

REBOOT YOURSELF

With Our **WELLNESS PROGRAMME**



Intense Wellness Programme - ₹6500/-

Duration: 6 weeks

Investigation

- o ECG
- o Total Cholesterol
- o Triglycerides
- o SGOT
- o SGPT
- o Creatinine
- o TSH
- o Fasting Blood Sugar
- o Urine Routine
- o Echo/TMT
- o USG

Dietician Consultation

- o Anthropometric measurements
- o Diet chart at each visit (6 visits).
- o "Cook with a Twist - Cook Book
- o Food diary
- o Support via WhatsApp & messages
- o Graphical representation of change in weight and body measurements at the end of program.
- o Exercise Recommendation

Physician Consultation

Easy Wellness Programme - ₹4500/-

Duration: 6 weeks

Investigation

- o ECG
- o Total Cholesterol
- o Triglycerides
- o SGOT
- o SGPT
- o Creatinine
- o TSH
- o Fasting Blood Sugar

Dietician Consultation

- o Anthropometric measurements
- o Diet chart at each visit (6 visits)
- o "Cook with a Twist"- Cook Book
- o Food diary
- o Support via WhatsApp & messages
- o Graphical representation of change in weight and body measurements at the end of program.

Physician Consultation

Contact Details
0141- 5174000, 9549158888

3A Jagatpura Road, Near Jawahar Circle, Jaipur 302017

Good Nutrition

Good nutrition is necessary for your body. It is important to have a balanced diet rich in all nutrients to avoid any deficiency and imbalance of nutrition in the body. A nutritionally balanced diet helps to protect malnutrition in all forms and prevents body from various metabolic and lifestyle related problems like:



About us

We are a team of expert dietitians having over all experience of about 40 years in nutritional counselling to patients with lifestyle disorder, obesity, diabetes, renal diseases and metabolic disorders. We believe in individualized meal planning based on your current lifestyle and food habits and will guide you in not only in improving your health but adding vitality to your life.

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