HOTEL RESTAURANT & WINE BAR
ALEKSANDAR

DIET CENTRE

FIRST MEDICAL WEIGHT-LOSS AND NUTRITION CENTRE IN MONTENEGRO

Započnite zdrav život i pravilnu ishranu na mjestu gdje okruženje i klima ima 100% pozitivan uticaj na vaše tijelo i duh.

Okrenite novi list u vašem životu i vašim navikama.
POČNITE ODMAH!

PROGRAM OBUHVATA:

DETALJNU ANALIZU ZDRAVSTENOG STANJA I UTVRĐIVANJE STEPENA VITALNOSTI :

LABARATORISJKA ANALIZA KRVI:
- LEUKOCITARNA FORMULA
- HEMATOLOŠKE ANALIZE
- BIOHEMIJSKE ANALIZE
- PREGLED URINA

ANTROPOMETRISKE KARAKTERISTIKE:
- MJERENJE TJELESNE VISINE
- MJERENJE TJELESNE TEŽINE

MJERENJE OBIMA:
- NADLAKTICE
- NADKOLJENICE
- GRUDNOG KOŠA
- STRUKA
- KUKA

- ZRAČUNAVANJE INDEXA TJELESNE MASE(ITM)
- IZRAČUNAVANJE WHR (ODNOS STRUKA I KUKA)

Based on the personal medical and the above-mentioned anthropometric features, our expert team prescribes a client-tailored Programme, including:

* A balanced diet plan (will take into account all individual preferences, requirements and needs that participants of the programme may have);

* All the food and ingredients included in the diet plan will be organically grown, 'ECO-FOOD' domestically grown vegetables and fruits, fish from the local sea, etc.

* The Programme of physical exercises (based on the above mentioned analysis our specialist develop a programme, including: yoga, walking, meditation, individual and group workouts);

* Spa treatments (Turkish Bath, sauna, all kinds of massage, lymph drainage therapies);

* Psychological support (personal and in-group sessions with our Programme specialists); Educational support - through our seminars and trainings on the healthy and balanced nutrition, our goal is to teach you how to implement healthier habits into your daily routine.

The above mentioned Programme aims at vital organs natural regeneration, boosting your metabolism, promoting natural detoxification process, reshaping your body, improving your fitness and fat-reducing.

Due to our client-oriented approach during the Programme, our groups will count not more than 21 participants, and the Programme will last no less than seven days.

Registeration for the Programme includes taking your medical history, as well as filling out the short questionnaire, which will introduce us in details with your preferences and personal goals during your stay and tailor our Programme to meet all your needs accordingly.

The price of the Programme includes all meals and activities during the 7-day stay, as well as analysis at the beginning and the end of the Programme!

YOUR SUCCESS IS OUR MUTUAL GOAL!

DIET CENTRE - HOTEL ALEKSANDAR

Information and registration:
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