

THE CENTER FOR  
EMOTIONAL HEALTH  
&  
TO BETTER HEALTH  
&  
FIT-4-LIFE  
PERSONAL TRAINING

### On-going access to the following:

- Pre and Post-Operative Psychological Evaluation & Consultation
- Pre and Post-Operative Nutritional Consultation & Education
- Pre and Post-Operative Fitness Consultation & Personal Training
- Individual and Group Counseling & Coaching
- On-going Peer Support Meetings
- Educational Seminars

### Who We Are:



Dr. Marla  
Deibler  
NJ Lic. No.:  
35S100438000



Dr. Robert  
Ruchinskas  
NJ Lic. No.:  
35S100457100



Kelly Burgess  
MBA, RD, LDN



Kevin Hensel  
CPT, CES



Matthew Hay  
CPT



Dan Dychtwald  
CPT, RDT

# Healthy Lifestyles

## YOUR PATH TO LONG-TERM WEIGHT LOSS, HEALTH & FITNESS

### The Healthy Lifestyles Program: Welcome To Your Future!

#### ONE TEAM. FOCUSED ON YOU. EVERY STEP OF THE WAY!

Congratulations! You have taken the first step on making the commitment to a new and healthy lifestyle. It is our privilege to help you achieve your health and weight loss goal every step of the way.

Founded by licensed clinical psychologist, Dr. Marla Deibler, the Healthy Lifestyles Program provides pre and post-bariatric surgery patients with access to affordable and comprehensive psychological, nutritional and fitness coaching. We will assist you in your preparation for surgery as well as empower you to change the way you think, feel and make decisions about food and exercise.

Our team of professionals will work with you to create a healthful nutritional plan and fitness regimen that is specifically tailored to your needs, while working with your physician to maximize your weight loss success.

#### What Makes Us Different

- Every client is treated as an individual. We pride ourselves on our one-on-one, personalized services and the quality of our work.
- Healthy Lifestyles offers the highest level of qualified professionals of any program in the area.
- Psychological services are provided by doctors of psychology with expertise in bariatric services.
- Nutritional services are provided by a licensed, registered dietician.
- Personal training services are provided by nationally certified and degree-credentialed fitness professionals.
- We offer gym-based and in-home personal training. We bring the gym to you!
- We offer grocery shopping trips, food samplings, eating out tips, healthy cooking lessons & demonstrations, and email & text support.
- We provide access to an on-line food journal and support blog maintained and monitored by our staff.



### Interdisciplinary Weight Loss Consortium

Healthy Lifestyles is proud to offer a FREE on-going, interdisciplinary, educational and peer support group program. Our bariatric surgery clients are invited to attend this support group to share their experiences with one another as well as gain further pre and post-operative knowledge from

invited guest speakers, including experts across healthcare disciplines such as preventative medicine, plastic surgery, cardiology, psychology, diet & nutrition, personal training & exercise physiology and much more. Please check out our online calendar for dates, times and details of our schedule.

To get started on **YOUR** Healthy Lifestyle, contact us at:



Phone: 856-220-9672 | Fax: 856-673-0630  
385 N. Kings Highway, Cherry Hill, NJ 08034  
[www.thecenterforemotionalhealth.com](http://www.thecenterforemotionalhealth.com)



## Psychological Services

The Center for Emotional Health's Healthy Lifestyles Program provides clients with evidence-based pre and post weight loss surgery programs to assist our clients in achieving a healthy self-esteem and long-term weight loss success. Our highly trained team of clinical psychologists, Dr. Marla Deibler and Dr. Robert Ruchinskas, along with a team of psychological professionals, provide clients with one-on-one services including:

- Pre-surgical psychological evaluation and preparation
- Pre and Post-surgical multidisciplinary team consultation
- Pre and Post-surgical weight loss coaching
- Individual counseling for weight loss and motivation
- Individual counseling and psychotherapy for difficulties with adjustment, anxiety, and depression

Psychological services also provide individuals with the invaluable opportunity to participate in group services including:

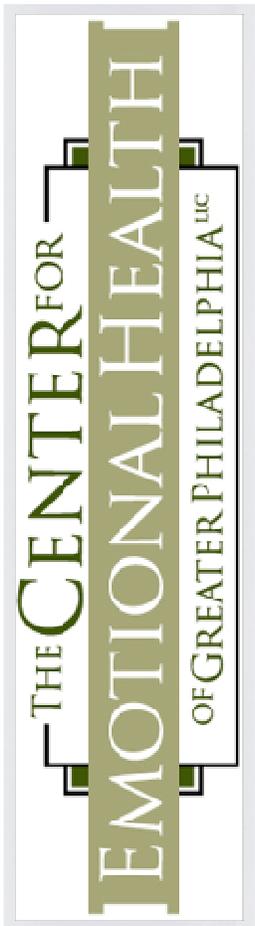
- Free, unlimited, educational multidisciplinary seminars
- Free, unlimited peer support group
- Cognitive-behavioral weight loss coaching groups
- Couples and family psychotherapy and counseling

A Cognitive behavioral approach (CBT) is the most evidence-based approach to helping individuals change the ways in which they think, feel, and act, providing them with problem-solving and coping skills to successfully navigate and overcome challenges and obstacles. CBT helps individuals improve daily functioning, meet personal goals, maintain motivation, and improve quality of life.

**Healthy Lifestyles'** psychological services will assist you in preparation for surgery, as well as empower you to change the way you think, feel and make decisions about food and exercise. We will utilize practical strategies to help you maintain motivation and move toward a healthy, new you!

Healthy Lifestyles provides clients with pre-operative psychological evaluations by licensed clinical psychologists in accordance with standards set by the National Institutes of Health and the American Society for Metabolic and Bariatric Surgery. The Center provides clients with pre and post-operative evidence-based coaching, behavior modification, and cognitive-behavioral strategies to assist in lifestyle and psychological adjustment to maximize potential for weight loss success and improved health and wellness. Our free, monthly weight loss consortium offers clients the opportunity to share their experience with one another as well as gain further pre and post-operative knowledge from invited guest speakers, including experts across multiple health and wellness disciplines. Visit our website for meeting schedules and speakers, as well as information about psychological evaluations and to learn more about Drs. Deibler and Ruchinskas at [www.thecenterforemotionalhealth.com](http://www.thecenterforemotionalhealth.com).

Healthy Lifestyles psychological services are covered by many health insurance plans. We also offer sliding scale fees and payment plans. We offer day, evening and weekend appointments in a comfortable and supportive setting. We look forward to joining you in your journey!



**Healthy Lifestyles services meet insurance requirements for a "multidisciplinary surgical preparatory regimen."**

## Nutritional Services

To Better Health, LLC offers comprehensive pre and post-nutrition counseling services for bariatric surgery patients. Professional nutrition counseling services are provided in two locations: West Deptford and Cherry Hill. Registered dietitian Kelly Burgess, MBA, RD, LDN works closely with each patient to help ensure success.

According to the US Department of Health and Human Services, obesity is the second leading cause of preventable deaths in US. Many health conditions such as heart disease, cancer, stroke and high blood pressure can be prevented and/or controlled with weight management, proper nutrition, regular physical activity and lifestyle changes.

### Why is Nutrition Education Important to Bariatric Surgery Success?

Bariatric surgery produces weight loss by dramatically reducing food intake. However, success is possible only with healthy habits, and maximum cooperation in behavioral change and medical follow-up.

Surgery reduces food intake and may interfere with the absorption of nutrients. Patients who undergo bariatric surgery must commit to a lifetime of healthy eating and regular physical activity to produce and maintain weight loss, and reduce the risk of deficiencies. Cooperation and commitment must be carried out for the rest of a patient's life to ensure weight loss success and optimize health.

Nutrition counseling will provide:

- Critical knowledge about nutritional needs and proper food intake pre & post-bariatric surgery
- Guidance for calorie and portion control
- Tips for buying healthy foods, and preparing balanced, nutritious and calorie-controlled meals
- Tips for eating out and social engagements
- Steps to developing healthy lifestyle practices

### Nutrition Counseling Services

- Individual nutrition assessment and diet analysis
- Comprehensive nutrition education and healthy lifestyle plan of care
- Food sampling
- Simulated food pantry
- Meal preparation tips and recipes
- Dining out menu education and recommendations
- Cooking demonstrations
- Grocery shopping list and/or tour
- E-mail communication and support

### Health Insurance—Call for Details

- Aetna
- AmeriChoice
- AmeriHealth
- CIGNA
- Horizon Blue Cross Blue Shield (Horizon BCBS)
- Keystone
- Oxford
- United Healthcare
- Medicare—Soon to be accepted



To Better Health  
 Weight Loss to Wellness Nutrition Services  
 LLC

### **Kelly Burgess, MBA, RD, LDN**

Licensed and Registered Dietician

Sherwood Mews  
 831 Kings Highway  
 Suite 102  
 West Deptford, NJ 08096

Services also available in  
 Cherry Hill at The Center  
 for Emotional Health

Phone: 609.352.6266  
 E-mail: Kelly.burgess@comcast.net

Appointments are available  
 Monday through Friday  
 including evenings. Call or  
 e-mail for an appointment.



**HOURS:**  
**MONDAY—FRIDAY: 6AM-9PM**  
**WEEKENDS: 6AM-3PM**

Lahn Plaza  
 16 Rockhill Road  
 Suite B  
 Cherry Hill, NJ 08033  
 Phone: 856-751-0033

[www.personaltrainerincherryhill.com](http://www.personaltrainerincherryhill.com)

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To get started on **YOUR** Healthy Lifestyle, contact us at: 856-220-9672

**YOUR PATH TO LONG-TERM WEIGHT LOSS, HEALTH & FITNESS**

**Fitness Services**

**Fit-4-Life Bariatric Weight Loss Solution.**

There are many reasons why our services are the superior weight loss and fitness choice — the choice of over 900 other Greater South Jersey residents for the past 15 years in our private fitness training studio. Your doctor certainly would not recommend us to you if he/she did not believe in us. Fit-4-Life is the missing link in meeting your bariatric weight loss goals.

**Here are three very good reasons why Fit-4-Life is right for you:**

- We *guarantee* you will get the results you want, as quickly as possible, and with 100% certainty. Simply put, there is no other program that can make the same claim. We will even put it in writing! We will communicate regularly with your whole bariatric team to ensure you are exercising safely and effectively.
- Our typical client sees the following results in the first 2 months: 15 lbs of fat loss, reduction of 2 or 3 pant sizes, loss of 6 inches across the body, firmer arms, legs, tummy, improved posture and fewer body aches, lower blood pressure and reduced stress. Head trainer, Dan Dychtwald, will inspire you to lose weight and provide invaluable feedback from his own weight loss journey. Dan lost 140 lbs in less than 2 years.
- Our staff has over 40 years of combined personal training experience. We pride ourselves on our unmatched level of professionalism, experience, education, and individualized attention. All Fit-4-Life trainers have specialized college degrees and certifications to work with several medical conditions and orthopedic issues. Our detailed fitness evaluation identifies all of your muscular imbalances. We identify and correct all of your short, tight muscles that need to be stretched and weak muscles that need to be strengthened. Function first!



**Services Offered:**

- One Hour One-on-One Personal Fitness Training
- **In-Home Training— We come to you!**
- **Pre/Post Bariatric Jumpstart Packages**
- Fitness Bootcamps
- 30 Minute Express Workouts
- Small Group Training
- Corporate Wellness Programs
- Massage Therapy
- Cooking Lessons
- Fit Kids-n-Teens

**Meet Our Newest Trainer!**



**Dan after losing 140 lbs, 50 inches, & 20% Body Fat!**

**Dan Dychtwald**

40 Years Old  
 Former IT Manager  
 Marlton

Dan's story, in his own words:

*"In 8 weeks I've seen over 36 lbs of weight loss, 5 inches off my waist, increased stamina, and I'm down 3 pant sizes. More important to what I've lost is what I've gained in my self confidence and how I feel about myself. Fit-4-Life gets results and teaches you how to keep them for life. **To date I've lost over 140 lbs.** My life mission is to help others like myself lose weight and get in the best shape of their life!!"*

