



OPTIMUM BODY WEIGHT CONTROL PROGRAM

An optimum body weight control program focuses on achieving and maintaining a healthy weight through sustainable lifestyle changes. It's not about quick fixes or fad diets, but rather a long-term approach that prioritizes overall health and well-being. Here's a breakdown of key components.

Core Principles

Balanced Nutrition

- Focusing on nutrient density food groups.

Regular Physical Activity

- Incorporating a combination of cardiovascular exercise and strength training.

Behavioral Changes

- Addressing emotional eating and other psychological factors that contribute to weight gain.
- Developing strategies for managing stress.
- Setting realistic goals and tracking progress.
- Cultivating mindful eating habits.

Sustainable Lifestyle

- Creating habits that can be maintained over the long term.
- Avoiding restrictive diets that are difficult to follow.
- Prioritizing sleep and stress management.

Core Principles

Personalized Approach

- Recognizing that individual needs and preferences vary.
- Tailoring the program to your specific goals, health conditions, and lifestyle.

Professional Guidance

- Support from healthcare professionals, such as registered dietitians, certified personal trainers, and therapists.
- This can be very helpful for people who have underlying health conditions, or who have struggled with weight control in the past.

Education and Support

- Providing information on healthy eating, exercise, and behavior modification.
- Offering ongoing support and encouragement to help you stay motivated.

Monitoring and Evaluation

- Tracking your progress and making adjustments as needed.
- Regularly assessing your health and well-being.

PROGRAM DETAILS

- Doctor Consultation with Holistic Health Approach
- Dental Consultation & Dental Check up
- Dermo Aesthetic Doctor Consultation
- Nutritionist Coaching (Mindful eating- Emotional Eating – Food Choices)
- Assesment of Nutrition Habits
- Nutritional Plan (alkaline – gluten free- casein free- Mediterreanean- Flexitarian)
- Longevity Supplements



	7 DAYS	10 DAYS	14 DAYS
Metabolic Blood Analysis	1	1	1
Aging Parameters in Blood	1	1	1
Health Check Up	1	1	1
3D Body Scan	2	2	3
Electrocardiography	1	1	1
Bone and Mineral Assesment	1	1	1
Movement Analysis	1	1	1
Muscle And Nerve Stimulation	1	1	1
Photo Bio Modulation Therapy	3	5	7
Slimming Thermal Body Wrap	2	4	5
Robolex Therapy	3	5	7
Slim Fit Iv Infusions	1	2	3
Epsom Salt Peeling Therapy	1	2	3
TCM Acupuncture Therapy	3	5	7
Oxygen Therapy	3	6	8
Body Scrub&Foam Therapy	1	1	1
Slimming Massage Therapy	2	2	3
Lymphatic Circulation Therapy	3	5	7
Anti Stress Frequency Therapy	2	4	6
Individual Colon Cleansing	1	2	3
Pyhsical Awareness Exercise	1	3	5
Physical Exercise (Walking/Streching/Pilates)			

Special Privileges For Medworld Guests

- A day in the heart of fun Land of Legends (Entrance Ticket)
- VIP transfer
- Golf Session
- Daily Yoga & Exercise Sessions





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