



*Unleashing the Potential in You!*



A Comprehensive, Medically Supervised  
**Weight Management Program**  
Tailored to Your Health & Lifestyle Needs

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



Are you looking for a safe, medically supervised way to control your weight, decrease stress, and reduce factors that lead to diabetes, high blood pressure, high cholesterol, cardiovascular disease, cancer and osteoporosis?

You just found it.

Call us for a no-obligation, **FREE** consultation to become a Member *today!*



# Welcome to Synergy Fitness & Wellness

**...Not your ordinary weight loss center!**

Synergy is a medical fitness and wellness center overseen by Medical Director Cherise Dyal, MD, who develops results-driven evidence-based weight management and fitness programs focusing on each individual's needs and goals.

In our upscale environment, you'll receive personal attention, guidance, motivation, and support. Our space is inviting and refined – you'll feel welcome and comfortable even if you've never exercised or attempted weight loss before.

## Why Synergy?

Unlike most weight loss programs that promise quick results, we follow all the guidelines outlined by the American Heart Association and The Obesity Society, and endorsed by the American Society for Nutrition and the American Society of Hypertension.\*

- Identify your health risks
- Complete resting metabolic rate testing to determine your baseline caloric needs
- Perform exercise metabolism testing to determine correct exercise intensity for workouts
  - Develop safe, sustainable weight loss goals
  - Monitor measurements for healthy weight management and decreased health risks
  - Identify customized dietary strategies that fit your lifestyle

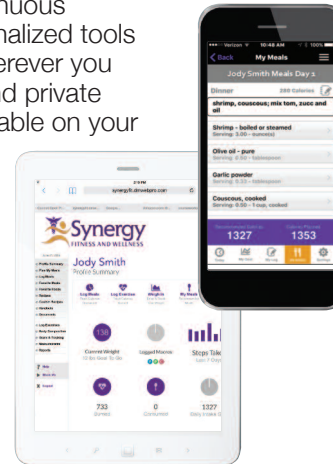
\*2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults, *Journal of the American College of Cardiology*, Vol 63, No. 25, 2014.

- Prescribe an appropriate diet based on your preferences and health status
- Provide lifestyle intervention counseling
- Guide you through small group and individual physical activity programs on state-of-the-art equipment
- Improve your strength, cardiovascular health, and flexibility
- Provide mobile and online tracking with personalized feedback
- Offer 1-on-1 support
- Provide education and long-term maintenance program

## Synergy Mobile & Cloud Based Program

Weight management is a continuous process – Synergy uses personalized tools that help you stay on track wherever you are. Through a personalized and private account, your plan will be available on your computer or mobile device whenever you need it:

- Customized meal plans created by a Registered Dietician
- Grocery lists
- Eating logs
- Appropriate food exchanges based on your taste
- Weight tracking
- Exercise logs
- Fitbit integration
- Recipes
- Messaging Features



## We're Time-Efficient!

We know you're busy – so our programs are designed to take only one hour. When you commit to your health, we commit to keeping you on schedule. All appointments are scheduled, and there is no waiting time for equipment or classes.



**Let Dr. Dyal and Synergy help you become the healthiest version of you!**  
**Call (973) 339-9787 today.**





## About Dr. Dyal and the Synergy Wellness Program



**Synergy Fitness and Wellness features results-driven individual programs created and overseen by Medical Director Cherise M. Dyal, MD.**

Dr. Dyal assists people in adopting lifestyle changes including safe structured exercise, increased daily physical activity, effective nutrition, healthy habits, stress reduction, and weight management to improve health and decrease risk of illness and disease.

- Harvard University, BA in Biology, Psychology, and Social Relations
- Yale University School of Medicine, Medical Degree
- Columbia University, Certificate of Professional Achievement in Nutrition
- Wellness in Clinical Practice Certification
- Certified Nutrition and Wellness Consultant
- Certified Weight Management Consultant
- Certificate in Exercise Training and Wellness
- Recognized as One of NJ Top Docs
- Recognized as One of America's Top Orthopedists
- Member of the Medical Fitness Association
- Member of the American College of Lifestyle Medicine

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



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