

體重管理計劃 (適合肥胖、體重過重或過輕人士參加)

會員： 首次收費\$500 跟進收費\$400
非會員： 首次收費\$700 跟進收費\$600

保持理想體重對我們的健康十分重要，然而，體重控制並不是盲目纖體，也不是指短時間內減去數十磅體重。體重控制必須循序漸進，透過改變飲食習慣及增加運動量。研究發現肥胖人士即使只減去百分之十的體重，患上慢性疾病的機會也可大為減低。

計劃內容：

1. 體重指標、脂肪比例評估
2. 營養師飲食輔導
 - ◆ 飲食模式及營養評估
 - ◆ 健康飲食指導
 - ◆ 符合個別需要的餐單建議
 - ◆ 出外用膳指引
 - ◆ 食物標籤常識
 - ◆ 選擇小食建議
 - ◆ 運動指導

本中心另提供單次**飲食輔導計劃**，由營養師根據個別參加者的需要，提供體重指標及飲食評估，為參加者設計合適的個人健康飲食計劃，適合任何人士或患上與飲食相關的慢性疾病的高風險人士參加。輔導以單次個別會面形式進行，但參加者亦可定期覆診跟進。

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溫馨提示：

大肚腩與血管健康有關係嗎？

根據世界衛生組織西太平洋區的標準，以亞洲人來說，男性的腰圍超過 90cm(35.4 吋)，女性腰圍超過 80cm(31.5 吋)，便屬於中央肥胖。中央肥胖者患動脈血管硬化的機會比正常人高。動脈血管硬化會增加患心臟病或腦血管病的風險。定期身體檢查可及早發現及控制血脂或血壓超標等問題。

Weight Management Programme (Suitable for underweight or overweight)

Member: First visit \$500 Follow-up visit \$400
Non Member: First visit \$700 Follow-up visit \$600

Keeping an ideal weight is very important to our health. Weight control is not saying losing weight in an unhealthy way. It should be through healthy lifestyle and habits like diet intervention and increase exercise. Research found that by losing ten percent of body weight in obesity people can decrease their risk of getting chronic disease.

Content:

1. Body Mass Index, Fat percentage
2. Nutritionist follow up
 - ◆ Regular nutritional assessment
 - ◆ Healthy eating guidelines
 - ◆ Tailor-made menu plan
 - ◆ Eat out Guidelines
 - ◆ Food labeling Education
 - ◆ Snack Choice Suggestion
 - ◆ Exercise Suggestion

We also provide **ONE OFF NUTRITION CONSULTATION**, meet with nutritionist / dietitian individually.

Member: First visit \$500 Follow-up visit \$400
Non Member: First visit \$700 Follow-up visit \$600

Friendly Reminder:

Men with a waist circumference of more than 90cm (about 35.4 inches) and women with a waist circumference of more than 80cm (about 31.5 inches) are classified as central obesity. People with central obesity will increase the risk of developing cardiovascular disease. Regular body checkup is recommended to detect hyperlipidaemia, hypertension or diabetes mellitus.