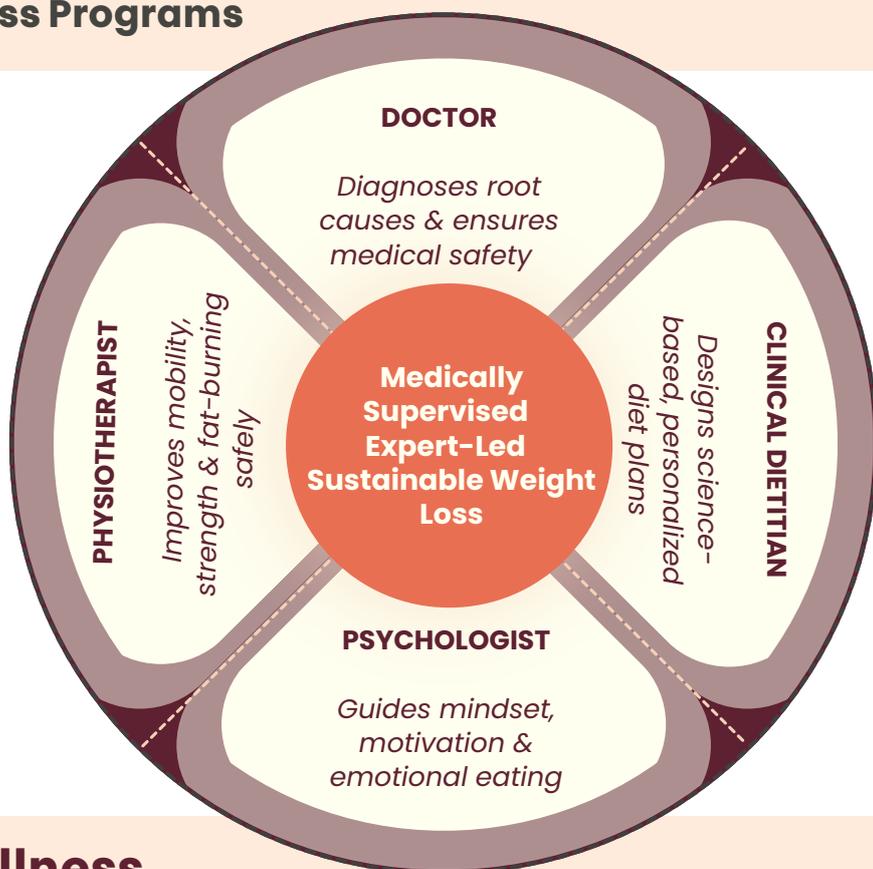


Swastha

Medically Assisted Weight Loss Programs

Welcome to Swastha: Your Journey to a Healthier You

SWASTHA offers comprehensive, medically supervised **weight loss programs** designed for sustainable results.



Choose Your Path to Wellness

Feature	1-Month Program	3- Month Program	6-Month Program	12-Month Program
Duration	1 Month	3 Months	6 Months	12 Months
Doctor Consults	1	3	6	10
Diet Consults	Weekly			
Body Measurements	Twice Monthly			
Fitness Sessions	10	75	150	300
Psychologist Sessions	Monthly Once			
Diet Plans + Recipes	Weekly Updated and Monitored			
Home Workout Videos	-	Included		
Wellness Journal	-	Included		
Diagnostics	-	2 (1st and 3rd Month)	3 (1st, 3rd, & 6th Month)	Every 3 months (1st, 3rd, 6th, 9th, & 12th)
Challenges & Reports	Weekly and Monthly			

Science-Backed Weight Loss, Designed Just for You

Assessment Details:

- Medical Analysis
- Body Composition
- Physical Fitness and Functional Assessment
- Nutritional Assessment
- Psychological Screening

Workout Components:

- Upper & Lower Body Strength & Conditioning
- Core Training (Pilates/Mat Work)
- Aqua Therapy Sessions
- Yoga/Endurance Training

Your Daily Partner in Health:

- Check-ins
- Education & Support
- Engagement & Community
- Appointment reminders and support

What You Can Expect:

- Clinically Supervised Sustainable Weight Loss
- Improved Glycemic Control & Prediabetes Reversal Potential
- Enhanced Musculoskeletal Strength, Function & Mobility
- Evidence-Based Lifestyle Interventions for Long-Term Health
- Optimised Metabolic and Hormonal Regulation

READY TO START YOUR TRANSFORMATION?

CONTACT US TODAY!

☎ 63090 50999

✉ info@argalarevive.com

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