

Are You Happy With Your Weight?

OVERWEIGHT is a growing health problem affecting many of all ages. The health consequences can reduce the quality of life significantly. The risk of heart disease, stroke, diabetes mellitus Type 2, cancers of the colon and breast, hypertension, gall bladder disease, sleep apnoea and joint problems increases dramatically. It can also lead to depression and eating disorders.


Weight gain is a gradual process that goes unnoticeable. It creeps up on you and suddenly reality hits you like a 10kg anvil. The only reason for weight gain is that you eat more than what your body burns. If you have a lower metabolism (even if it is due to hormonal imbalances), it just means that you have to eat less. Genetically, if you are more prone to weight problems you just need to work harder at keeping your weight in the healthy range. There are no really good excuses for becoming overweight. It is a matter of discipline. Discipline in what you eat.

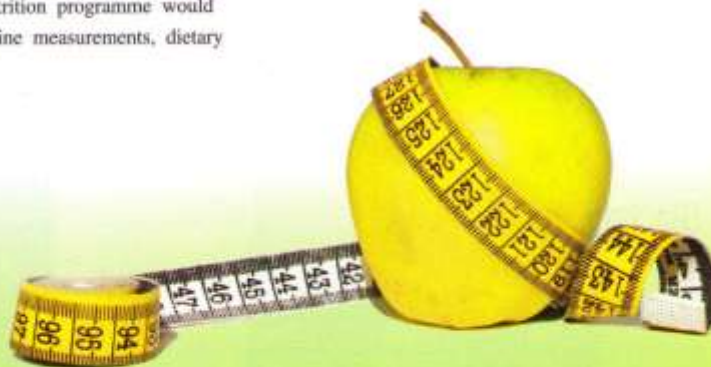
We are constantly surrounded by foods of all types and cuisines. We are seeing more healthy and not so healthy foods available. The food industry is booming with the increasing affluence and so are our waistlines. Food equals calories and excess calories equals weight gain. The more excess weight, the more health problems.

At Aptima Nutrition, we firmly believe in educating our clients to make informed choices about food. Food is a luxury that should be enjoyed, and we will help you to enjoy it without any guilt. We specialise in weight management and improving the quality of life for our loyal clients. Healthy weight loss is 2 to 4kg a month. If you have an excess weight of 10kg, we can help you to lose it in 6 months comfortably.

Our highly trained dietitians are specially trained in dealing with weight issues. A typical nutrition programme would include baseline measurements, dietary

assessment, nutrition education and a customised meal plan. There will be regular follow ups to keep you on track until you reach your goal weight. The balanced and nutritious meal plan will be adjusted accordingly at each visit. It is a practical and sensible customised diet that you will be able to follow with ease. Most importantly, it will fit into your lifestyle and travels.

Besides weight management, we also customise diets for those suffering from high cholesterol, fatty liver, gout, diabetes, cancer care and sports nutrition. 



Aptima Nutrition and Sports Consultants, Camden Medical Centre, 1 Orchard Boulevard #07-08 Singapore 248649.
Call us now at (65) 6836 9004 for an appointment. Visit our website at www.aplima-nsc.com.