

Look No Further®

THE WELL MARKET

Welcome to Stanly Regional Medical Center's Health and Fitness Store. Customer-tested and approved by the healthcare professionals at Stanly Regional, these affordable, innovative products were specifically chosen to help improve your quality of life.

Calorie Fat & Carbohydrate Counter

This all-inclusive carbohydrate counter includes fat and caloric information on supermarket and restaurant foods. It also includes a guide for diabetes, weight control tips, fiber information and much more.

\$8.00



Excellent tool for diabetes and weight loss meal planning

Use this plate for lunch and dinner to help manage portions and control calories! Place your veggies in the largest section and lean protein and starch in the remainder .



\$4.00 each

Pedometer

It's a proven fact that 10,000 steps a day leads to better health and weight management. Now, counting your steps just got easier. Simply clip this step counter to your waist and go.

\$6.00



Dyna-Band

This 4" exercise band will shape, tone and add beautiful definition to your entire body in just minutes per week. Prevent osteoporosis and strengthen your muscles by using these portable and economical bands wherever you go.

\$5.00



Kitchen Food Scales

Taylor food scales offer precise, easy food measurements in both pounds and gram weight. Every scale includes a dishwasher-safe, break-resistant bowl for easy cleaning and convenient food storage.

\$8.00



Elta Crème

People with diabetes and others with dry skin now have a moisturizing cream made just for them. Fragrance and alcohol free, this waterproof moisturizer helps skin retain moisture for up to 12 hours.

\$7.00



Heart Healthy Cookbook

This low-fat cookbook features simple, healthy recipes to help you meet your weight management goals. It includes carbohydrate and complete nutritional information for over 200 recipes, each of which you make using four ingredients per dish.

\$10.00



Better Quit Cigarette Substitute

The addictive behavior associated with smoking can be as difficult to stop as smoking itself. Until now. Let this unique product help you stop smoking once and for all.

\$8.00



Quitsmart Hypnosis Tape

Let the deep melodic voice of Robert Conroy help you remain a non-smoker through progressive relaxation.

\$10.00



Nicotine Replacement Lozenges

Now you can control your nicotine cravings whenever and wherever they occur. Studies show that using a support service such as Stanly Regional Medical Center's **Quitsmart** program in addition to nicotine replacement products increases your chances of quitting.

\$38.00



Nicotine Replacement Patches

By easing the withdrawal symptoms associated with nicotine cessation, the "patch" has been proven to increase your chance of success by 50%. Used daily throughout the full treatment cycle, the patch can end your dependence on nicotine forever.

\$30.00



(continued on back)

CPR Revive Aid

Stored in a convenient key chain pouch, this protective CPR mask enables you to be prepared for an emergency.

\$6.00



Heartsaver First Aid with CPR & AED

Perfect for students, this manual contains information on how to manage emergency illness and injuries until professional help arrives.

\$15.00



**For questions, suggestions or more information,
please call (704) 984-4189.**



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This brochure is solely intended to provide educational information to patients, families and their physicians.

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