



Virtual Weight Loss Program

Improve your health and immunity through a professional program provided by Registered Dietitians

Why is losing weight so important?

The negative impact of COVID-19 on our health cannot be understated. Nutritional Solutions has developed a virtual programme that minimizes the need to attend on premise sessions. Achieving weight loss and improving the quality of your diet has tremendous benefits which include:

1. Improvement in our immune system
2. Increase in our energy levels
3. Positive impact in our mood and appetite
4. Improved sleeping patterns

How does this program differ?

Apart from the first consult, all follow-up consults are conducted virtually. The following 4 components make this program unique.

Individual Programme	We jointly establish a realistic weight loss goal. You will receive an Eating Plan and Menu that considers your lifestyle, medical conditions, food preferences, culture and budget requirements.
Assessment and Accountability	Successful weight loss requires continuous and accurate measurement to assess positive progress. You will be provided with a state-of-the-art scale that measures body composition in addition to total weight. This will enable us to recommend adjustments to your eating plan.
Motivation and ongoing support	Weekly follow up visits will focus on identifying possible challenges to compliance and formulating solutions to solve them. The skills necessary to change eating habits will be discussed.
Skills to change habits	Most importantly, we will assist you in creating support systems and an environment that will enable you to sustain the weight loss in the long-term.

Commencement

The programme commences on the 7th September 2020, but you can start anytime thereafter. The programme is designed for six to twelve weeks which is dependent on the proposed weight loss target you have formulated.

Contact Details