



Three Locations to Serve You:

8241 Sheridan Drive, Williamsville, NY

1066 Union Road, West Seneca, NY

4244 Delaware Avenue, Tonawanda, NY

The Ideal You Weight Loss Center is Western New York's premier weight loss center that offers weekly, comprehensive one-on-one weight loss counseling along with high quality foods and supplements to ensure your weight loss goals! Before starting their protocol, a health profile is submitted and a doctor's permission note is also required.

When joining, there are several discounts if you have a BC/BS or Independent Health Insurance, there's a veteran's discount, and an added discount when two individuals start together and more! Participants must purchase their required supplements and food products for their breakfast, lunch and snack. Unlike other "diets", you are able to make your own dinner or eat out in a restaurant; eating up to 6 oz. of lean protein, veggies and a big salad. You'll drink lots of water to stay hydrated and coffee and tea are allowed. The foods you'll purchase at the Ideal You will ensure adequate protein while losing weight to support lean tissue and muscle mass. Best of all, you'll learn smart eating habits to help you maintain your new weight.

Women typically loose 2 or more pounds/week and men typically loose 3 or more pounds/week - with no additional activity or exercise required! To find out more, attend a free in-person "Open House", or an online Zoom meeting. Register at IdealYou.com



My Weight Loss Story...

After I started my new job at ECASB, I was looking at pictures and noticed I had a bit of a gut! A board member from Erie 2 CC BOCES was on The Ideal You Weight Loss Center's protocol and had achieved amazing results. On January 21, 2019, I joined The Ideal You. At my first visit, I stepped on the their BCA (Body Composition Analyzer) and weighed 204 lbs. My goal was to get to 175 pounds. My metabolic age was 62 yet I was only 59. The program was easy to follow. The daily journaling of meals, the weekly weigh-ins and private consultations gave me the encouragement and information I needed to achieve success. I successfully got to just below my goal of 175 pounds! When I had my annual blood work done, my doctor called to see if it was actually me who went in for the blood work! Previously I always had borderline high cholesterol. My numbers were cut in half! Also, my doctor attributes my quick recovery from a stroke because I had followed The Ideal You's healthy diet. I was able to maintain most of my weight loss for just under 2 years. During COVID, I was not as focused as I should have been. In February 2021, I went back to The Ideal You. In just 5 1/2 weeks I safely lost just over 23 pounds, going even lower than the 2019 and reached 171.6 pounds, well below my original goal of 175 pounds. I lost an average of 4.25 pounds per week! Once again, I have more energy, feel healthier, and I am ready for summer!

Pictures. Left Above: Taken prior to starting @ The Ideal You Weight Loss Center on February 9, 2021. Restarted @ The Ideal You on February 15, 2021. Left Below: Picture taken on March 25, 2021 after successfully losing just over 23 pounds in just 5 1/2 weeks!

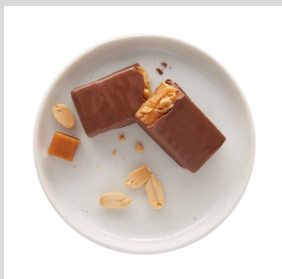


Erie County Association of School Boards

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The program is a 3 phase protocol. Phase I is rapid weight loss that will last until you reach your goal. Phase II, focuses on Stabilization. After you have successfully stabilized, you will transition to Phase III, which is lifetime maintenance. The Ideal You will be with you every step of the way during your of weight loss journey and beyond. Lastly, in maintenance you'll be eating all of your own foods and making healthy choices from the knowledge that you learned.

Some of my favorite foods....



Caramel Peanut Protein Bar



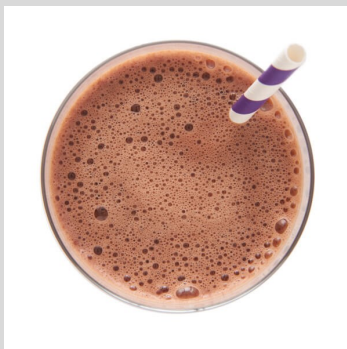
Apple Cinnamon Puffs



Chocolate Caramel
Mug Cake Mix



Vanilla Crispy Square



Chocolate Smoothie Mix



Veggie Meatless Mix



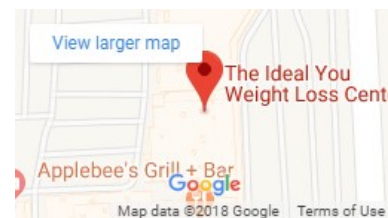
Golden Pancake Mix

By the Numbers...

Below are my before & after numbers. The information is monitored at my weekly weigh-ins.

Category	2/01/21	3/26/21
Body Weight:	204	170
Bone Mass:	7.4	7.0
Fat Mass:	54.4	33.0
Water: (Should be 50% or higher)	51.0	54.8
Metabolic Age:	60	45
Degree of Obesity:	25.8	7.8
Visceral Fat	13	10

Overall Cholesterol	201	124
Triglycerides	281	110
Waist Size:	36"	32"
Shirt Size:	16 1/2	15"



Hours of Operation

Mon. Tues. & Thurs.

8:00 am—1:00 pm

3:30 pm—6:30 pm

Fridays

8:am - 12 noon

Saturday

8:00 am—11:30 pm