

KNOW YOUR METABOLISM & *LOOSE WEIGHT* FOLLOWING THE PERFECT DIET

Knowing your metabolism and eating the perfect diet is the key to losing weight. You need to consume calories within your range lose weight. Following the perfect customized diet can help you lose weight even without exercising.

Would you like to know your calorie range? And consume the right foods? And lose weight..?
We The Health & Wellness professionals can help you. Starting off with a consultation:

Fat  **Fit**

Consultation:

First your body composition is assessed. This helps us determine the amount of muscle, fats and bones in your body. This step is important as different components consume different amount of calories.

After this we monitor your Resting Metabolic Rate (RMR), this determines your metabolism. Using this information we can calculate your daily metabolism and the calories you're supposed to consume. A dietary analysis is also conducted which compares how you eat currently with how you should be eating. This determines if the food you're consuming is helping you lose, maintaining or gain weight.

Finally, we develop meal plans and grocery lists which will suit you. These plans are made depending upon your budget, the time you have and the types of foods you prefer. Meal plans are specialized and they include Spanish, Mediterranean, Asian, Indian, Diabetic, Cleanse s and our Dieticians and Nutritional Consultants can even design plans if you are always on the go. You can eat your favourite foods and they will help you lose weight.

Dietary Analysis:

There is also a separate dietary analysis where a 3 day analysis is conducted to determine your nutritional intake. The reports are printed and our experts will advise you and help you lose weight. Using our service will make losing weight easy, quick and enjoyable. You will be eating different types of food everyday so you will never get bored. Before you know it you will look better, have more energy and feel better.

REMEMBER: "You can't exercise your way out of a bad diet"

Contact us now at **210.880.4348** to book an appointment

**HURRY
UP**

**THERE IS AN EARLY BIRD OFFER FOR
THE FIRST 15 APPOINTMENTS**