



3-month Weight Management Program

3 個月體重控制計劃

(by Registered Dietitian 由註冊營養師主理)

<p>Goals:</p> <ul style="list-style-type: none">• Reach the ideal body weight• Improve metabolism• Improve blood sugar level, blood pressure, cholesterol and reach the ideal targets• Build up confidence• Improve cardiovascular function• Boost energy level• Relieve stress• Acquire correct nutritional knowledge• Improve general well-being <p>Services:</p> <ul style="list-style-type: none">• Tailored-made diet plan• Personalised exercise prescription• No medicine and no instrument• Unlimited dietitian consultation (face to face, Zoom, Skype, WhatsApp etc.) during the period of weight management program	<p>目標 :</p> <ul style="list-style-type: none">• 達至理想健康體重• 改善新陳代謝• 改善血糖、血壓、膽固醇, 回復理想指標• 增強個人自信心• 增強心肺功能• 消除疲勞• 減壓鬆弛• 學習正確營養知識• 提昇您的全人健康 <p>服務包括 :</p> <ul style="list-style-type: none">• 度身訂造個人營養餐單• 專業指導修身運動• 無須吃藥, 不用儀器• 指定期內無限次見註冊營養師(面談或利用 Zoom、Skype、WhatsApp 等)
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Program fee 全期費用 : HK\$12,800

TCS/WMP202009

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