although it has been a difficult and challenging year for many, we are honored to be helping patients improve their nutrition, exercise, and lifestyle habits to help them achieve their weight loss and health goals," states Joseph Zucchi, Physician Assistant and Personal Trainer.

The program is very comprehensive and aims to address the multifactorial nature of obesity through nutrition, exercise, psychological, and lifestyle interventions. Whether patients need to lose 10 or 100 pounds, Transition works with each patient to make consistent strides in their weight loss journey. Patients have weekly visits with the medical team, body composition analysis, on-site blood work, vitamin B12 injections, custom fitness plans, education seminars and monthly support groups, and more. Also included during the active weight loss phase for each patient is all their healthy and delicious foods – including meals, snacks, and drinks – structured to the proper amount of calories, protein, carbs, and fats. Transition's custom-made "Vitality Pack" supplements are included as well.

John, who lost over 60 pounds on the program, states "It is an excellent program! The entire staff is very knowledgeable and caring. I have lost a substantial amount of weight and also have been able to get off some of my medications. The program is comprehensive and I am enjoying everything from the informative seminars to the delicious food. Highly recommended."

The food store has expanded in variety from initially around 200 different food choices to now over 500 options. From protein muffins to fresh salads to wild fish, as well as on-the-go protein snacks and over 40 different dinner options, the selection is vast and ever-expanding. “We try to add as many options as we can to provide our patients with variety so that their weight loss journey is enjoyable and sustainable,” states Dr. Azar Korbey.

The team consists of a multidisciplinary group of medical weight loss experts. Dr. Korbey, a Medical Doctor and Primary Care Provider for over 30 years, is the medical director. Joseph Zucchi is a Physician Assistant and Personal Trainer. Cheryl Francis is a Registered, Licensed Dietitian. Rhonda Hodge is a Nurse Practitioner and has her doctorate in mental and behavioral weight management.

After patients successfully reach their goal weight, Transition has a maintenance program that strives to help continue to provide accountability and support. “Education and guidance through their program give our patients the confidence to live a healthier lifestyle, but with the knowledge that we are here to catch them if they need it and help them stay on track,” states Cheryl Francis, Registered Dietitian.

For those interested in learning more about Transition Medical Weight Loss, please visit TransitionSalem.com or call (603) 685-0462 to schedule a free consultation.



Media Contact

Transition Medical Weight Loss

staff@transitionsalem.com

6036850462

22 Main Street

Source : Transition Medical Weight Loss

[See on IssueWire](#)

