



A Smarter, Safer Way to Lose Weight

GLP-1 weight loss injections and medications can be highly effective when used under proper medical guidance. At ROS Clinics, GLP-1 is integrated into a structured weight loss program to support appetite control, improve metabolic response, and make weight loss feel more stable and manageable.

With medically supervised GLP-1 at ROS Clinics, you may experience:

- Reduced cravings and improved appetite control
- Steady fat loss without feeling deprived
- More consistent energy levels throughout the day
- Improved metabolic function
- Better adherence to your weight loss diet plan
- Smoother progress even if past efforts have failed

This is how GLP-1 support is meant to feel: safe, structured, and effective.



“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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ROS
CLINICS



Hyderabad’s Only
Doctor Led
Weight Loss
Program

Why Weight Loss Has Been Difficult?

You have tried diets, walking, workouts, calorie cuts, and discipline, yet your body did not respond the way you hoped. The reason is not lack of effort. Your physiology, hormones, metabolism, and insulin response may have been working against you, making regular diet and exercise plans ineffective.

Hormonal imbalances, insulin resistance, inflammation, digestive stress, and metabolic slowdown can block progress and reduce the effectiveness of common weight loss treatments and medications. At ROS, we identify what is actually happening inside your body so your transformation becomes predictable and meaningful.

You deserve progress that works with your biology and finally makes sense.



What's Included in the 6 months Program

- 1. Comprehensive Body Analysis**
A complete body scan and metabolic rate test to understand your physiology before designing your weight loss plan.
- 2. Endocrine and Metabolic Review**
A full hormone panel to identify thyroid, insulin, cortisol, and reproductive hormone imbalances.
- 3. Personalised Nutrition Plan**
A diet plan for weight loss tailored to your metabolic type, sensitivities, and routine.
- 4. Medical Fitness Protocol**
A doctor-designed workout program that helps you lose fat safely while improving strength and stability.
- 5. Medical Management With GLP-1**
Supervised GLP-1 medications such as Ozempic used as part of your structured weight loss treatment.
- 6. Monthly Reviews and Adjustments**
Regular check-ins to refine your diet, fitness, and medication for steady, healthy weight loss.

WHAT SETS US APART

At ROS Clinics, this doctor-led weight loss program is designed for people who want real, lasting change, not temporary fixes. Through close medical supervision, personalized nutrition, structured workouts, and doctor-guided GLP-1 therapy when appropriate, the program helps the body respond better, lose fat steadily, and regain strength and confidence. The approach is especially supportive for individuals with metabolic challenges, including diabetes, and focuses on restoring metabolic health to make sustainable weight loss feel achievable again.

