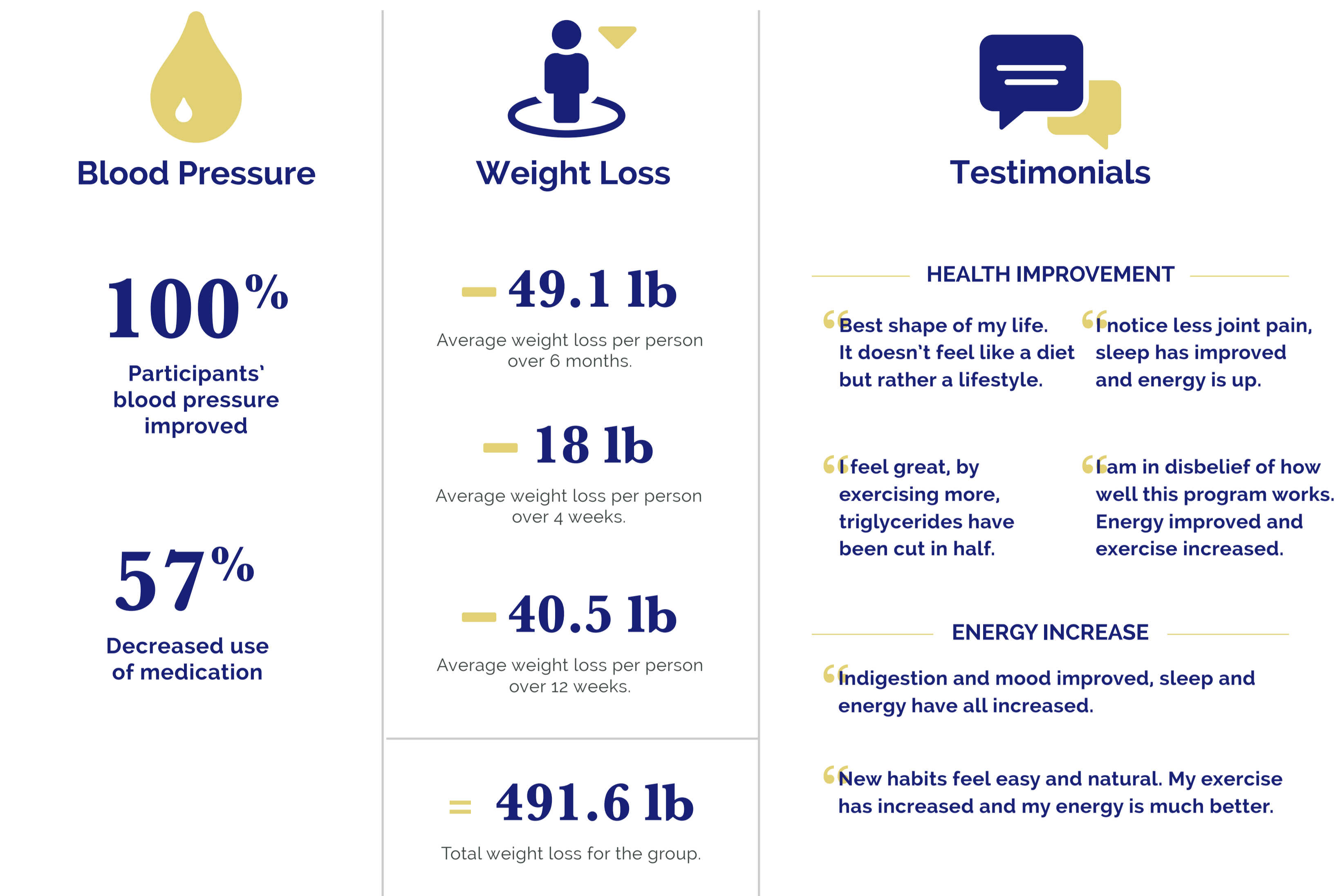


FIREMAN WEIGHT LOSS






A CASE STUDY IN GROUP HEALTH BY DR. GARY HUBER - 2011

10 Fireman participated on the study with Huber Personalized Medicine and produced the following results.



PERSONALIZED CORPORATE HEALTH

The Personalized Corporate Health approach we offer employs a detailed and progressively educational platform that gradually leads the patient to implement new lifestyle habits that replace old bad habits. It is comprehensive in its design to incorporate:

-  **Nutritional education**
cooking demo and support including Grocery Store Tour
-  **Mindfulness Training**
and education along with cognitive behavioral therapy
-  **Lab Assessment**
and analysis by Dr. Huber & dietitian Chelsea Caito
-  **Personal Support**
e-mail and phone availability to trouble shoot and support
-  **Weekly engagements**
to ensure compliance as well as help mold behaviors and provide motivation

The **Huber Personalized Weight Loss Program** accomplishes the goal of 10% weight loss or more in 100% of its patients in less than 12 weeks. In some cases this occurs in the first 4 weeks.