

Ekta Gupta

Nutrition Expert



She is a woman who has had keen interest in fitness and diet right from the beginning of her college life. While doing her graduation in commerce she was a gym and yoga instructor in a gym in Delhi and from there her interest moved towards diet as people were asking her about diet.

She did a course from Ignou in Food and nutrition and BFY in advanced Diet & Nutrition, then Sports Nutrition and Advanced Sports Nutrition and participated in several gym and yoga events. Later after marriage she played a role of a house wife and good mother but again one day moved her interest back to food and nutrition.

During this pass of time she got some friends and well-wishers suggestion about diet clinic and gradually she met some very satisfied clients from diet clinic and gradually with the support of her husband she made up her mind to start a unit of diet clinic. Since she has been continuously upgrading her skills in sports nutrition and today she can be relied upon for a balanced nutrition for active sports like running, cricket, tennis, badminton, etc.

Apart from this she is a voracious reader of different topics which includes women fitness and women life support topics. She always wanted to be a fitness trainer in her life and now she has a great start as a dietitian with diet clinic.

Why us?

Certainly there must be some people who are feeling to know more about us and think why us? Of course I am coming to this question as well.

Diet Clinic is made up of our experience which we have while planning diet for you and your experience with us.

Our story is part and parcel of your story. We work together. We analyze your body, its requirements and its limitations. From there we work together.

It will be nice to help to understand this relationship more clearly:

- **Personal Assistance:** You are under the guidance of our experienced and qualified dietician all the time which helps you to build a close relationship with the dietician who understands you and the responses of your body to different diets very well. Her constant motivation and support encourages you to progress gradually and easily achieve your targets.
- **Transparency in dealing:** You are the master of your own self. We can support you to adjust to the new food habits but the ultimate responsibility lies in your hands. Our sincere effort makes changes. You start to see changes in yourself and that encourages both of us. Your satisfaction is our reward.
- **Maintain confidentiality:** The idea of being overweight is still like a taboo in our society so we promise you that our effort to bring change in your body will remain sealed under our lips. It is a private and confidential matter even after you complete your program with us.
- **Our Philosophy and support:** We keep a simple philosophy of helping people to lose weight without much change in their lifestyle. We have a team of professional dieticians all over India who take into consideration a lot of parameters like your food habits, medical history, be it high cholesterol or diabetes or any other health concerns. After knowing all the details, we plan your diet. So we specialize in providing not only Weight Loss diets but also Therapeutic Diet plans.
- **Flexibility in eating:** We understand your taste buds and our diet plan so we give you some healthy options. We allow all types of foods to be included in your diet, but the when

and how much is suggested by our dietician so that you can enjoy the food of your choice as well as lose weight during our programs.

- **Our experiences:** We have substantially over 11 years of rich experience in helping people. We keep our diet plans easy to follow. Over the past years we have provided diet consultations to gyms, corporate and fitness centers. We have helped thousands of people to lose weight comfortably and safely.

Diet Clinic Highlights:

- Personal attention.
- Individual support.
- Your target is our target.
- We understand your body.
- We consider your preferences.
- We prepare your diet plan especially for you.
- Your privacy is completely confidential.
- Our online and telephonic support is available all the time.
- Diet plans are result-oriented and 100% safe.
- 80% of our clients are referral so they know about us from our previous clients.

How we do?

At this wonderful evening in the presence of the wonderful people it is our great pleasure to give you some information about the whole process:

On your first visit or call to our Diet Clinic you will be introduced to one of our best dieticians working on board of our clinic.

You will be asked to fill in registration form, which contains list of all the important questions such as your food habits, lifestyle, medical history, blood group, your height and weight.

1-3 day: Our dietician will suggest 3-day diet plan after analyzing all of your information. The fourth day: We measure your weight and how you feel after the 3-day diet. That will help us understand whether the diet plan is working for your body. Any queries / clarifications are openly welcomed and discussed. Your dietician will answer and recommend you a diet plan for the next 3 -4 days.

This process continues every week. Ideally you should be able to lose approximately 0.5 – 1.0 kg per week without any starvation or medicines. The constant motivation from our dieticians and gradual weight loss keeps your spirits high and your weight loss goals easily

achievable. We recommend brisk walk along with our diet plan to keep the metabolism active as metabolism slows down with lack of physical activity.

With Diet Clinic, you can lose 4- 5 kg in one month.

The period between your visits is slowly increased, depending on your goal. We help you to adjust to the new lifestyle and gradually the smile on your face writes all about our success.

We give you 100% achievable targets.