



sancheti Shape Well Clinic

Get Fit & Stay Fit...



*Do Exercise
& Stay Fit*



Shape Well Clinic

16, Shivajinagar, Pune - 411005.

Sancheti Physiotherapy Centre, Phone : 020-28999234/25536666

Website : www.sanchetihospital.org

Get Fit & Stay Fit Shape Well

Objective :

- Improve fitness levels of all age groups.
- Promote health for stressful life.
- Maintain good physical condition for various medical conditions.

Salient Features :

- Thorough evaluation & diagnosis of health problems by physician & consultant physiotherapist.
- Lab & fitness tests before & after exercise sessions. E.g.: PFT (lung function test), exercise tolerance test.
- Supervised exercise programme by expert physiotherapist.
- Improved pneumatic gym equipments to avoid muscle strains during workouts.
- Series of lectures on diet nutrition & health problems.

Prospective Members :

- People who want to achieve or maintain ideal BMI (Body Mass Index).
- People who want to reduce risk of age related conditions like high blood pressure, diabetes, osteoarthritis, spondylitis & osteoporosis.

- Improve health condition before and after surgery of following cases- orthopaedics, cardio-vascular, respiratory, etc.

Advantages :

- Awareness & knowledge about health condition & disease.
- Prescription of customized exercise programme.
- Dietary advice with weight management exercises.
- Prevention of lifestyle related disease.
- Improve functional activities to maintain healthy lifestyle.

Membership Fees :

- 15 Days : Rs. 1700/-
- 1 Month : Rs. 1999/-
- 3 Months : Rs. 3500/-
- 3 Months : Rs. 5000/-
(With Investigations)
- 3 Months : Rs. 3000/-
(Alternate Days)
- 6 Months : Rs. 6500/-
- 1 Year : Rs 12000/-