

## HOW TO GET THERE

The Hospital is located along the route to Skypark Subang Terminal and in the vicinity of the upscale residential neighbourhood of Ara Damansara and Saujana.



### Ara Damansara Medical Centre

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E [healthcare@ramsaysimedarbyhealth.com](mailto:healthcare@ramsaysimedarbyhealth.com)

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Seksyen U2, 40150 Shah Alam  
Selangor Darul Ehsan, Malaysia

### ADMC Medical Referral Unit

T +60 19 217 9442



## WEIGHT MANAGEMENT PROGRAM



Ara Damansara  
Medical Centre

# It's time to join **My Body Gym**: Weight management program.

## What is weight management?

Rising obesity rates are a major concern in Malaysia. More than 50% of Malaysian are overweight or obese. Obesity is a risk factor for many chronic diseases such as DM, HPT, and Vascular disease. Managing one's weight is one factor in preventing such chronic diseases.

Weight management is a long term approach to a healthy lifestyle. It includes a balance of healthy eating and physical exercise to achieve the ideal body weight free from chronic diseases. Knowing what your body need is important to weight management and can control overconsumption and under consumption of food.

## How does it work?

A healthy weight loss program consists of :

- A reasonable, realistic weight loss goal
- A reduced calorie, nutritionally-balanced eating plan
- Regular physical activity
- A behavior change plan to help you stay on track with your goals

## Who needs weight management?

Anyone with concerns in losing weight and healthy lifestyles are welcome to join us in ADMC. The packages don't only consist of weight lost, it helps you to eat in a healthy way and educate you in protection against chronic diseases.

## Where and when to start?

There's no time like the present. No better day like today. So, sign for our weight management program and take charge of your health. Schedule an appointment with us to discuss what screenings and exams you need and when you need them.



## PART 1

## WEIGHT MANAGEMENT PROGRAMME

### Preliminary Screening

- Body Mass Index ( BMI )
- Vital Signs ( Blood Pressure, Heart Rate)

### Consultation

- Consultation by HSC Doctor:
  - Initial Consultation with Examination &/or Treatment Plan
  - Comprehensive Medical History
  - Physical Examination
  - Clinical Examination
  - Post Examination Review

### Imaging Tests

- Chest X-ray (SP)
- Body Composition Muscle & Fat Analysis

### Laboratory Test

- General Screening Profile - Regular
- TSH

### Others

- Consultation by Dietitian
- Exercise & Body Toning Workout
- Medical Report
- Breakfast Set

## PART 2

### Diet Counselling

### Rehab Programme

- First Month
- Second Month
- Third Month

## PART 3

### Biometric Screening

- Body Mass Index ( BMI )
- Vital Signs ( Blood Pressure, Heart Rate)

### Consultation

- Consultation by HSC Doctor:
  - Initial Consultation with Examination &/or Treatment Plan
  - Comprehensive Medical History
  - Physical Examination
  - Clinical Examination
  - Post Examination Review

### Imaging Tests

- Body Composition Muscle & Fat Analysis

### Laboratory Test

- Hypertensive profile
- Uric acid

### Others

- Consultation by Dietitian
- Exercise & Body Toning Workout
- Medical Report
- Breakfast Set

Promotion Package Price After Discount

**RM 2,988** (NP) RM 5,200)

