



Are you looking for a safe, supervised lifestyle-based way to improve your health and fitness, control your weight, decrease your risk of falling, improve your balance and flexibility, decrease stress and reduce factors that lead to diabetes, high cholesterol, hypertension, breast and colon cancer, osteoporosis and cardiovascular diseases?

**You just found it.**

**Call us *today* for your FREE consultation!**

## How To Join Synergy

Becoming a Synergy Fitness and Wellness member begins with a no-obligation, private fitness and wellness consultation or by attending one of our Introductory Workshops.



## Cherise M. Dyal, MD



Dr. Cherise Dyal is a Board Certified Orthopedic Surgeon who specializes in the musculoskeletal system—the bones, joints and muscles. Dr. Dyal attended Harvard University where she received a BA in Biology and Psychology and Social Relations. She received her medical degree from Yale University School of Medicine. Dr. Dyal completed her Orthopedic Surgery residency at Columbia Presbyterian Medical Center – New York Orthopedic Hospital. She completed her fellowship at the Hospital for Special Surgery.

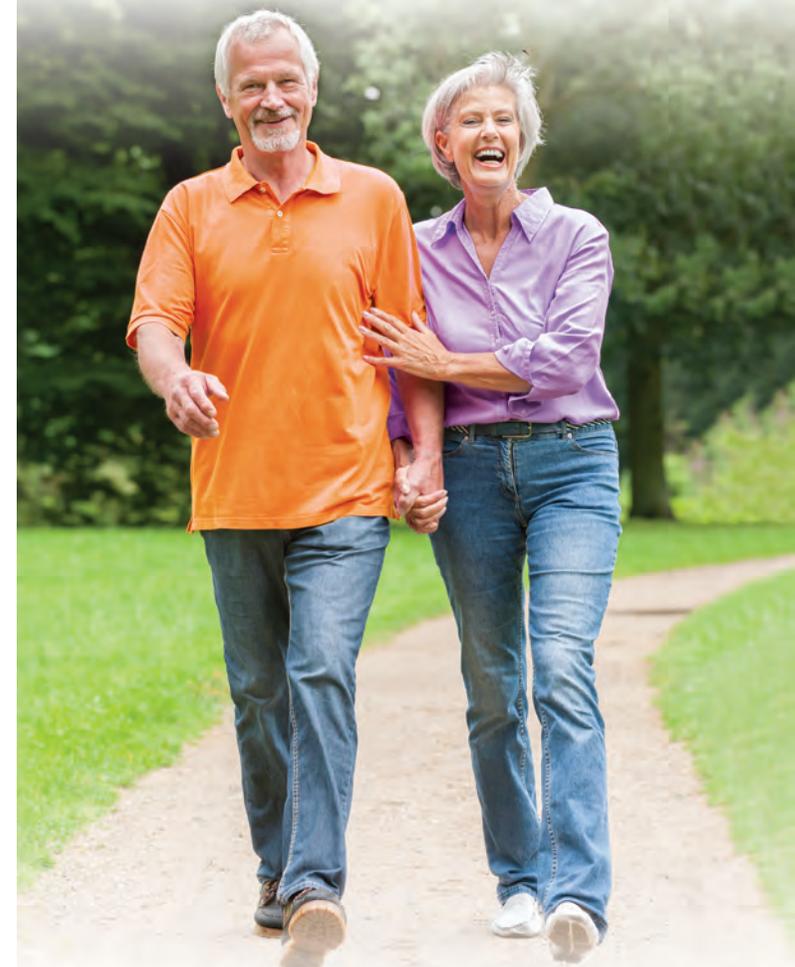
Dr. Dyal's goal at Synergy Fitness and Wellness Center is to assist people in adopting lifestyle changes that incorporate safe, properly performed structured exercise, increased daily physical activity, proper nutrition, healthy habits and weight loss as needed to improve not only their orthopedic and medical conditions, but their overall health as well.

Dr. Dyal has been recognized as one of *NJ Top Docs*, as well as one of *America's Top Orthopedists*. She has earned a Wellness in Clinical Practice Certification. Dr. Dyal is a certified Nutrition and Wellness Consultant, as well as a certified Weight Management Consultant. She also has a Certificate in Exercise Training and Wellness.

*Let Dr. Dyal and Synergy help you become the best version of you!*



*Unleashing the Potential in You!*



Personal Fitness Tailored to Your Health & Lifestyle Needs

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

# Welcome to Synergy Fitness & Wellness!

**Not just an ordinary health club or gym.**

Synergy is a medical fitness and wellness center overseen by Medical Director Cherise Dyal, MD, who has developed results-driven programs that include strength training, cardiovascular exercise and flexibility, balance and functional training — focusing on each individual's needs.

Synergy has been designed to be inviting and refined so you'll feel comfortable and welcome. In our upscale, meticulously clean environment, you'll always receive personal attention, guidance, motivation and support. Most importantly, we created this environment so you can feel comfortable even if you have never exercised before.

## Exercise Is Medicine Too

Synergy's goal is to help you achieve better health and wellness through an individualized, structured approach to exercise, nutrition and lifestyle habits. We'll work with you, or your doctor, to develop a safe, customized strength, cardio-aerobic and flexibility training and weight loss program. Our instructors will guide you throughout your exercises so that you will never be intimidated by the equipment and will get the most out of your experience.

Our exercise programs can help treat (and prevent) many chronic diseases like diabetes, high blood pressure, weight gain and osteoporosis. We also help combat the weakness, loss of endurance and flexibility, and decreased bone density that can lead to injury and loss of independence.

## State-Of-The-Art Equipment

Synergy uses all state-of-the-art *Technogym* exercise equipment—the same equipment used at over 10,000 medical centers and all the Olympic Villages since 2000.

Our **strength programs** use a highly effective, safe and advanced slow cadence protocol to produce maximum results in a minimum amount of time—regardless of your age or fitness level.

Our **cardio-aerobic programs** can be developed using your exercise metabolism testing results to maximize your fat burning potential, aerobic



fitness and endurance safely while insuring that your weight loss is fat rather than muscle based.

Our **functional training, core strengthening, balance and flexibility programs** use *Kinesis* equipment that allows 360° of movement during training and award-winning *FLEXability* equipment for anterior and posterior muscle chains to help prevent injury and increase the ease of daily activities.

## Fall Prevention

Progressive strength training reduces the risk and the rate of falling, and core strength training improves balance and performance of daily activities. In fact, exercise is one of the most important components in fall prevention programs.

Synergy programs are designed to increase muscle strength, improve balance, endurance, posture and flexibility to help you prevent falls and injury and maintain your independence as you mature gracefully!



## What to Expect

Our Synergy team is with you every step of the way!

- All programs have **medical oversight** to insure safety
- Your unique lifestyle, medical and orthopedic conditions are taken into account when we **customize programs** for you
- Exercise sessions are schedule by **appointment only** to provide you with time efficiency and accountability
- **Sessions are supervised** by certified personal trainers to be sure you're performing the exercises safely and correctly, with progress
- Exercise programs are designed to be completed in **1 hour**
- Dr. Dyal can **communicate with your doctor** about your program and the progress you make

# Our Programs

## Synergy Lifestyle Fitness Program

- ✓ Integrates strength training, cardio-aerobic and flexibility exercises with a healthy eating plan based on current assessment of fitness, orthopedic and medical conditions
- ✓ Strength training is the program's foundation
- ✓ Cardio-aerobic program based on metabolic testing
- ✓ 1-hour sessions with 30 minutes of strength training and 30 minutes of cardio

## Synergy Lifestyle Nutrition & Weight Loss Program

- ✓ Resting metabolic rate to determine baseline caloric needs and fuel (meal) design
- ✓ Exercise metabolism testing to determine your "fat burning training zone" and the correct exercise intensity for your workouts
- ✓ Appropriate strength training program for burning more calories at rest
- ✓ **NO** pills, potions, or pre-packaged foods
- ✓ Eating plan you can easily fit into your lifestyle
- ✓ You learn healthy eating habits for life
- ✓ Structured framework and accountability

## Synergy Flexibility, Balance & Functional Training Program

- ✓ Customized program tailored to your specific needs and/or sport
- ✓ *Kinesis* equipment used for flexibility, balance and functional or sport specific training
- ✓ Allows 360 degrees of movement during training
- ✓ *FLEXability* equipment uses a Selflex self-regulated system (patent pending) to stretch anterior and posterior muscle chains including the core and back safely
- ✓ Accurately measures your progress of flexibility improvement

**80% of people who start an exercise program quit within the first 30 days... Don't be one of them.**

