

# Diploma Certificate in **Obesity Control & Weight Management**

**“The right way to healthy weight”**

**DISCOVER**  
Wellness Pvt. Ltd.

# Diploma Certificate in Obesity Control and Weight Management

“My new skill has widened the scope of my career growth”

Discover Wellness Obesity Control and Weight Management has given my CV an extra edge and my employer also has more confidence in my abilities now. The course has trained me well and soon I plan to start my own weight management center.”

## Course Objective

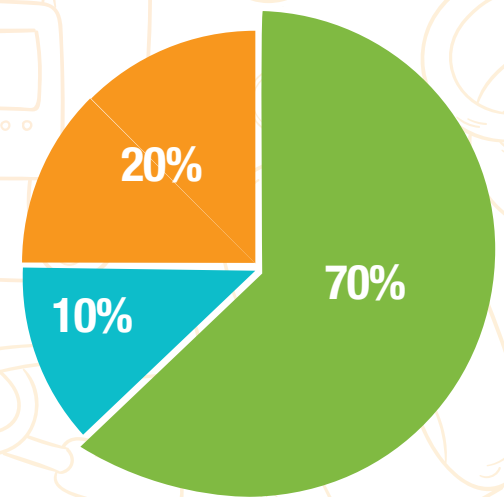
Obesity and overweight is the new age pandemic, which needs expert care to deal with. Discover Wellness C-OCWM course enables you to lead the clients to a successful long-term weight management, by helping them create a balance between lifestyle approaches, nutrition and exercise. You will understand better, the psyche of clients impacted by obesity or overweight, their sensitivities, and how to work as a team with other fitness professionals to create a healthy path to sustainable change. This comprehensive course also prepares you to start your own weight management center.

## Course Ideally Suited For

- Students/ Homemakers looking forward to work as Fitness Therapists in health and wellness centers, hospitals, corporate houses, gyms, clubs and hotels.
- Individuals looking for full time/part time career.
- Professionals who have on-the-job experience but lack certification.

## Key Areas Of This Course

- ◆ Introduction to the Body as a Whole - Digestive, Circulatory, Lymphatic and Respiratory Systems
- ◆ Management of Obesity and Prevention of Obesity Related Disorders
- ◆ Weight Management – Dietary/ Therapeutic/ Behavioral/Motivational Interviewing and other approaches
- ◆ Weight Loss Management through Technology, Yoga, Meditation, Martial Arts, Aerobics, Exercises
- ◆ Practical



You can start your career as :

- Obesity Management Specialist at wellness centers
- Weight Management Counsellor at weight loss centers
- Weight Management Entrepreneur



**Obesity Control &  
Weight Management**  
BLISSFUL BODY

Length

**100  
HOURS**

Delivery Method



**+** Practical

## Part

### Anatomy

1

- Introduction to Basic Cell Structure, Functions and Basic Anatomy of Systems of the body

### Theory

## Part

### Nutrition

2

- Introduction to Nutrition, Nutrients, and Balanced Diet

### Theory

## Part

### Introduction to Obesity

3

- Introduction to Obesity, Hazards of Obesity, Prevention of Obesity

### Theory

## Part

### Assessment Approach and Management of Weight Problems

4

- Assessment of Obesity, Dietary Management, Introduction to Advanced Technology Machines, Counselling Skills, Ayurveda Approach, and Health Assessment during Weight Loss

**Practical, hands on training for advanced technology machines**

## Features Of This Course



Instructor led Online and Classroom Training for uninterrupted learning environment



Excellent course content including course books and DVD



Offline learning through Interactive Training videos for hassle-free, self-paced learning



A life time support to students through email & off-line chats

Discover Wellness is a center for nurturing skills in the field of weight management, massage therapy, dietetics & nutrition, wellness center management and development of wellness coaches. Our courses are designed to provide professional training and employment prospects to individuals for one of the fastest growing industry in the world – Health & Wellness.



**Discover Wellness Practical Massage Therapy** is the only comprehensive training program that provides hands-on training on widely followed massage practices in the world. India is the fastest growing spa market in the world and a certified massage therapist is hugely sought after to meet the demand created in this segment.



**Discover Wellness Nutrition and Dietetics** Course is an amalgamation of traditional and contemporary food science, developed after a thorough research. It offers the right knowledge of diet, and nutrition, and its usage for therapeutical or general health purposes.



Acupressure is nature's own health science based on the concept of life energy which flows through "meridians" in the body. **Discover Wellness Acupressure** Course will dispel the mystery of this ancient science and art, explaining in clear and easy terms its origins, theory and practice.



**Discover Wellness Sports Nutrition** Course is specially designed to acquaint individuals, nutritionists, personal trainers, or fitness experts with knowledge required to prescribe diets for active, exercising individuals and sportsmen.



A Certified Wellness Coach is a unique profession fast catching up with the demands of the health-conscious masses. **Discover Wellness - Wellness Coach** Course trains you to help your client attain a fit body, healthy lifestyle and positive attitude.



The health and wellness management centers today strive to provide maximum services under one roof. **Discover Wellness - Wellness Center Management** Course gives you the right credentials to run a weight loss center, wellness center, or spa as an employee or an entrepreneur.



**Discover Wellness Pvt Ltd**  
Flat No. 9, 2<sup>nd</sup> Floor, Parth Apartments Ghodke Chowk,  
Prabhat Rd, Opp. Hotel Royalty, Near Prabhat Police Chowk,  
Erandwane, Pune, Maharashtra - 411004.  
Ph No 020 - 25674070 / 8390908629/ 8007128213 / 8390908643  
inquiry@discoverwellness.in Web: www.discoverwellness.in



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