



# ABDOMINAL FAT REDUCTION THERAPY

**CARRYING EXTRA WEIGHT, ESPECIALLY BELLY FAT CAN BE RISKY**

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# FOUNDER

## RAVICHANDRAN

Founder & Principal Physiotherapist

Mr V. Ravichandran is no stranger to the health and wellness field. With more than two decades of experience and knowledge working with clients who have different physical and chronic conditions, he has developed and evolved solutions that have proven to be effective and risk-free.



These include a complete holistic overhaul of the body, the core belief stating, 'Wellbeing is necessary to heal'.

His programmes focus on lifelong results and relief that can be felt almost immediately. He takes pride in helping clients reach the goal of healthy living, walking by their side, and providing the expertise and support that they need whenever necessary.

Mr V. Ravichandran seeks to make effective alternative treatments accessible to those who need them most. Living with good health is a right for all, and his mission is to educate as many as possible on this ideology and make Hallmark a trusted partner in one's journey to Good Health.

He has evolved carefully curated treatment methodologies, which include a complete holistic overhaul of his patients, the core belief stating, 'Wellbeing is necessary to heal'.

Apart from his core work, Ravichandran takes pride in developing a highly motivated team through effective leadership coaching.

He has also sourced and developed new strategic global partnerships, country-level planning, and marketing opportunities that generate new revenue streams under the Hallmark Umbrella.



Actual Therapy Image

# PROGRAM OVERVIEW

## WHY

Accumulating excess abdominal fat presents substantial **health risks**, as it surrounds and encumbers vital internal organs. This visceral fat significantly heightens the probability of various health complications, These include -

- Diabetes
- Heart disease
- Liver problems
- Sleep apnea
- Back pain
- Heel discomfort

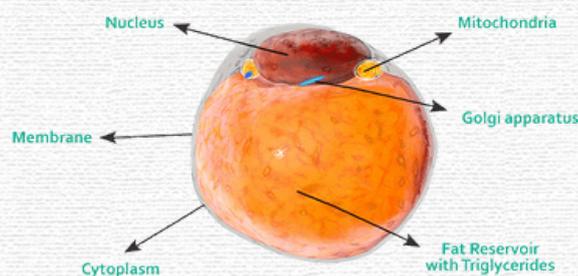
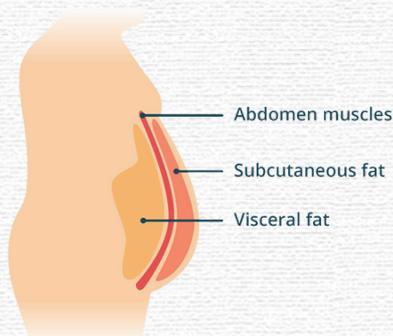
## WHAT

Our Abdominal Fat Reduction Program Is A Comprehensive One That Targets the Reduction Of Internal Fat through a combination of scientifically proven methodologies. These have been well researched & tried and tested over the past few years.

## HOW

The Program spans a duration of 6 to 12 months, consisting of 4 to 6 curated phases We use 5 Key Components to build this plan

1. Body Assessment
2. Patient Orientation
3. Exercise
4. Digitally Aided Treatments
5. Nutrition



# 1. BODY ASSESSMENT

This is the initial phase which involves:

- ▶ Body fat percentage calculation
- ▶ Body age evaluation
- ▶ Hip-waist ratio assessment
- ▶ Blood pressure monitoring
- ▶ Body weight analysis



# 2. PATIENT ORIENTATION

- ▶ Explanation of assessment
- ▶ Understanding BMI vs. hip-waist ratio
- ▶ Differentiating belly fat from subcutaneous fat
- ▶ Learning about calorie burn and nutrients
- ▶ Importance of proper exercise selection
- ▶ Consequences of incorrect exercise choices

# 3. EXERCISE

- ▶ Joint mobility
- ▶ Muscle flexibility training
- ▶ Core muscle strengthening
- ▶ Aqua therapy



# 4. DIGITALLY AIDED TREATMENTS

- ▶ Lymphatic drainage therapy
- ▶ Subcutaneous fat-targeting treatments

# 5. NUTRITION

- ▶ Personalised balanced diet plans
- ▶ Nutritional intake recommendations
- ▶ Vitamin and nutrient supplementation advice





# BENEFITS

## TARGETED FAT REDUCTION

This program focuses on specifically targeting and reducing fat stored in the belly area.

## WEIGHT MANAGEMENT

- Lower your overall body weight
- Relieving pressure on the hips, knees, and ankles.
- Prevent osteoarthritis, plantar fasciitis, and heel spurs.

## HEART HEALTH ENHANCEMENT

Belly fat has been scientifically linked to major heart problems, due to the blockage of arteries.

This program plays a crucial role in reducing artery-clogging fat, thereby promoting cardiovascular health.

## POSTURE IMPROVEMENT

- Correcting and enhancing posture
- Strengthening core muscles
- Fortifying the lower back
- Reducing/Preventing back pain

## LONG TERM GAINS

This method assures long term benefits and is not a quick fix like those offered by weight loss clinics or fad diets

## BIOLOGICAL AGE REDUCTION

Additionally, reducing belly fat can contribute to a decrease in your biological age, leaving you feeling more youthful and energized.

## MANAGEMENT OF HEALTH CONDITIONS

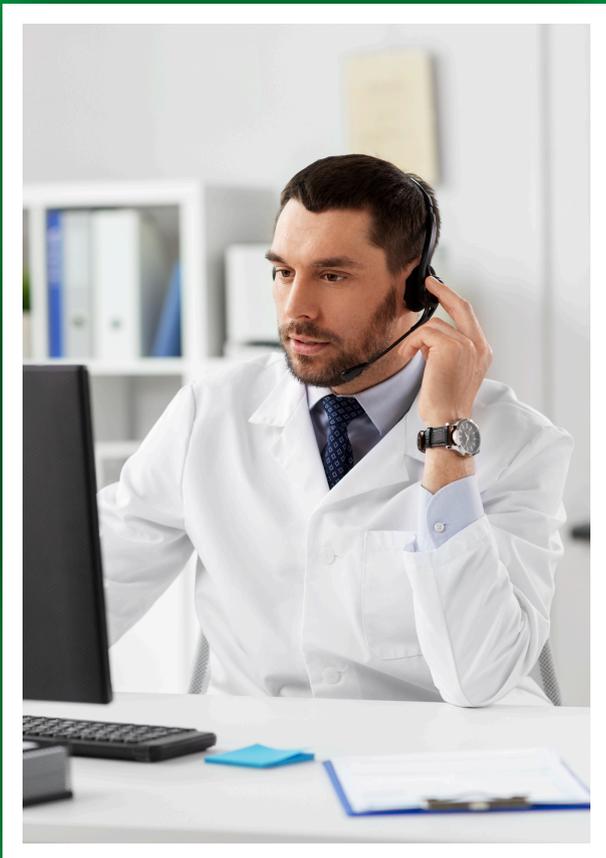
This program can assist in managing high blood pressure, cholesterol levels, and diabetes by addressing the root cause of excess belly fat.

## IMPROVED SLEEP QUALITY

- Alleviates sleep disorders like snoring and sleep apnea
- Better sleep quality
- Overall well-being

# OUR NETWORK

## 4 BRANCHES



# REACH US

## WE'RE ALWAYS HERE TO HELP

For further inquiries or appointments, please don't hesitate to reach us at

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