

A4M–WORLD.ASIA 2013 :: 20 October

Day–3 Retreat & Roleplay Workshop

In collaboration with VictusLife Longevity Institute

@Lv8 Ocean View Penthouse, Canggu, Bali, Indonesia

Class Is Limited to 20 Persons Only | First–Come, First–Served

Weight Lose For Life: Understanding Your Hormones & Metabolism

Attending Physician: Dr A. Wibudi, Dr Maya S, Dr Lenny P, Dr A. Firmansah, Dr Tanjung S

Consultant: Prof. Dr Selvaraj YS, Dr Sangeet, Dr Deborah M, Dr Koh LS, Dr Rano IR

Lecture 1: 08.30 – 10:30

Balance Your Hormones To Lose Weight

- Overview of Aging, Hormonal & Metabolic Imbalance
- Elevated Cortisol Level
- Insulin Resistance
- Healthy Ratio Testosterone / Estrogen (men)
- Growth Hormone Deficiency: Aging & Obesity
- Suboptimal Thyroid Function
- Healthy Ratio Progesterone / Estrogen (women)
- Melatonin & Adaptogenic Herbs
- DHEA vs 7–Keto DHEA

Coffee Break: 10.30 – 11:00

Lecture 2: 11:00 – 12:30

Therapeutic Diet & Exercise

- Hormone Balancing Diet Plan & hCG Activation Protocol
- Therapeutic Fasting and Primal Antioxidant in Oxidative Stress Management
- Exercise & Endocrine Wellness

Lunch Break: 12.30 – 13:30

Roleplay Workshop 1: 13:30 – 15:30

Personalized Weight Loss Program

- Lifestyle Health Assessment
- Physical Fitness & Body Composition Analysis
- Physical Exam & Clinical Consult (Fitness, Nutrition & Endocrine Wellness)
- Advanced Diagnostic Imaging Recommendation
- Personal Weight Management Program

Roleplay Workshop 2: 15:30 – 17:30

- Functional Fitness Training: TRX Body Sculpting
- Aquatic Exercise Therapy: Fat Burning Aerobic Workouts

DRESS CODE:

In the fitness studio, please wear comfortable workout T–shirt, tight fitting pant and athletic shoe (no sandal). At the pool, wear appropriate swim suit, swim cap & goggles (if desired).

Cocktail Reception :: Door Prizes :: End of Sessions: 17.30 – 18:30

DISCLAIMER: Whilst every attempt will be made to ensure that all aspects of the program published in this announcement will take place as scheduled, the Committee reserves the prerogative to make last minute changes should the needs arise. Conference info www.a4m-world.asia | Hotel Info www.lv8bali.com

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