



LUNG CENTER OF THE PHILIPPINES



*“More Than Just Lung Rehabilitation”*

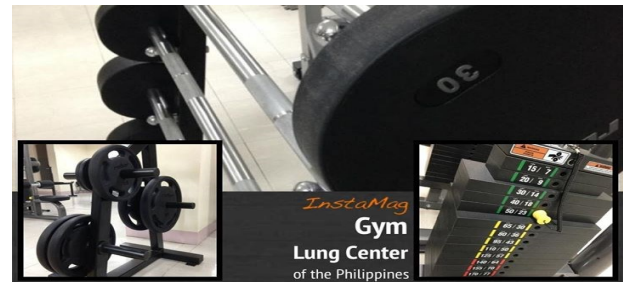
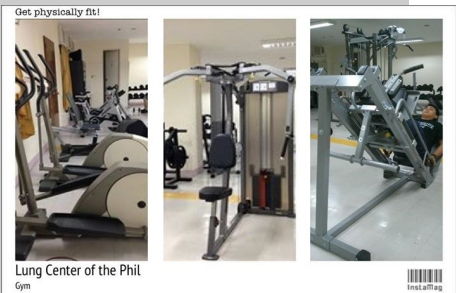
# LCP WELLNESS GYM

## 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](http://www.lcp.gov.ph)