

DEPAN



ROYAL SPORTS PERFORMANCE CENTRE

- Clinic & Family Medicine
- Medical Concierge Services
- Sports Medicine
- Sports Orthopedic & Arthroscopic Surgery
- Sports Physiotherapy
- Sports Medicine Gym
- Nutritionist & Healthy Catering
- Sports Massage
- Sports Psychology
- Cryotherapy
- IV Bar

Book your consultation today
(08 1111 8 7772)

Senayan City B2-0
Jl. Asia Africa Lot 19

9,5 cm

BELAKANG



FAT LOSS PROGRAM

With the pressures of the modern world on aesthetic beauty, it is important to refocus our energy on healthy solutions that are sustainable, which is fat loss rather than just weight loss. With evidence based methods and an experienced medical team complete with a sports medicine specialists, physiotherapist and nutritionist, you are on your way to successfully achieving your personal physical goal

Patient Flow

Assessment	Diagnose	Goal & Program Setting	Evaluation
<ul style="list-style-type: none"> ○ Exercise <ul style="list-style-type: none"> - Body Composition Analysis - PARQ - Stages of Change - Posture Assessment ○ Nutrition Assessment ○ Lab Check ○ Consult Specialist(s) 	After your assessment our medical team will discuss your goal(s) and customize the program along with a timeline.	<ul style="list-style-type: none"> ○ Lifestyle <ul style="list-style-type: none"> - Exercise - Nutrition ○ Medicine & Supplements 	Periodical evaluation will ensure we are reaching the goals safely and sustainably.

Body Fat Percentage Chart

	Underfat	Ideal	Overfat	Obese
Women				
Age 20 - 39	< 21 %	21% to 33%	34% to 39%	< 39 %
Age 40 - 59	< 23 %	23% to 34%	35% to 40%	< 40 %
Age 60 - 79	< 24 %	24% to 35%	36% to 42%	< 42 %
Men				
Age 20 - 39	< 8 %	8% to 19%	20% to 25%	< 25%
Age 40 - 59	< 11 %	11% to 21%	22% to 28%	< 28%
Age 60 - 79	< 13%	13% to 24%	25% to 30%	< 30%

Source: American Journal of Clinical Nutrition. Gallagher et al: Health percentage of body fat ranges: an approach for developing guidelines based on body mass index; 2000;72:694-701



The Team That Takes You To The Finish Line

- Orthopedic (Sports) Specialists
- Orthopedics (Spine) Specialist
- Sports Medicine Specialist
- Family Medicine Specialist
- Occupational Specialist
- Acupuncturist
- Emergency Care Trauma team & Ambulatory services
- Physiotherapists
- Nutritionist
- Internal Medicine
- Cardiovascular Specialist
- Pulmonary Specialist

BOOK YOUR CONSULTATION TODAY

21,5 cm