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Pte Ltd

PhysioActive Pte Ltd

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Opening Hours:

Mon - Fri 7am - 9pm

Sat 7am - 3pm

nutrition & sports consultants
APTIMA
sustenance • strength • stamina

Aptima Nutrition & Sports Consultants

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Opening Hours:

Mon - Fri 9am - 5pm

Sat 9am - 1pm



Grange Road, Opp Trader's Hotel
Bus No.: NR8, 7, 75, 77, 105, 106, 111, 123, 132, 174, 174E

Tomlinson Road, The Regent Singapore
Bus No.: 36

Tanglin Road, Aft Tomlinson Road
Bus No.: NR8, 7, 36, 77, 105, 106, 111, 123, 132, 174, 174E



PhysioActive
Pte Ltd

WEIGHT LOSS

nutrition & sports consultants
APTIMA
sustenance • strength • stamina

- Do you have problems losing weight?
- Do you suffer from heart problems or diabetes?
- Do you have arthritis or back pain?

We can help you!

PhysioActive & Aptima Nutrition combine Dietitian and Fitness expertise into one customised programme. Our highly trained professionals will take your personal needs into account to achieve the best results.

Feel better in your life with our **healthy weight loss programme.**



Before



After

Personal Training:

Get fit with our specialised Sports Therapists. We will tailor a program for individual needs. The package includes 1 Fitness session per week. Additional sessions are available upon request.

- Physical assessment before start of the programme
- 60min sessions one-on-one with a Physiotherapist
- Strong focus on body toning
- Free use of gym before and after the session



Dietitian:

Understand food better with our nutrition expert. We will design an effective and sensible diet that will help you lose that excess weight permanently. Learn how to enjoy food without gaining weight.

- Complete nutritional assessment
- 60min one-on-one sessions with a Dietitian
- Customised calorie controlled diet
- Detailed nutrition education on food and weight control

Sign up with our 3 or 6 month weight loss programme now.

