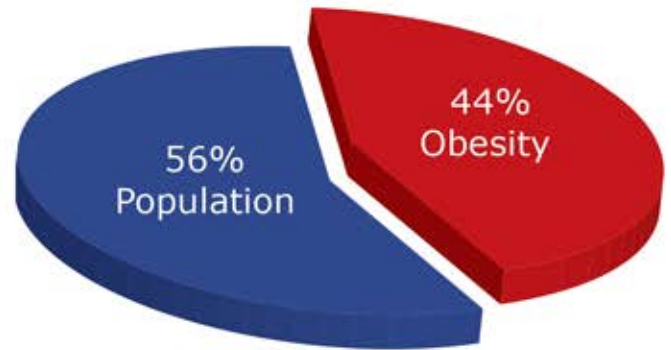


Struggling to Achieve Ideal Weight?

According to the WHO, about 44% of Pakistani population suffer from obesity.¹

Alarming, about 40% of Pakistani children are also obese.¹



Obesity - Mother of Diseases

Obesity can cause at least 23 diseases such as high blood pressure, diabetes, arthritis and cancer.²



Safe & Natural Treatment

Whether you are looking for ideal weight management goal or disease treatment, **Team Di** utilizes a multi-faceted, safe & natural approach for you. We help bring a complete 360° lifestyle change in you, transforming your body and mind into a **fitter, healthier & smarter** you!



A Team For Your Fitness Dream



Waniya Sohail
Dietitian



Maha Iqbal
Dietitian



Adeel
Fitness Pro



Dr. Syed Ikram
Physician



Sahar
Dietitian



Virdah Imran
Dietitian

The idea of **supervised dietiting** is a brainchild of Dr. Ikram with over twenty years of experience in medical, nutritional & dietary practice. Our qualified and experienced **TeamDi** guides and motivates you throughout your health and fitness journey.

The Best Investment You can Make is in Your Health

BENEFITS

- Duration
- Online Follow-ups by Dr. Ikram & Dietitian
- Customized diet plan(s)
(As per grocery options in your country)
- Unlimited WhatsApp support
(VM/TEXT support by a doctor, dietitian & fitness pro)
- Whatsapp support group (alike clients)
- Appointment by Fitness Trainer
- Customized Workout Plan by Fitness Trainer
- Maintenance diet plan after completion
- Diet menu items per the preferred cultural palate
- Prescription of Special supplements
- Personalized Reminders
- Travel and festival guidance
- Investment

STANDARD

3 months
6 (Bi-Weekly)
Upto 3 plans
✓
N/A
1
1
✓
✓
✓
(Weekly)
✓
\$198 USD

PREMIUM

6 months
24 (Weekly)
Upto 5 plans
✓
✓
3
Multiple
✓
✓
✓
(Twice a Week)
✓
\$275 USD

REFERENCES

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2. More than half of Pakistanis overweight: study, Imran Ayub, February 29, 2020, www.dawn.com/news/1537317/more-than-half-of-pakistanis-overweight-study



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