

Physicians Weight Control

Dr. William J. Strowhouer
Medical Director

Daily Vitamins

Each Tablet Contains:		% US RDA
Vit A (Acetate).....	500 IU.....	100
Vit C (Ascorbic Acid).....	60 mg.....	100
Vit B-1 (Thiamine HCl).....	1.5 mg.....	100
Vit B-2 (Riboflavin).....	1.7 mg.....	100
Vit B-3 (Niacin).....	20 mg.....	100
Vit B-6 (Pyridoxine HCl).....	2 mg.....	100
Vit B-12 (Cyanocobalamin).....	6 mcg.....	100
Vit D-3 (Cholecalciferol).....	400 IU.....	100
Folic Acid.....	0.4 IU.....	100

Directions: One tablet daily as a dietary supplement. To avoid upset stomach the vitamin may be taken with food.

Other Ingredients: Sugar, Dicalcium Phosphate, Calcium Sulfate, Kaolin, Magnesium Silicate, Microcrystalline Cellulose, Stearic Acid, Gelatin, Starch, Titanium Dioxide, Croscarmellose Sodium, FD&C Red #40 Lake, Pharmaceutical Glaze, Sodium Ascorbate, Troglycerides, Silica, Mixed Tocopherols, Carnauba Wax and BHT.

Store at Room Temperature

KEEP OUT OF REACH OF CHILDREN

Physicians Weight Control

Eat well and lose weight on 1,200 calories a day

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Daily Tip	Breakfast		Lunch		Snack		Dinner		Total Daily Calories
	Serving	Calories	Serving	Calories	Serving	Calories	Serving	Calories	
Sunday	Drink at least four 8-ounce glasses of water. 1/2 cup shredded wheat cereal .85 1 slice whole wheat bread .69 2 tsp regular jelly .30 1 cup non-fat milk .86 1/2 cup orange juice .56 1 cup black coffee .6 1 cup water .0 TOTAL BREAKFAST CALORIES .332	Roast beef sandwich 2 slices whole wheat bread .139 2 oz lean roast beef, unseasoned .58 1 lettuce leaf .2 3 medium tomato slices .13 1 tsp reduced-calorie mayonnaise .16 1 cup grapes .58 1 cup water .0 TOTAL LUNCH CALORIES .286	1 cup non-fat milk .86 4 squares cinnamon graham crackers .110 1 cup water .0 TOTAL SNACK CALORIES .196	2 oz broiled or baked salmon .104 1 medium baked potato .106 1 tsp margarine .66 1/2 cup seasoned green beans .22 1/2 cup cooked carrots .35 1 small dinner roll .85 1 cup unsweetened iced tea .0 1 cup water .0 TOTAL DINNER CALORIES .418	1232				
Monday	Measure all foods to become familiar with the serving size that is right for you. 1/2 cup oatmeal .145 1 cup non-fat milk .86 1/2 cup orange juice .56 1 cup black coffee .6 1 cup water .0 TOTAL BREAKFAST CALORIES .293	Chicken salad pita sandwich 1 large whole wheat pita pocket .200 2 oz white breast of chicken .99 1 tsp reduced-calorie mayonnaise .16 1 lettuce leaf .2 3 medium tomato slices .13 1/2 cup pineapple chunks, packed in juice .75 1 cup water .0 TOTAL LUNCH CALORIES .405	1/2 cup blueberries 1/2 cup frozen low-fat yogurt .115 1 cup water .0 TOTAL SNACK CALORIES .155	2 oz roasted turkey breast .90 1/2 cup mashed potatoes .111 2 oz turkey gravy .29 1/2 cup mixed vegetables .54 1 cup non-fat milk .86 1 cup water .0 TOTAL DINNER CALORIES .370	1223				
Tuesday	With your doctor's approval, gradually increase your daily physical activity. 1/2 egg bagel .99 1/2 tsp light cream cheese .17 1 fresh pear .51 1 cup non-fat milk .86 1/2 cup orange juice .56 1 cup black coffee .6 1 cup water .0 TOTAL BREAKFAST CALORIES .315	Tuna salad sandwich 2 slices rye bread .160 2 oz canned white tuna in water .76 1 1/2 tsp reduced-calorie mayonnaise .25 1 cup raw carrot sticks .31 1 cup fresh melon cubes .60 1 cup water .0 TOTAL LUNCH CALORIES .352	1 cup non-fat fruit-flavored yogurt .225 1 cup water .0 TOTAL SNACK CALORIES .225	2 oz roast pork tenderloin .93 1/2 cup couscous .100 1/2 cup cooked broccoli .22 1 cup fresh raspberries .60 1 cup non-fat milk .86 1 cup water .0 TOTAL DINNER CALORIES .361	1253				
Wednesday	Flavor foods with herbs and spices and limit the use of salt. 1 whole egg, boiled .78 1/2 English muffin .69 1 tsp margarine .33 1/2 cup dried cooked prunes .113 1 cup non-fat milk .86 1 cup black coffee .6 1 cup water .0 TOTAL BREAKFAST CALORIES .385	1 slice vegetable pizza .216 1 medium apple .81 1 cup salad greens .10 1 Tbs reduced-calorie salad dressing .27 12 oz diet soda .0 1 cup water .0 TOTAL LUNCH CALORIES .334	1 cup non-fat milk .86 1 shortbread cookie .40 1 cup water .0 TOTAL SNACK CALORIES .126	2 oz meatball .153 1/2 cup pasta, cooked .98 1/2 cup tomato sauce with mushrooms .43 1 cup salad greens .10 1 1/2 tsp reduced-calorie salad dressing .13 1 cup non-fat milk .86 1 cup water .0 TOTAL DINNER CALORIES .403	1248				

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A SAMPLE WALKING PROGRAM

	Warmup	Exercising	Cool Down	Total Time
Week 1				
Session A	Walk 5 min.	Then walk briskly 5 min.	Then walk more slowly 5 min.	15 min.
Session B	Repeat above pattern			
Session C	Repeat above pattern			

Continue with at least three exercise sessions during each week of the program.

Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
Week 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
Week 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
Week 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
Week 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
Week 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
Week 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
Week 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
Week 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.

Week 13 on:

Gradually increase your brisk walking time to 30 to 60 minutes, three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity. Always remember to check with your doctor before beginning a program of physical activity.

Walking Tips

- Hold your head up, and keep your back straight.
- Bend your elbows as you swing your arms.
- Take long, easy strides.

Reference: National Institute of Health. *The Practical Guide Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.* (00-4084)2000:66

Abbott Laboratories
Abbott Park, IL 60064

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STRICT DIET

Breakfast

Fruit 1 serving
 Skim Milk 1 cup

Lunch

One egg (*boiled or poached*)
 Vegetable 1/2 cup
 Skim Milk 1 cup

Dinner

Lean meat, fish or fowl 4 ounces
 Vegetable 1/2 cup
 Skim Milk 1 cup

FRUITS TO BE EATEN:

One-half cup portions

Apple (<i>one small</i>)	Tomato	Peaches
Apple sauce (<i>unsweetened</i>)	Grapefruit	Watermelon
Blackberries	Honeydew melon	Oranges
Cantaloupe	Pineapple	Strawberries

VEGETABLES TO BE EATEN:

One-half cup portions

Asparagus	Cucumber	Peppers
Beets	Eggplant	Pumpkins
Broccoli	Escarole	Radishes
Brussel Sprouts	Spinach	Sauerkraut
Cabbage	Lettuce	String Beans
Cauliflower	Mushrooms	Squash
Celery	Okra	Watercress
Chicory	Onions	Tomatoes
Carrots	Peas	Turnips

Additional Instructions:

Coffee or tea may be used without sugar or cream. Saccharin or Sweet and Low may be used. Mustard and vinegar O.K. Diet sodas are desired. Diet dressing of 15 CAL. Or less per tablespoon may be used. Skim milk may be replaced by 99% fat free milk, buttermilk, or plain yogurt. Cocoa and vanilla extract may be used for flavoring. Four ounces of 99% fat free cottage cheese may replace egg or milk. Two ounces of white chicken meat or water pack tuna may replace the egg. Eight ounces of the cottage cheese may replace the meat. Dietetic gelatin dessert i.e. D-Zerta may be used as desired.

Meat, fish fowl must be baked, broiled, or boiled. Fruits may be fresh or dietetic pack-sugar free. Diet may be constipating; if needed, use a mild laxative i.e. milk magnesia, M-O, Senokot, Mitrolan, cascara, or Dulcolax.

Physicians Weight Control Dr. William J. Strowhouer: Medical Director

MEDIA, PA
 610-566-8885

KING OF PRUSSIA, PA
 610-354-0302

BRISTOL, PA
 215-788-6900

ALLENTOWN, PA
 610-398-3500

ROYERSFORD, PA
 610-792-5400

LANSDALE, PA
 215-368-8880

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APPROXIMATE ENERGY EXPENDITURES OF RECREATIONAL SPORTS



ACTIVITY	KCAL PER HOUR*
BASEBALL/SOFTBALL	
ALL EXCEPT PITCHER	280
PITCHER	450
BASKETBALL	360-660
BICYCLING	
5 MPH	240
8 MPH	300
10 MPH	420
11 MPH	480
12 MPH	660
CALISTHENICS	
LIGHT	360
HEAVY	600
GOLFING	
POWERCART	240
PULLING BAG CART	300
CARRYING CLUBS	360
HANDBALL	600-660
ROWING MACHINE	840
SKATING (ICE, ROLLER)	
LEISURELY	420
RAPIDLY	700
SKIING	
DOWNHILL, LIGHT	500
DOWNHILL, VIGOROUS	600
CROSS COUNTRY, 2.5 MPH	560
CROSS COUNTRY, 5 MPH	700
CROSS COUNTRY, 6 MPH	1020
SWIMMING	
LEISURELY	
CRAWL, 25-50 YARDS PER MIN	360-500
BACKSTROKE, 25-50 YPM	360-750
BREASTSTROKE, 25-50 YPM	360-750
SIDESTROKE, 40 YPM	260-750
TENNIS	660
DOUBLES	260
SINGLES	480
NONCOMPETITIVE	300
COMPETITIVE	480
WALKING/RUNNING	
LEVEL ROAD, 1-2 MPH(STROLL)	120-150
LEVEL ROAD, 3.5 MPH(BRISK)	360
LEVEL ROAD 5 MPH (VERY FAST)	480
DOWNSTAIRS	425
UPSTAIRS	600-1080
UPHILL, 3.5 MPH	488-900
DOWNHILL, 2.5 MPH	240
5 MPH (JOGGING)	600
6 MPH (JOGGING)	750
7 MPH (MODERATE)	870
8 MPH (MODERATE)	1020
9 MPH (FAST)	1130
UPSTAIRS, UPHILL	1000



* - CALORIC CONSUMPTION IS BASED UPON A PERSON WEIGHING 150 LB.
THERE IS A 10% INCREASE IN CALORIC CONSUMPTION FOR EACH 15 LB OVER THIS WEIGHT AND A 10% DECREASE FOR EACH 15 LB UNDER 150LB.

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The program is a three part plan.

Number 1, it involves nutritional counseling based on 1,000 to 1,500 calories.

Number 2, the Doctor will discuss with you the role of exercise, as is pertinent to any weight control program.

Number 3, and finally the Doctor will prescribe and dispense to you an appetite suppressant to help you achieve the goal of 1,000 to 1,500 calories.

For your first visit the Doctor likes to see you back in one week, just to make sure everything goes alright with the diet and the medication, and that is \$ 80.00

After that you can schedule 1,2,3 or 4 weeks

And you'll receive the exact amount of medication to last you for that period of time.

At the time of your office visit, you'll also be offered a shot of vitamin B-12 as well as a multivitamin.

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Fee Schedule

1 Week.....	\$ 80.00
2 Weeks.....	\$ 100.00
3 Weeks.....	\$ 120.00
4 Weeks.....	\$ 140.00
5 Weeks.....	\$ 160.00
6 Weeks.....	\$ 190.00
7 Weeks.....	\$ 220.00
8 Weeks.....	\$ 250.00
9 Weeks.....	\$ 280.00
10 Weeks.....	\$ 310.00