

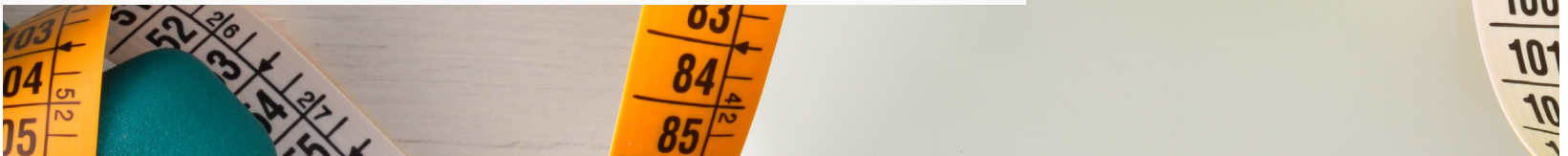
PROGRAM



ADOLESCENT **WEIGHT LOSS**



JORGE L. SERRAT MD, F.A.A.P
PEDIATRIC & ADOLESCENT ENDOCRINOLOGY



OUR MISSION

To curve the obesity epidemic in this country by impacting on the life of children, promoting long term health and longevity.



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ABOUT THE PROGRAM

This Program was forged out of the enormous necessity to try and curb the rising epidemic of obesity in children and adolescents. The structure of the program assumes that medication is just one piece of a complex puzzle. Integrating a fundamental change in lifestyle is indispensable if permanent change is to be achieved. Therefore, we encourage participants to utilize the services provided by the folks we have partnered with so that exercise, nutritional services, including fully prepared and delivered meals, can complement the medical portion of the program.

Overview

According to the Centers for Disease Control and prevention (CDC), as of 2024:

- 19.7% of children and adolescence ages 2-19 in the United States are obese (obesity is defined as a body mass index or BMI at or above the 95th percentile for age and sex).
- 25% of children ages 2-5 are obese.
- The prevalence of obesity is higher among black, hispanic, and native American children.
- Obesity rates are higher in states with lower socioeconomic status.
- The global prevalence of childhood obesity is estimated to be 159 million children and adolescence ages 5-19.

Possible reasons kids and adults alike gain excessive weight:

- 01** Hormonal, (an under active thyroid, adrenal issues, etc).
- 02** Genetic,(syndromes like Prader Willi, Beckwith-Wiedemann, Down syndrome).
- 03** Lifestyle changes.
- 04** Medications.
- 05** Psychological,(depression/anxiety)

HOW IT WORKS

Our plan is designed to help you lose and keep the weight off long term by addressing the 3 key pillars of weight management: diet, activity and the mind. This is combined with decades of medical expertise to bring you weight loss solutions that are safe, effective and sustainable. Family integration and cooperation is key.

What the Program offers?

Supervised by a Physician

The Doctor will perform an initial comprehensive medical evaluation of your weight, nutrition, lifestyle and metabolism including genetic, metabolic testing, and medication management, when appropriate. The first visit needs to be in-person, and in-person follow-up visits every 4 weeks after initial consultation.

Young Fitness

Membership discount for a fitness program that works with children who are already classified as overweight or obese, and creates an individually tailored approach to addressing the physical fitness and health needs of each member.

Nutritional Meals

An exclusive ongoing discount on all orders for meal plans based on your goal (weight loss; maintain weight; gain muscles). Chef-prepared healthy meals delivered fresh to you.

Dietary Counseling

A pediatric dietitian and nutritionist that can assess your child's diet, provide education and implement various nutritional interventions for healthy growth and development.

Wegovy

This is the medical component of the program and it consists of the FDA approved drug Wegovy. This branded medication is only to be used in adolescents 12 years and older. In situations where Wegovy is not approved by the insurance carrier the compounded version is utilized. This generic version is formulated by an FDA approved compounding pharmacy.



YOUNG FITNESS

Team Omnia Kids Gym is a weightlifting program for kids that is changing the landscape of youth fitness and athletics. With so much noise and myths about kids fitness and weightlifting we are bringing science-based training to kids of all levels.

Plans:

01 1 on 1

Personal training provides a clear way to reach your fitness goals with personalized support and expert advice. At Team Omnia, trainers create custom fitness plans based on your goals, whether it is losing weight, building muscle, or improving health. Our trainers will keep you committed, track your progress and motivate you to achieve your goals!

02 Young Training

This curriculum is designed for ages 9-14 and helps athletes focus on performing on a higher level. These classes involve more advanced athletic movements, emphasize power, speed, and strength development using age-appropriate weightlifting. This program builds on the character development learned in the little lifters program and helps athletes build lifestyle choices that fit their goals.

03 Olympic Weightlifting

This program is designed for athletes who want to compete in the sport of Olympic Weightlifting and are ready to take their skills to the next level. The athletes compete at sanctioned competitions that qualify them for state, national, and international competitions. The team has over 30 national competitors, 3 National Champions, as well as many entry level competitors.

Website:

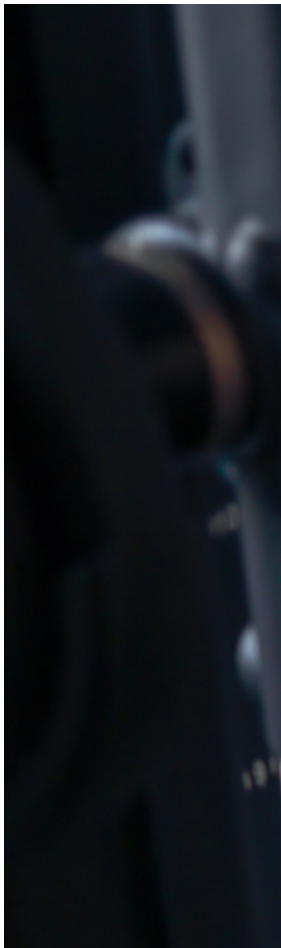
www.teamomniagym.com

Email:

Paul@trainomnia.com

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(954) 530-5448



SCAN QR
to register



Basic
Membership



Unlimited
Membership



NUTRITIOUS MEALS

AthleticsFit was established in 2015 in an effort to create meal plans for healthy lifestyle people. They offer fresh, healthy & delicious meal plans based on your goal and delivered to you. Experience the convenience of chef-prepared, healthy meals delivered fresh to your doorstep. Their menu is updated weekly with dishes crafted from high-quality ingredients.

Choose your meal plan and embrace the benefits of a healthier lifestyle without the hassle of grocery shopping, cooking, or cleaning up.

Meal Plans:

- 01 Weight Loss** – Low Carb (900-1000 Cal/3 meals)
- 02 Balanced** – Maintain Weight (1400 Cal/3 meals)
- 03 Athletics Plan** – Extra Protein to Build Muscle (1800 Cal/3 meals)



Macros Ready

Our nutritionist broke down and counted calories for you



No Preservatives

No GMO, No Antibiotics. Only Fresh, High-quality ingredients



Ready-to-Eat

Meals are ready when you are, just heat them up and enjoy!

Website:
www.afmeals.com

Email:
kim@afmeals.com

Phone:
(305)450-2690



SCAN QR
for 20% OFF





DIETARY COUNSELING

Patients are highly encouraged to engage with the Diabetes Center at Memorial Regional for a full nutritional evaluation. This is an essential part of the program where families must adopt healthy lifestyle habits that will complement the medical component.

The Approach

Joe DiMaggio Children's Hospital Outpatient Nutrition Services offers pediatric nutrition services in the following areas:

- Cardiovascular disease
- Tube feeding and total parenteral nutrition management
- Food allergies/intolerance
- General nutrition
- GI conditions
- Malnutrition
- Oncology
- Poor weight gain/ failure to thrive
- Prediabetes, weight management
- Sports nutrition
- Vegetarian
- and more



Joe DiMaggio Children's Hospital

Location:

Joe DiMaggio Children's Hospital Rehabilitation Center
300 Hollywood Way, Hollywood

In-person & Virtual Appointments Available

Call 954-265-3333

to schedule an appointment.

Website:

JDCH.com

SEMAGLUTIDE

GLP-1

Semaglutide is a medication that is used to treat diabetes and obesity in people 12 years old and older. It has been approved by the Food and Drug Administration (FDA).

What is Semaglutide used for?

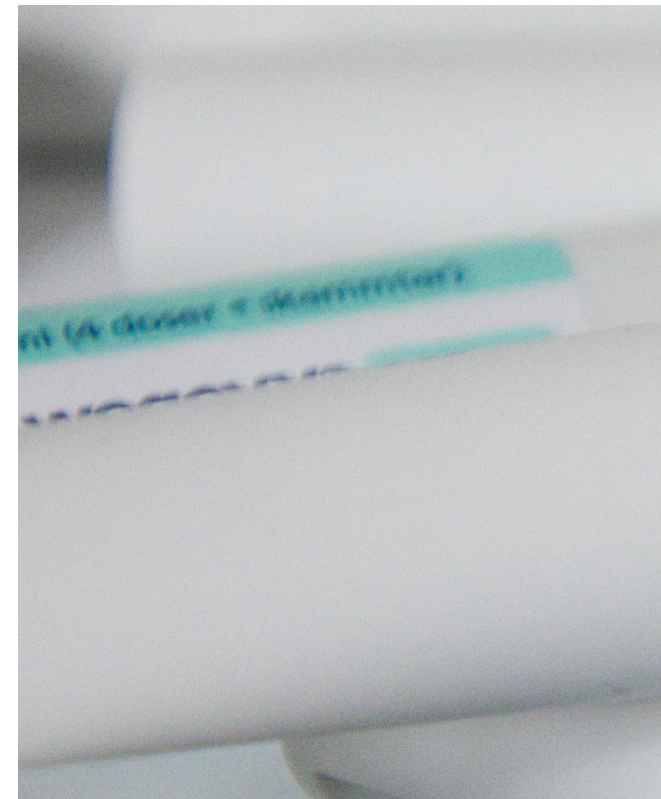
Semaglutide is a medication that is used to treat obesity in adolescents 12 years old and older. The medication has been approved by the Food and Drug Administration (FDA).

How does it work?

It works by copying the actions of a hormone called glucagon-like-peptide-1 (GLP-1) to help lower appetite (feelings of hunger) and increase metabolism. Metabolism is the chemical reactions in the body's cells that help change food into energy.

The medicine works in three different ways:

- it works on the part of the brain that makes us feel hungry.
- it works on the stomach by delaying gastric emptying
- it works on the pancreas, making it secrete more insulin to help manage blood sugar.



How to Start Semaglutide?

A child should only commence semaglutide after an initial consultation by the Endocrinologist. This is to ensure any underlying cause for obesity is investigated and treated.

The Endocrinologist ensures that the child meets all criteria before starting Semaglutide. They should be assessed and monitored by a Dietitian.

Children 12 years of age and up should follow the same recommended dose schedule as adults. When a child starts treatment, a dosage will be prescribed by the physician which is usually the 0.25mg weekly, starting dose. After that, the doctor will gradually increase the dosage until it reaches a maximum of 2.4mg

Pricing

For pricing information, please refer to additional attachment.





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