



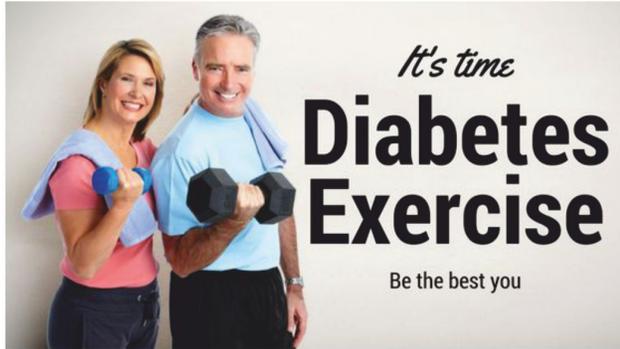
## Diabetes Fitness Clinic

Have You Been Diagnosed with Pre-Diabetes (Borderline) Or Diabetes?

Are you trying to cope up with Your Diabetes?

We at **DIABETES FITNESS CLINIC** help you to cope up with your diabetes.

Our goal is to teach you on how to improve your quality of life while living with diabetes and why exercise and diet is the best strategy to delay or avoid complications associated with diabetes.



### Its Time Now To Get Active

### COME PLAN WITH US TO MAKE YOUR GOAL COME TRUE!!

Get active with diabetes - A 12-week program of exercise (3 days / week) and education that help you to be fit !! & active with the guidance and support of the physiotherapist & inter-professional team.

## OUR PLAN !!!

- » Make Group Sessions (2-8 People)
- » Get Yourself Assessed
- » Book your Group.

We at fitness clinic *Motivate you* for the following Exercise Program

- Gryokinesis • Tai Chi • Yoga / Pilates • Eye Care • Oral Care • Foot Care
- Diabetes Nutrition & Education

**Determine your results** through assessments that take place at the beginning and upon completion of the program as follows:

- Self-reported minutes of physical activity
- Objective reporting of physical activity
- Weekly monitoring of blood glucose - Pre and Post exercise
- BMI, waist circumference and blood pressure
- Aerobic fitness measured by 6-minute walk test, strength and flexibility

We shall share the results with your physician so that you benefit from a full and seamless circle of care.

### Exclusive Packages for Diabetic Fitness Clinic :

- 3 Months Package- 36 Sessions (Per Person)
- Rs 15,000 /- for a group of 2-3 people
- RS 12,000 /- for a group of 4-8 people



Enjoy the benefits at Our **Diagno Lounge** of Executive Diabetic Package on discounted rates for those people who register for fitness clinic :

For a Group of 2-3 People **Rs. 8,500/-** as against original price **Rs. 9,800/-** (Per Person)

For a Group of 4-8 People **Rs. 8,000/-** as against original price **Rs. 9,800/-** (Per Person)

**Physio Lounge & Diagno Lounge (VRX Health Care Pvt. Ltd.)**

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