

Dietary changes, increased physical activity and behavior changes can help you lose weight and prevent obesity.

DIAGNOSED EARLY

Whether you're at risk of becoming obese, currently overweight or at a healthy weight, you can take steps to prevent unhealthy weight gain and related health problems. Not surprisingly, the steps to prevent weight gain are the same as the steps to lose weight: daily exercise, a healthy diet, and a long-term commitment to watch what you eat and drink.

Obesity is diagnosed when your body mass index (BMI) is 30 or higher. Your BMI is calculated by dividing your weight in kilograms (kg) by your height in meters (m) squared.

BMI	Weight status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 – 34.9	Obese (Class 1)
35.0 – 39.9	Obese (Class 2)
40.0 and higher	Extreme obesity (Class 3)

It's important to seek a healthcare team to take immediate action to improve your health condition. If you're concerned about your weight, talk to us and we will share with you the necessary steps you can take to achieve your ideal weight.

ACT NOW!

Talk to our healthcare team for more information and support to better manage your condition, find out more about how we can help.



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

WEIGHT MANAGEMENT



- *underweight*
- *overweight*
- *obesity*



12 WEEKS to a NEW YOU

BASED ON A SCIENTIFICALLY PROVEN PROGRAM

Obesity is a complex disorder involving an excessive amount of body fat. Obesity usually results from a combination of causes and contributing factors, including:

- Age
- Stress
- Genetics
- Inactivity
- Pregnancy
- Family lifestyle
- Unhealthy diet
- Medical problems
- Certain medications
- Social & economic issues
- Quitting smoking
- Lack of sleep

If you're obese, you're more likely to develop a number of potentially serious health problems, including:

- Heart disease
- Type 2 diabetes
- High blood pressure
- Stroke
- High triglycerides and low high-density lipoprotein (HDL) cholesterol
- Metabolic syndrome — a combination of high blood sugar, high blood pressure, high triglycerides and low HDL cholesterol
- Gynecological problems, such as infertility
- Erectile dysfunction and sexual health issues
- Nonalcoholic fatty liver disease
- Cancer
- Breathing disorders
- Gallbladder disease
- Osteoarthritis

Other weight-related issues that may affect your quality of life include:

- Depression
- Disability
- Sexual problems
- Shame and guilt
- Social isolation
- Lower work achievement

Medication

Prescription medications are additional options for treating obesity. Our program compliments with your doctor's prescribed medications. We work together with your doctor to better manage your health condition.

Diet & Nutrition

A diet that's high in calories, lacking in fruits, vegetables, full of fast food, and laden with high-calorie beverages and oversized portions contributes to weight gain. Our registered dietitian will help you plan your meals and snacks, you can still enjoy your favourite food and guide you how to choose a healthy meal.

Exercise

If you're not very active, you don't burn as many calories. With a sedentary lifestyle, you can easily take in more calories every day than you burn through exercise and routine daily activities.

Education

We will prepare you with necessary knowledge and skills so that you can achieve the best possible control of your weight and achieve sustainable results.

Stress Management

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.



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*

