

In one study, people with type 2 diabetes exercised for 175 minutes a week, limited their calories to 1,200 to 1,800 per day with proper nutritional guidelines, and got weekly counseling and education on these lifestyle changes.

Within a year, about 10% got off their diabetes medications or improvement in blood glucose control under the normal range.

Results were best for those who were most successful in losing weight; started the program with less severe or newly diagnosed diabetes. 15% to 20% of these people were able to stop taking their diabetes medications.

**Source: WebMD Feature by Sonya Collins*

DIAGNOSED EARLY

If type 2 diabetes is diagnosed early, the ability of the beta cells in the pancreas to secrete insulin is still fairly good and the degree of insulin resistance may not be that great, so that changing eating habits and being more active, with a focus of losing weight, may be sufficient to bring glucose levels into control.

ACT NOW!

**BOOK A FREE
CONSULTATION TODAY**

Talk to our healthcare team to help you get the right information and understand how we can improve your health condition.

Ronghua Health Recovery Centre is a one-stop diabetic healthcare management centre in Singapore that adopts an integrative holistic approach in preventing and managing diabetes as well as various chronic conditions.

This involves the use of personalized 12-week program to improve and maintain your overall well-being. Our treatment approaches: Goals setting, Assessment & Consultation, Alternative Medicine, Personalized Nutrition Plan, Personalized Exercise Plan, Stress Management, Education System and Healthcare Management.

For more information, please visit our website at www.hrc.com.sg.

Visit us at:

Ronghua Medical & Recovery Centre Pte Ltd
133 New Bridge Road #B2-24
Chinatown Point Singapore 059413

Hotline: 6702 0818



BY TRAIN

North East Line (NEL), Chinatown Station, Exit E
Downtown Line (DTL), Chinatown Station, Exit G

BY BUS

New Bridge Rd (in front of Chinatown Point): 2, 12, 33, 54, 63, 124, 143, 147, 190, 520, 851, 961, 961C

A 12-Week Program for Managing

**TYPE 2
DIABETES**



Say **GOODBYE** to
Diabetes



12 WEEKS
to a NEW YOU

BASED ON A SCIENTIFICALLY PROVEN PROGRAM

Our **12-Week Program** gives you one-on-one consultations with our healthcare team. They'll work with you to design a personalized plan that is tailored to your needs. It will help you make long-term changes to your lifestyle, so you can improve your health, fitness and overall wellbeing.

Medication

Our program compliments with your doctor's prescribed Medications. We work together with your doctor to better manage your blood glucose levels.



Diet & Nutrition

There's no one-size-fits-all diabetes diet. You'll need to pay attention to carbs, fibre, fat and salt to manage your blood glucose and avoid complications of diabetes. Portion sizes and when to eat are important, too. Our registered dietitian ensure you can still take pleasure from your meals, snacks and favourite food without feeling hungry.



Exercise

Physical activity – from working out to doing chores, lowers your blood glucose. It helps your cells use insulin. It also helps your muscles use glucose. Make sure you check your blood glucose before and after exercise. Our flexibility fitness plan will fit in nicely according to your busy schedule and goals.



Education

We will prepare you with necessary knowledge and skills so that you can achieve the best possible control of your glucose, lipids (blood fats), blood pressure, and other risk factors for developing the complications of diabetes.



Stress Management

Managing stress is a key part of both weight loss and effective blood glucose control. Our psychologist will guide you on some relaxation techniques and methods to effectively relieve stress.



Healthcare Management

You will be assigned under the care of a dedicated Healthcare Management Manager who will monitor your health conditions, to ensure you are on the right track. You can contact us anytime should you need any assistance, our professional team members will always be there to help.

We are here to **optimize your health** not just for today, but for a **lifetime**.



RECEIVE A
PERSONALISED PLAN.



What you're getting:

You'll go through 3 phases and meet regularly with our physician, dietitian and exercise physiologist.

In total, you'll have a weekly appointments over the 12 weeks and receive:

Phase I:

- A health, diet and fitness assessment with goals setting
- Educational program
- Change & Stress Management

Phase II:

- Alternative medicine (if necessary)
- Personalized diet/meal plan
- Personalized exercise plan
- Advice, motivation and support (with a starter pack)

Phase III:

- Continuity of Phase II
- Monitoring and control
- Self management & care
- Evaluation & post assessment

We DARE to guarantee!
Results for our 12-week program are guaranteed.

* T&Cs apply

