



Fancy a bit less?

Nutrition and sports

Individual and personal guidance

Healthy and sustainable weight loss

Fun and motivating with like-minded
people in small groups

Our 12-week program

About half of the Swiss population is overweight, with an increasing prevalence, and many diets often only have short-term success.

Losing weight does not automatically mean abstinence but rather strengthening awareness for one's health.

Do you want to lose weight in the long-term, but do not want to give up everything? Do you want to work out, but feel out of place in a conventional gym?

If you want a healthier lifestyle in the long term, to feel fitter and lose some fat, then you have found the right place here at RehaCity.

With professional nutritional advice and personal training, we not only offer you a successful concept, but also support you in implementing your new knowledge and behaviors. In addition, you will have fun and get support from like-minded people on the way to your individual target weight. The cornerstone of our proven

program is an interdisciplinary concept consisting of nutrition, sport and a behavioral approach. In doing so, we focus on individual support and long-term care for you, using modern methods of nutrition and sports science.

**Please register by:
phone: 061 206 60 10
E-Mail: info@rehacity.ch
Registration form**



Registration form

Content

- 1 × nutritional status and medical history
- 3 × individual nutrition consultations
- 3 × nutritional group sessions
- 1 × 12 weeks MTT (Medical Training Therapy) subscription
- 3 × individual training sessions with personal trainer
- 2 × weekly group fitness sessions with personal trainer

Your strength and coordination skills will be assessed. In addition, several muscle and fat mass measurements will be conducted in order to monitor your success.

Price

1490 CHF over 12 weeks. That's about 17 CHF per day for your health! Payment by installment is also possible. [If you maintain your successes over a year you are eligible for a refund of 150 CHF](#)

Mrs Mr

Name First Name

Address

Zip code

Phone

E-Mail

Info Evening 13.02.2020, 19.00h Start: 22.02.2020, 8.00h
 Info Evening 04.06.2020, 19.00h Start: 13.06.2020, 8.00h

Date / Signature:

With your signature you register and accept the terms of the course.

Our team



Dr. Frank Thielecke

Doctor of Nutrition Science, with many years of experience in nutrition research, applied nutrition and as a lecturer. His areas of expertise are, amongst others, weight management and sports nutrition.



Jasmin Sitton General manager

Sports Physiotherapist, with many years of experience as training instructor for various disciplines as well as trainer and coach in the field of handball and volleyball.

For further questions Jasmin Sitton
Tel. +41 61 206 60 10 E-Mail: info@rehacity.ch

RehaCity Basel contact details

Registration

Registrations will be processed according to entry date

Insurance

Participants ensure they have an insurance. RehaCity Basel is not liable

Duration of the program

12 weeks

Location

RehaCity Basel
Centralbahnstrasse 20
4051 Basel
Tel: 061 206 60 10
info@rehacity.ch
www.rehacity.ch