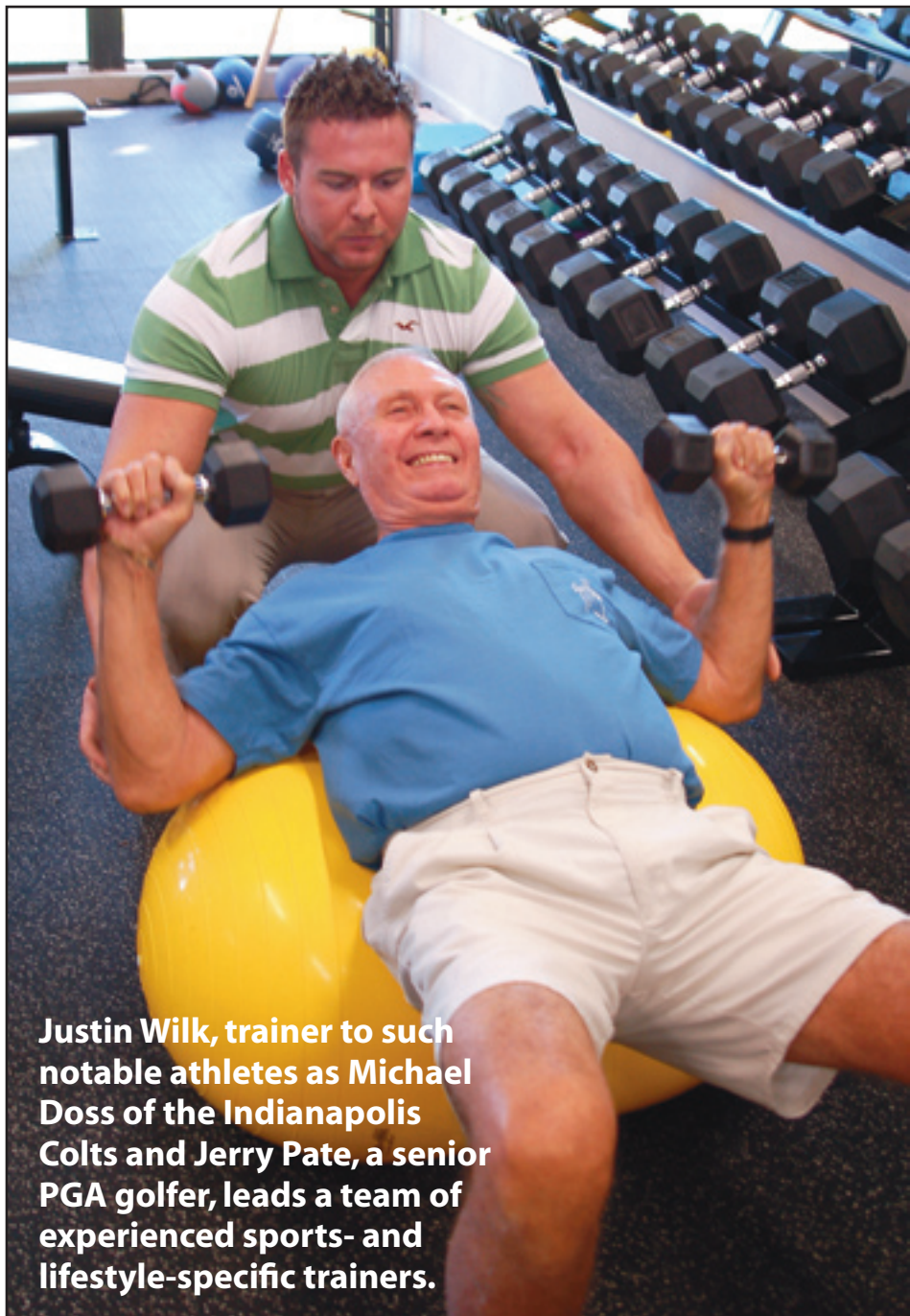


# There's a new fitness and rejuvenation center in town

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**Justin Wilk, trainer to such notable athletes as Michael Doss of the Indianapolis Colts and Jerry Pate, a senior PGA golfer, leads a team of experienced sports- and lifestyle-specific trainers.**

## Ultimate Transformations, RX, LLC

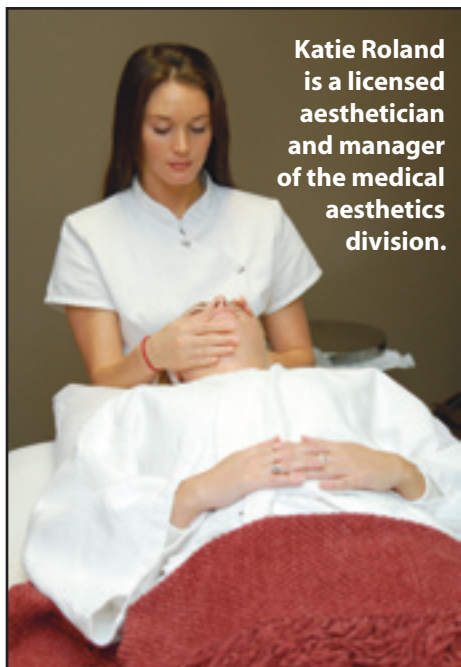
One of the largest and most comprehensive fitness and rejuvenation centers in the United States has opened its doors on Hutchinson Island in Stuart, just across from the Indian River Plantation Marriott Resort, announces chief executive officer Robert Rossetti.

“Our programs address every aspect of our patients’ health and personal appearance goals,” emphasizes Robert. “Our science of rejuvenation and aesthetics is the culmination of what is available in the industry today, combining leading-edge services, procedures, products, and the experience of highly skilled professionals to empower and educate our clients and deliver the results they are seeking.”

“For many, many years we believed that as we aged, our hormone levels dropped,” observes John Hayes, MD, chief medical officer of Ultimate Transformations, RX, “but now we are beginning to understand that we age *because* our hormone levels drop.”

Dr. Hayes, a former medical director for Humana and cofounder of Ultimate Transformations, RX, along with Robert and longtime Florida resident Joe Rummo, specializes in age management and rejuvenation, focusing on nutrition including nutraceuticals (functional foods) and bioidentical hormone replacement therapy (HRT).

“Our consulting team of physicians are gurus in aging management,” notes Robert. “We offer proprietary protocols for HRT that are tailored specifically for each client.” He explains that Richard Walker, PhD, a consultant and advisor to Ultimate Transformations, RX, and



**Katie Roland is a licensed aesthetician and manager of the medical aesthetics division.**

developer of a product to restimulate the pituitary gland enabling it to create a human growth hormone naturally, has helped develop proprietary protocols for Ultimate Transformations, RX. “In fact, we are not only a practicing clinic but also a teaching facility, training other professionals on how to mimic what we have developed.”

“To begin with, we use bioidentical hormones to balance hormone levels for both women and men,” notes Dr. Hayes.

Bioidentical hormones are customized formulas containing various hormones that are chemically identical to hormones naturally made by the body.

“Unlike typical hormone replacements, which are derived from sources such as the urine of pregnant horses, with DNA technology we can now make exact copies of the human hormone, which is far more natural for humans.”

Bioidentical HRT is the wave of the future, says Dr. Hayes. “In the past, male reaction to hormone loss has often been referred to as a *mid-life crisis* and has resulted in out-of-character behaviors such as buying bright-red sports cars. Mind you, I wouldn’t mind a red sports car myself,” the doctor jests, “but today we know that by replenishing male hormones such as growth hormone, testosterone, and DHEA, we can actually increase muscle strength and physical activity.

“It’s an exciting field, and the news is good. It is the direction medicine is finally beginning to move.”

### Balance

“The human body functions best where there is a balance in mind, body, and spirit,” explains Robert, “and our mission at Ultimate Transformations, RX, is to provide the treatments and therapies necessary to achieve and maintain that balance.”

“Balance is the key to healthful living,” agrees Stuart S. Shipe, MD, acupuncturist

“It is my goal to motivate my patients to stay well through balance so they do not have to endure decades of treatment for conditions such as kidney disease, high blood pressure, or heart disease.”

To help clients reach their ultimate physical, mental, and spiritual balance, Ultimate Transformations, RX, has brought Justin Wilk on board to lead their experienced team of personal trainers. Having recently relocated from Birmingham, Alabama, Justin has worked with such notable athletes as Michael Doss of the Indianapolis Colts, Jerry Pate, a senior PGA golfer, Triple H of WWE wrestling, and Courtney Van Buren of the San Diego Chargers. He specializes in sport-specific training for fitness, strengthening, and conditioning, both on and off season.

“We have our own proprietary protocols and training message,” assures Justin, “and we strive for consistency in theory, form, and function.”

Along with providing clients state-of-the-art equipment, technologies, and trainers to help them reach their fitness goals, Ultimate Transformations, RX, also offers leading-edge massage therapies including sports, deep-tissue, Swedish, aroma, hot-stone, and couples massages.

### There's more

Because nutritional therapy is a mainstay of preventative medicine, Ultimate Transformations, RX, offers an extensive line of vitamins, antioxidants, and supplements to improve the body’s defense against the aging process. To optimize each individual’s therapy, they offer carefully researched products from various nutraceutical companies.

“Additionally, our clients not only want to feel healthy, but they also want to look young and vital,” reflects Robert, “so for them we offer medical skin-care rejuvenation including BOTOX, Restylane, photo facials, and more.”

For clients interested in grooming treatments, Ultimate Transformations, RX, provides manicures, pedicures, waxing, and hair removal.

“Our dedicated staff will spend the necessary time each client requires to personally address each one’s individual questions and goals,” says Robert. “With facilities already in New Jersey and Pennsylvania and openings planned for New Hampshire, we decided to come to Hutchinson Island to serve both our local population and our bioidentical HRT nationwide clientele.

“Using only board-certified physicians and members of the Academy of Anti-Aging, we prepare and customize programs that enable our patients to achieve optimal health and vitality while helping them reach their personal appearance goals.”

FHCN—Kris Kline

### Look younger, feel better

*The staff of Ultimate Transformations, RX, looks forward to helping you achieve your goals. They are located at 660 NE Ocean Blvd. in Stuart, just across from the Indian River Plantation Marriott Resort. To schedule an appointment or consultation, please call (772) 232-8037.*



**Carolyn Hayes, RN, an integral part of the medical aesthetics team, performs laser hair removal.**

### All under one roof ...

Ultimate Transformations, RX, offers medically integrated fitness and wellness services, which include the following:

- **Age management and rejuvenation therapy**
- **Hormone replacement therapy**
- **Medical skin-care rejuvenation (e.g., BOTOX, Restylane, photo facials)**
- **Full-service fitness center and personal training**
- **Massage therapy**
- **Manicures, pedicures, and waxing**
- **Hair removal**
- **Endermologie**
- **Medical-grade nutritional supplements**

with Ultimate Transformations, RX. “Western medicine is based on disease, or a *disease*, in the body, whereas as an acupuncturist I focus on bringing back balance to health and lifestyle on three levels: spiritual, emotional, and physical.

“Unfortunately, the majority of patients tend to seek out a doctor only when they are feeling ill. Few patients see a physician when they are feeling good, yet the most highly respected physicians in Eastern medicine are those who treat wellness, not disease.

**For more information, please visit [www.UT-RX.com](http://www.UT-RX.com).**