

Charlie Seltzer, MD



**FOR IMMEDIATE RELEASE**

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## **Announcing Lean4Life Weight Loss and Fitness Solutions**

### ***Formerly Known as Limitless Longevity***

PHILADELPHIA, PA, April 1, 2014 — Limitless Longevity announced today that it has changed its name to Lean4Life. Lean4Life was founded by Dr. Charlie Seltzer, the only physician in the country to be board-certified in Obesity Medicine and certified by the American College of Sports Medicine as a Clinical Exercise Specialist. He also holds board certification in Internal Medicine. The decision to rebrand the company was intended to achieve two objectives: first, to underscore the long-term results Dr. Seltzer regularly achieves for his patients, and second, to help those conducting internet searches for weight loss and fitness solutions to easily locate Lean4Life online.

“Our new name more accurately reflects our distinct approach to weight loss and fitness,” said Dr. Seltzer. “We create customized solutions for clients that they can easily integrate into their unique lifestyles. By encouraging individuals to make small changes over time, we’re teaching healthy lifestyle habits that build self-sufficiency and produce lasting results.”

Dr. Seltzer has a first-hand understanding of the challenges his clients face, having struggled with his own weight for years. The methods he himself used to lose 75 pounds are the very ones he employs in his practice today. Greg Fox, a 38-year-old client of Lean4Life says, “Meeting Dr. Seltzer was a defining moment for me. Charlie taught me how and what to eat as well as an efficient way to work out. He did it in a way that I understood and could adapt to fit my lifestyle. I’ve lost over 70 pounds and took 14 inches off my waist. I look, and more importantly, feel better now than I did in college.”

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Lean4Life provides medically supervised nutrition and fitness regimens as well as lifestyle modification programs and solutions to address pre-existing medical conditions such as thyroid disease, diabetes, high blood pressure and high cholesterol. “My goal,” said Dr. Seltzer, “is to personally help people achieve their goals and slow the aging process regardless of fitness level, age or any pre-existing medical conditions. I strive to help clients rebuild their metabolism so that they can eat more, weigh less and feel better.”

#### **About Lean4Life**

Lean4Life was founded by Charlie Seltzer, MD. Based in Philadelphia with an active nationwide client roster, Dr. Seltzer is the only physician in the country to be board-certified in Obesity Medicine and certified by the American College of Sports Medicine as a Clinical Exercise Specialist. Dr. Seltzer has a proven track record of helping people who have struggled for years to lose weight and to transform their lives. For more information, visit [www.drSeltzerWeightLoss.com](http://www.drSeltzerWeightLoss.com).