



Dr. Disha Sheela, Dietician
Weight Loss & Wellness Specialist

Over Eight Years of experience in Weight Loss. Sheela has a simple philosophy. "Helping people to lose weight with out lifestyle changes". She has helped many achieve their goals and they continue to live, eat healthy and enjoy there lifestyle today.

FOR YOU, OUR CUSTOMER

Our objective is to successfully address health risk factors such as overweight, obesity, diabetes and heart disease. Our methodology rests in providing sound tools to nutritionists & dieticians so that customers may achieve better health outcomes.

• Nutrition & Health Risks - Assessment



Body Mass Index
Food Intake Analysis
Detailed diet chart

• Customized Diet & Lifestyle - study



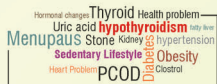
Daily Meal Plans
Recipes
Personal Dashboard
Daily Exercise Planner

• 24/7 Web-based support - Tools



Appointment Calendar
Community Blogs & Facebook
E-Access to Dieticians
Content rich in health wellness & nutrition

• Disease Specific Education - Solutions



Do You Know
News & Article
Wellness Links
Health Quizzes

Diet clinic opened in 2005 with a simple philosophy: Helping people to lose weight without lifestyle changes. Since then, we have helped many achieve their goals and they continue to live and eat healthy today.

In simple words at Diet Clinic, we work with a focus on individual and corporate wellness, we have a simplified solution. We understand that of all the factors that influence health, a proper diet and an active lifestyle are the pathways to better health. Our approach is dynamic, flexible and customized to individuals needs.

OUR LOCATIONS

Delhi - I

LGF, F4/4, Vasant Vihar, New Delhi 110022.
Contact Number: +91 9958400071

Delhi - II

8LGF, A15, Geeta Bhawan, Punjabi Bagh,
New Delhi - 26 (Opp Punjabi Bagh Club)
Contact Number: +91 9958400072

Gurgaon

5537, DLF Phase IV, Gurgaon, Haryana.
Contact Number: +91 9958400073

Noida

104, Shopprix Mall, Sector - 61, NOIDA (UP)
Contact Number: +91-9958400074

Chandigarh

79, Sector 17, Panchkula (Hr) • Contact No. : +91 9779117172

Regd. Address:

Diet Clinic Health Care Pvt. Ltd.

Nand Roop Sadan, L-6, Street 1, L-Block, Mahipalpur,
New Delhi 110037

For Corporate Enquiry : +91-8826260707

Website

• www.DietClinic.in • www.OnlineDiets.in • www.DieticianSheela.com



NO - Starvation
- Monotonous Diets
- Medicines
- Strenuous Exercises

...Better Health.
Simplified.



Today India, in more ways than one, is transforming the world. Her vibrant democracy and her people are a source of inspiration the world over. Though globalization has brought in much success, it has also ushered in the burden of chronic medical illnesses.

Millions across India are falling prey to lifestyle related illnesses such as Type 2 Diabetes Mellitus and Cardiovascular disease resulting in debilitation and often premature death. Propelling this upsurge is the growing prevalence of overweight, obesity, poor dietary habits and sedentary lifestyles.

- Four of ten people in urban India are either overweight or obese.
- Indians have the highest incidence of abdominal obesity which predisposes them to chronic illnesses.
- Five of ten people in major cities reported no physical activity in the prior month.

Based on these figures, the World Health Organization (W.H.O.) estimates the productivity of an Indian worker to diminish by almost 10-15% annually, severely compromising India's status as an economic powerhouse by 2020.

DIET CLINIC

At Diet Clinic, we offer a different approach to weight loss. Our commitment is to help you regain a healthy and comfortable weight!

Diet Clinic strives to reduce the many health risks associated with obesity by focusing on the whole person. We don't ask you to make promises you can't keep. Instead, we work with you to help you make the lifestyle changes necessary to achieve your weight loss goal.

You have nothing (but excess weight) to lose and everything (especially your good health) to gain at Diet Clinic.

Our Mission

Diet Clinic strives through personal diet & nutritional counseling along with positive guidance from our Dietician and trained staff to give you the motivation needed to achieve permanent success. Diet clinic reduce the health risks associated with obesity by providing a safe and effective medically supervised weight loss program, tailored to individual needs, in a supportive environment focused on fast, friendly customer service.

We Offer

- A different approach to weight loss, regain a healthy comfortable weight.
- We work with our clients to help, make the lifestyle changes through our customized weight loss & Therapeutic diets programs.
- One on one consultation by qualified dieticians.
- Web-based 24/7 support
- Regular follow-up visits.

Latest information on health and nutrition from around the globe,

Diet Clinic provides a comprehensive solution ...not just weight loss but also providing access to our network of experts in the field of nutrition, health and wellness.

Online Offerings:

FREE FOR ALL USERS

- SELF ASSESSMENT TOOLS:
Body Mass Index
Food Intake Analysis
Self Measurement
- CUSTOMIZED HOME-PAGE FOR CUSTOMER
- CUSTOMIZED HOME-PAGE FOR DIETICIAN.
- DAILY FOOD DIARY, EXERCISE LOG, MEMO.
- MAKE APPOINTMENT, MESSAGE DIETICIAN ONLINE.
- LATEST NEWS & ARTICLES ON HEALTH, WELLNESS & NUTRITION

DIET CLINIC OFFERINGS

Diet Clinic prides itself on providing quality diets, clinical nutrition & lifestyle change counseling services.

BENEFITS TO OUR CUSTOMERS

- A dedicated nutritionists / dieticians for your customized weight loss and lifestyle change programs.
- Free 24/7 web support.
- Authoritative and accurate information on health, diet and nutrition.
- Regular consultation with your dietician to help coordinate your care.

BENEFITS TO OUR CORPORATE CLIENTS

Incorporate onsite health screenings and engage your "at risk" employees in adopting healthier lifestyles. Cost-effective, results-oriented programs that require minimal administration and set up.

A reduction in your medical costs incurred by overweight and obesity related illnesses such as diabetes and cardiovascular diseases. An increase in employee productivity, satisfaction and retention.

BENEFITS TO OUR REFERRING DOCTORS

- Availability of well-trained and experienced dieticians to provide nutrition, & lifestyle change counseling services to your patients.
- Enhanced patient care.
- Higher patient-satisfaction and patient-retention for your practice.
- 24/7 online support services for your patients.
- Increased referrals to your practice through our corporate affiliations