



LUNG CENTER OF THE PHILIPPINES



“More Than Just Lung Rehabilitation”

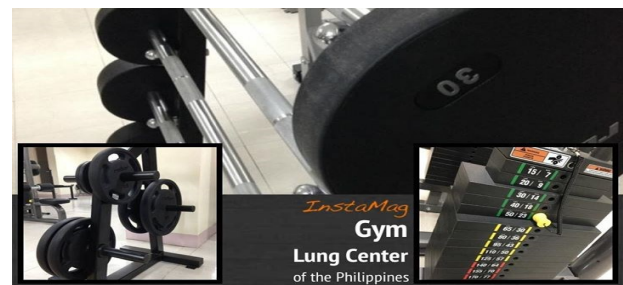
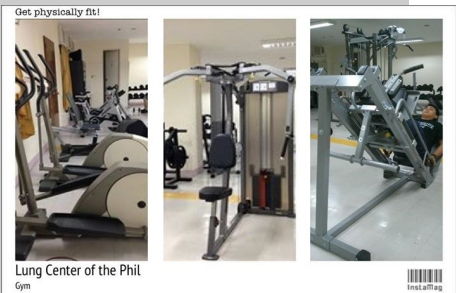
LCP WELLNESS GYM

Programs Offered:

- Fat-loss Program**
- Body Building Program**
- Women’s General Fitness**
- Women’s Upper Body Tone-up**
- Men’s General Fitness**

Operating Hours

**Mondays (8:00am - 8:00 pm) to Saturdays
(8:00am - 4:00 pm)
Except Government Holidays**



LUNG CENTER OF THE PHILIPPINES

Section of Physical Therapy & Rehabilitation
3rd Floor, Quezon Ave. Ext., QC

Contact Number: (02) 9246101 local 240 &
575



FAT-LOSS PROGRAM

Set a Goal...

To effectively help patient/ client lose weight through various physical activities

To provide alternative diet and activities for patients/ clients undergoing the program and be able to shift to a more healthy lifestyle;

To intensively monitor status of patients/ clients during their exercise regimen;

To make available affordable wellness program for patients/ clients who needs to be supervised well by a physical therapist.

Who are we looking for...

- Patients/ Clients who are willing to undergo weight reduction program but have difficulty starting and or continuing a program.
- Patients/ Clients with BMI \geq 25
- Patients/ Clients with *known or suspected sleep disorders* referred for weight management

What to Expect...

- Consultation with a dietician
- Evaluation of Exercise capacity, physical activities
- A 12-week individualized exercise regimen will be given

Where to go...

**LCP Gym
2nd Floor(T-Block) Lung Center of the Philippines**

Contact Details
9246101 local 575
www.lcp.gov.ph