



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



NUTRITION & HEALTHY CATERING

Proper nutrition and a healthy relationship with food are vital to feeling your absolute best. Achieving the best diet for your body type begins with a complete assessment to working with a complete team including a nutritionist, physiotherapist, Specialists all the way to home catering services.



DR. Rita Ramayulis, DCN, M.Kes (CHt, ZIN, IScantik, Konselor ASI), is a nutritionist consultant with over 20 years of experience. She is a fitness instructor with a hypnotherapy certificate who has managed Wellness Programs for over 100 companies As the chair of the

Association of Nutritionists of Indonesia, she is a well respected speaker for the government nutrition program, has been a resource in over 34 provinces and has been invited to appear in many media events throughout Indonesia. She manages a research centre on vegan diets being the number one choice for productive people who want sustainable health, high energy and sound focus.

Nutrition for Sports Performance :

- Fat Loss
- Lean Muscle Gain
- Recovery Diet
- Nutrition for Endurance

Special Diet Program :

- Diabetes
- Gout
- Healthy Liver
- Healthy Heart
- Cancer
- Infection & Allergies
- Healthy Kidney
- Autoimmune Disease

Healthy Catering Services:

- Fat Loss Programe
- Healthy Baby and Kids
- Nutrition for Teenagers to help Growth
- Healthy Food
- Nutrition for Seniors



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