

POWR

PERSONALIZED ORTHOPEDIC WEIGHT REDUCTION

Start Your Healthy Lifestyle Change Today



MORE THAN A WEIGHT LOSS PROGRAM. IT'S A LIFE STYLE CHANGE

A Medically Based Program to Help Clients Achieve their Healthiest Body Weight.

All Participants will receive:

- A customized dietary program
- Weekly in-house activities including strength and aerobic exercises
- Weight monitoring
- Ongoing online interaction with their therapist for facilitating nutritional and fitness education

The POWR Program is designed to help you reach your healthiest body weight and BMI, increase your energy level, increase your strength and stamina, decrease your risk for disease, improve function, reduce pain, and improve your appearance, self-esteem and outlook on life. *The POWR program is covered by most insurance plans, especially of being overweight or obese is leading to a medical problem such as joint pain or back pain.*

www.kort.com

Offered at:

KORT English Station
12935 Shelbyville Rd
Louisville, KY 40243
502-489-5002

KORT Bryan Station
1650 Bryan Station Rd, Suite 122
Lexington, KY 40505
859-293-6133

KORT Campbellsville
315 E. Broadway, Suite A
Campbellsville, KY 42718
270-469-1076

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1-800-645-KORT