

## Case - XIII



BEFORE AT 85 Kgs.

Radhika Nakhat aged 21 yrs. height 5'4" was obese (85Kgs.). She joined the lifestyle programme at HEALTH POINT and managed to bring her weight down to 58 Kgs. in just 6 months time. The regimen included exercise programme and well balanced dietary programme. Brisk walk of 4 K.M. daily was also included in her daily routine. A great transformation (of 27 Kgs. / 59.4 Lbs. and 32 inches) made her life easy and boost of with high powered energy and courage. She gained her confidence and positive attitude towards life.

AFTER AT 58 Kgs.

