



FREQUENTLY ASKED QUESTIONS

WHAT IS ITRIM?

Itrim was founded in Sweden to address the weight loss and exercise problems people often face. Our program focuses on healthy eating, simple exercise and hands-on support to get results. In a recent study, the average weight loss was 9.5% of starting body weight.

HOW IS ITRIM At TRI-CITY WELLNESS CENTER DIFFERENT FROM OTHER WEIGHT LOSS PROGRAMS?

When you work with Itrim, you're not alone. Where many other programs provide short-term or distant support, Itrim provides you with a real human being. AT Tri-City Wellness Center you work with a Registered Dietitian Nutritionist, who is dedicated to your success. Unlike other programs, we focus on eating AND exercise, blending proven meal plans with exercise to fit your fitness level for a complete package.

HOW LONG DOES IT TAKE TO COMPLETE THE PROGRAM?

Itrim at Tri-City Wellness Center offers a number of weight loss and exercise programs, ranging from a several weeks to 24 months. At Tri-City Wellness Center, the Itrim Pro program is 6 months. If you would like to do individual sessions rather than group workshops, you can create a customized program with our Registered Dietitian Nutritionist. Our members often think that a longer-term commitment is out of reach, but quickly find the program so beneficial and supportive that they are able to stick with it for the long term. In fact, 79% of our members complete the full program.

CAN I REALLY LOSE WEIGHT WITH ITRIM?

Yes! Nearly all Itrim members have tried other diet programs, and experienced different levels of success or failure. When they come to Itrim, they are often surprised that they are finally able to lose weight and keep it off. As an added benefit, they become part of an active and supportive community. You can experience all of this as an Itrim member!

WHAT IS AN ITRIM COACH?

A unique benefit of the Itrim program is the personal health coach. At Tri-City Wellness Center your coach will be a Registered Dietitian Nutritionist with a personal training background, who works with you from day one of your program. Your coach will assess your current situation and help you develop goals, break old habits and implement new ones.

DO I HAVE TO EAT ITRIM FOOD ALL THE TIME?

Itrim meal replacements are often used at the beginning of the weight loss program, to help incorporate healthy, low calorie eating into your daily routine. After your initial weight loss goals have been realized, you can begin to transition off of Itrim meal replacements and onto a portion controlled diet of healthy foods. Your personal dietitian will guide you through this transition. However, even during or after this changeover period, many members continue to use Itrim meal replacements as convenient and tasty options at home or on the move.

IS THE ITRIM PROGRAM SAFE?

Yes. Our program has always been based on proven and scientifically validated data. We do not use or recommend fad diets, pills, surgeries or other invasive techniques. Instead, we focus on healthy eating and exercise. We also utilize a professional Scientific Advisory Board as a continual resource and means of validation.

DO I NEED ANY SPECIAL EQUIPMENT TO PARTICIPATE?

The most important thing you can bring with you is a willing and positive attitude. During a weight loss journey, the “debates” in our minds can do more damage than a large pizza and bucket of chicken! If you come to us with a mindset that you CAN do it, you WILL do it. We'll help you develop this way of thinking, and provide all of the support, information and equipment you'll need.

I HAVE A VERY BUSY SCHEDULE. CAN ITRIM WORK FOR ME?

Absolutely! The Itrim program is built for real people with real lives. We help you implement meal plans that work with your lifestyle and, using Itrim exercise programs, provide circuit exercise options that can be completed in just 30 minutes. Read more and listen to Itrim members' experience losing weight with Itrim.

WHERE CAN I FIND ITRIM?

In 2011, Itrim US was launched and has opened multiple company-owned centers in the San Francisco Bay Area. Most recently Itrim has added custom employee worksite programs, collaborative health care partnerships and turnkey health club programs throughout California. Itrim International now operates over 50 centers across Sweden, Germany, China, and the US.

HOW CAN I GET STARTED WITH ITRIM?

Its simple, you can apply today to start the Itrim Pro or the Itrim Lifestyle program. Itrim at Tri-City Wellness Center is facilitated by the Registered Dietitian Nutritionist, Katie Di Lauro. You can contact Katie to receive your Itrim application and program details.

For information about Itrim at Tri-City Wellness Center, contact Katie Di Lauro, RDN at (760) 931-3132 or email Katherine.DiLauro@activewellness.com