

HEALTH

Diet Counseling Centre: Promoting healthy lifestyles for a decade

WITH our sedentary lives, nine to five offices and constantly sprouting eateries, it is no surprise to see the capital is seeing a rise in obesity levels. Over the last 33 years, rates of either being overweight or obese doubled among Bangladeshi adults but remained low among children, according to a new, first-of-its-kind analysis of trend data from 188 countries.

Rising obesity levels has also given rise to many other diseases such as hypertension, rising risk of cardiac arrest, high blood pressure and high cholesterol levels among others. Not only that, obesity also greatly hampers productivity, takes a toll on the economy and also affects self esteem.

The busy lifestyle of city dwellers makes it very hard to maintain a healthy lifestyle and many struggle to cope with the workload and stress that urban life dictates. To help in your weight loss endeavours, Diet Counseling Centre in Eskaton, Dhaka has just the answer.

Run by Syeda Sharmin Akter, CEO and Principal Nutritionist, Diet Counseling Centre also has five other nutritionists that offer unique dietary solutions on a case by



case basis. Each individual and their problems are considered and a plan is designed for them.

As Nutritionist Sharmin says, no two cases are alike and no two individuals are alike. Diet Counseling Centre takes a three pronged approach to tackle each case: food security, disease control and caring practice. They

serve a steady clientele from a wide range of age groups starting from adolescents.

The centre also boasts of a client base from all over the nation. To aid the weight loss and well being journey of their clients, they provide cooked meals which are delivered to each client together with an exercise regime and follow ups with the nutritionists.

They started with the aim to share information on wholesome diets in order to promote healthy eating habits and build up nutritional awareness within an individual's existing meal pattern along with educating people about a healthy lifestyle among other things.

The centre is also reaching out to low income groups to arrange training sessions with them and create awareness on health and nutrition.

Some of their offers include; Individual counseling and diet plan that starts at BDT 4000 weekly, family counseling and diet plan (with follow up) and couple counseling and diet plan at Tk10000 and Tk3500 respectively.

Diet Counseling Centre is an exclusive organisation that started its journey 10 years ago with a novel concept in mind. The journey has been a long one, and people have responded with enthusiasm.

Further information on their operations can be accessed on their website www.dietcounselingcentre.com or they can be reached on their hotline: +880 19 1201 3696.

By Abida R Chowdhury
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