



The Transition Medical Weight Loss team includes, from left, Amy Damphousse, BS; Joseph Zucchi, PA-C, CPT; Dr. Azar Korbey, MD; Caroline Spicer, MS; and Michelle Alsup, MSW, LADC.

Making the Choice to be Healthy

Transition Medical Weight Loss helps clients achieve and maintain their goals

Graduation parties, wedding receptions, family reunions, neighborhood barbecues, picnics at the beach.

There's no doubt that warmer weather means more time for fun-filled gatherings with family and friends.

But this time of year can also be fraught with pitfalls for people trying to make healthy food choices. That's where the team

at Transition Medical Weight Loss comes in.

Transition is staffed with professionals who understand that their clients are on a journey. They are there to provide the encouragement needed to navigate the inevitable bumps along the road.

The focus is on educating people and equipping them with the tools they need to be successful, explains Joseph Zucchi, a Board-Certified Physician Assistant and

Personal Trainer.

"That way, they'll make good choices when they're at a cookout or on vacation," he says.

He recalls one woman who was delighted to learn she had lost 3.5 pounds while away on vacation. She credits the tips and tricks she's learned from Zucchi and the rest of the Transition team.

"I was more mindful of my food choices

TRANSITION MEDICAL WEIGHT LOSS

- ▶ 22 Main St., Salem, New Hampshire
- ▶ 603-685-0462
- ▶ TransitionSalem.com
- ▶ Transition Medical Weight Loss offers free 30-minute in-office consultations with body composition analysis.

and was still able to enjoy myself without overindulging or setting back my progress," the grateful client told him.

Practicing mindful eating is key, Zucchi says. Learn to enjoy a meal slowly — one bite at a time. It takes about 20 minutes of eating before the brain sends out signals of fullness. So eating more slowly ultimately helps with portion control. As they progress through the program, clients gain awareness and the confidence to select foods that work for them when out to eat or at a party.

"People are going to get off track and overindulge at times. It's expected, this is a journey, but it's also a learning experience. Life will always throw you curveballs, but if we can help our clients through those times in a supportive, nonjudgmental environment, then people start to build confidence in their abilities and learn how to move through life's tough times without going so far off the rails," says Registered Licensed Dietitian Cheryl Francis.

Successful weight loss and weight maintenance isn't about following some extreme, quick-fix diet. Rather, it's about learning portion control, mindfulness, choosing healthier food options and making positive behavioral changes in order to reach and maintain long-term health goals and lifestyles.

Transition acts as a guiding hand to help each individual client achieve success, however they may define it.

"We want people to be healthy — and we want to make it sustainable," Zucchi stresses.

"If you don't change your mindset, you'll keep going back to the same place," Francis agrees. "It's also about give-and-take — I'll skip the bun on the burger so I can have a drink. Or I'll have a salad with my protein and opt for dessert."

It's a winning strategy. In just three years since opening its doors, Transition's medical professionals have helped more than 850 people collectively achieve over 18,000 pounds of weight loss.

But the center's approach goes beyond



Joseph Zucchi, PA-C, CPT, is the Clinical Supervisor and Dr. Azar Korbey, MD, is the Medical Director at Transition Medical Weight Loss.

dropping pounds and reducing inches. Many clients have also experienced boosts in energy levels; an expanding horizon of new, satisfying activities; and improvements to critical health metrics, such as lower cholesterol levels, blood pressure, triglycerides and blood sugar.

Because the center is a medically based program with an on-site lab, the medical team can also prescribe weight loss medications for some patients, which can help the body fight hunger and cravings and make patients feel more full. Clients can certainly opt not to add medications to their weight loss regime; it's just one more tool in the weight management toolbox.

The program includes food, but it's not your typical diet shake and protein bar-type offerings. The Marketplace at Transition Medical Weight Loss offers more than 650 choices from meals to snacks to drinks — and everything in between. The center has recently added new protein snacks, pizzas, cereals and more to increase options. The dinner menu, featuring delicious meals like chimichurri steak, barbecue chicken and salmon, rotates to provide variety and suit every taste.

Founder and Medical Director Dr. Azar Korbey is currently working with local restaurants to tweak some of their menu items to make them Transition-friendly. That way, clients will have more options to

choose from when going out to eat.

Korbey is an American Board-certified doctor with degrees in science and medicine from Georgetown University who went through his own life-changing weight loss before opening the center in February 2019.

The warmer weather also provides more opportunities to get moving. Gardening, yardwork, laps in the pool, frolicking in the ocean, or even just going for a walk or bike ride alone or in a group along the 5-mile rail trail located near Transition are great ways to increase energy, lift your mood and stay motivated. Clients can also join the upcoming outdoor Zumba and resistance band workout class led by Zucchi and his wife. The center is also working to partner with a local gym to make fitness workouts more accessible for Transition clients.

With over 75% of Americans either overweight or obese, the aim of Transition Medical Weight Loss is to help people get healthier and stay that way. And it's working.

Call to schedule a free 30-minute, no-obligation consultation, or get the ball rolling by signing up online. Payment plans are available with no interest, and discounts are granted to first responders, military personnel and veterans. There is also a discount of \$100 each for two people who join the program together. An online program, Transition Anywhere, is an option for patients who don't live close to the center.