

RECLAIM YOUR HEALTH IN 90 DAYS

WEEK 1-2

ENDOCRINOLOGIST & DIETITIAN REVIEW
EXERCISE PHYSIOLOGIST
SPECIALIST GYM MEMBERSHIP
EXCLUSIVE YOUFOODZ SUBSCRIPTION
FREE FIT BIT

WEEK 3-4

WEEKLY WEIGH-IN
EXERCISE PHYSIOLOGIST
GROUP PSYCHOLOGY CONSULT

WEEK 5-6

ENDOCRINOLOGIST & DIETITIAN REVIEW
SPECIALIST GYM PROGRAM
WEEKLY WEIGH-IN

WEEK 7-8

SPECIALIST GYM PROGRAM
EXERCISE PHYSIOLOGIST REVIEW
GROUP PSYCHOLOGY CONSULT

WEEK 9-10

SPECIALIST GYM PROGRAM
WEEKLY WEIGH-IN
DIETITIAN REVIEW

WEEK 11-12

SPECIALIST GYM PROGRAM
GROUP PSYCHOLOGY CONSULT
PERSONAL PROGRAM SUMMARY



BEFORE
PRE-DIABETES



NOW
NORMAL GLUCOSE

TO BOOK: (02) 9157 9095



IS RECLAIM FOR ME?

RECLAIM ENERGY, CONFIDENCE, LIFESTYLE, ACTIVITY, INSULIN SENSITIVITY & METABOLIC FITNESS

So you may be at risk of “pre-diabetes” or “insulin resistance”, “impaired fasting glucose”, or “impaired glucose tolerance” and you want to take back control.

RECLAIM is an investment in your health.

Over 90 days we will provide you with the skills and motivation to make small but effective changes to your day to day, which will allow you to Reclaim your Energy, Confidence, Lifestyle, Activity levels and most importantly reverse Insulin Resistance (or regain insulin sensitivity) and Metabolic fitness. This is not a one-size-fits all program, but it is individually tailored to your current lifestyle and preferences.



Our team of highly experienced Endocrinologists, Exercise Physiologists, Dietitians and Nurses will assess you individually, and uniquely to this program, your team will meet regularly to discuss any progress or challenges you face. That will allow us to modify your bespoke program as you progress, maximising your chances of success.

After the completion of the program you will be provided with an itemized invoice which will be suitable for claiming your rebates. Rebates will depend on your private health insurance and medicare status. You will also have access to discounted ongoing review and gym membership.

www.sydneyendocrinology.com.au