

What Makes Us Different?

Doctor-Led Program: Your plan is supervised by experts in metabolism, diabetes, PCOS, and hormonal weight gain.

Deep Precision Diagnostics: Hormonal, metabolic, and body-composition testing to create a plan built around your biology.

Targeted Support for Diabetes, PCOS & Hormonal Issues: Medical interventions that correct insulin resistance and hormone-driven fat storage.

Designed for Busy Lifestyles: Flexible nutrition and short, effective workouts that fit demanding schedules.

Nutrition That Restores Balance: Scientifically structured, anti-inflammatory, and metabolism-supportive meal plans — without restrictive diets or extreme calorie cuts

Medical Fitness, Not Generic Gym Workouts: Clinically designed training that boosts metabolism, builds muscle, and prevents injuries.

Sustainable Results With Monthly Medical Reviews: Continuous doctor monitoring to fix root causes and ensure long-term, maintainable weight loss.

“LOSING WEIGHT SHOULDN'T FEEL OVERWHELMING. OUR SIMPLIFIED APPROACH TURNS THE PROCESS INTO A GUIDED, SUSTAINABLE, AND RESULTS-DRIVEN JOURNEY THAT HELPS YOU TRANSFORM YOUR BODY AND LIFESTYLE WITH EASE AND LONG-TERM SUCCESS.”

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CONTACT US

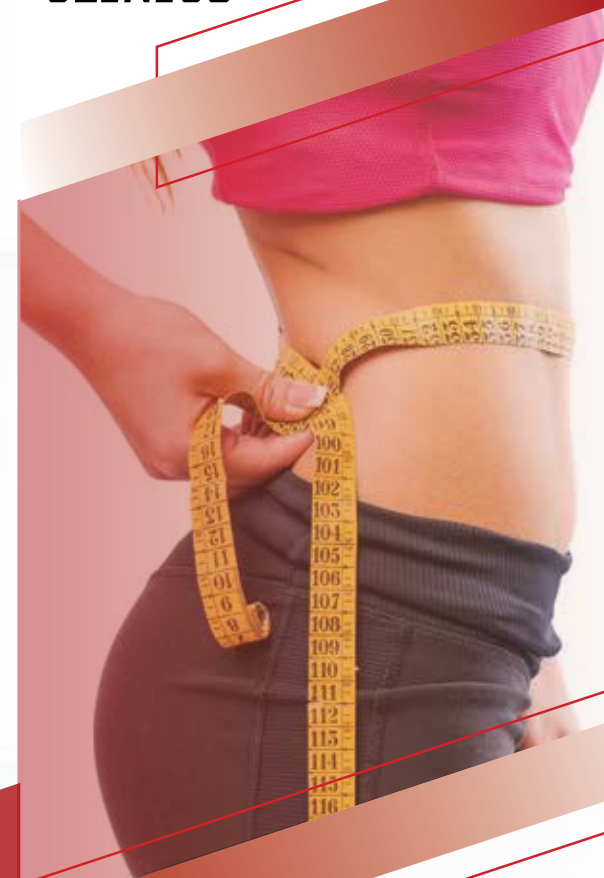
ROS Clinics

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SCAN TO VISIT OUR WEBSITE



**ROS
CLINICS**



**INDIA'S ONLY
DOCTOR LED
WEIGHT LOSS
GYM PROGRAM**

Discover Your Weight Loss Journey to a Stronger You

Unsupervised GLP use can lead to muscle loss, but at ROS Clinics GLP/Ozempic-assisted program accelerates fat loss while preserving muscle, ensuring safe and effective results. Our endocrinologist, dietician, and physical therapist curate your structured 6-months weight loss plan, guiding every step to rebuild your health from the inside out.

Precision Body Mapping: Deep metabolic and body-composition insights tailored to your biology.

Doctor-Led Guidance: Ensuring safe, precise, and effective fat-loss progress.

High-Impact Therapies: HBOT, Cryo EMS, GLP, and IV support for rapid, and visible changes.

Lifestyle Transformation Support: Guidance that strengthens habits, boosts confidence, and sustains results.

Why Traditional Diets Fail?

- Traditional diets ignore your metabolic rate and hormonal needs.
- Crash diets slow metabolism and trigger rebound weight gain.
- Muscle loss replaces fat loss, making results harder to maintain.
- Hormonal issues and diabetes-linked weight challenges stay unaddressed.
- Cravings and hunger signals remain uncontrolled, causing relapse.
- Inflammation and gut imbalance block fat-burning but go unnoticed.
- Short-term restrictions don't build habits or sustainable change.



WHAT YOU GET IN THE ROS CLINICS PROGRAM?

01 - Comprehensive Body Analysis

Full body composition scan, metabolic rate testing, and detailed health assessment to understand your unique physiology.

02 - Endocrine & Metabolic Review

Complete hormone panel including thyroid, insulin sensitivity, cortisol, and sex hormones to identify imbalances.

03 - Personalized Nutrition Plan

Custom macro and meal timing based on your metabolic type, food sensitivities, and lifestyle requirements.

04 - Medical Fitness Protocol

Doctor-designed exercise program tailored to your current fitness level, health conditions, and weight loss goals.

05- Medical Management

Ongoing doctor-led monitoring using GLP/Ozempic support, symptom tracking, and medication adjustments to ensure safe, steady, and effective weight loss.

06 - Monthly Reviews & Adjustments

Regular check-ins with your medical team to track progress, adjust protocols, and optimize results continuously.