



Healthy body

packages

480 PLN

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How can you lose weight effectively after quarantine? Using 3D technology, we will show you how your figure can change over time due to a tailored diet and sport plans prepared by our experts. Our recommendations are personalized so that they do not require excessive sacrifices. A balanced diet in combination with moderate-intensity training will make you feel better and reduce your risk of developing lifestyle-associated diseases such as type II diabetes.

- 3D body scan
- lifestyle assessment (30min)
- consultation with our nutritionist (1h)
- testing for antioxidant levels

longevity
CENTER