

Miss Palesa Maleka

Clinical dietitian

Practice number:0869937

“Take care of your health so that it can take care of your body”

Introduction/about me

- Palesa maleka is a young black female, a registered dietitian by profession graduated in 2018 at sefako makgatho health sciences university (nee MEDUNSA) and majored in Therapeutic nutrition, food services management, community nutrition and research in ethics.
- A nutrition and wellness consultant at Rivonia village, spero wellness centre, in practice since 2019 till date
- Passionate about overall wellness and nutrition, body positivity, malnutrition in both children and adults, weight management (weight loss and weight gain), sports nutrition, gut health (IBS) and nutritional management of non-communicable diseases such as HPT, diabetes, cardiovascular diseases and food disorders which affects mental health.
- Major interest in corporate wellness, nutrition promotion and education, wellness talks on both TV and radio. She has done a few interviews with Metro FM, LESEDI FM, YOU FM, Yo-TV, DSTV and has been invited to be part of a panel at women empowerment events
- Miss Maleka is registered with the HPCSA (Health Professionals Council of South Africa) and the Association for Dietetics in South Africa (ADSA).

Services offered

One on one consultations (weight gain/ weight loss)

- ✓ Weight management
- ✓ Weight gain
- ✓ Weightloss
- ✓ Nutritional management of (but not limited to) DM & Diabetes etc
- ✓ Gut health (IBS, GIT complucations, constipation, bloatedness etc)
- ✓ Tummy reduction
- ✓ Skin nutrition /inflammation

Cont...

- ***Inbody assessment only***

This service is recommended for those who want to know their body composition in detail such as body fat mass and muscle mass.

Great to track body goals when exercising or trying to reach a certain body target.

Please note:nutrition assessments do not include a personalized meal plan. If you require a meal/diet plan, it is recommended to rather book a one on one consultation.

Time:30 minutes max

Cont....

- ***Virtual consultation***

This is done via zoom/whatsapp/facetime etc

Required: body assessment (at clicks, dischem, biokinetics/gym facilities etc)

Extra and more services.....

- pregnancy nutrition
- Infant and Childhood nutrition
- Sports nutrition
- General healthy eating advices/guidelines
- Family menu recipes for healthy lifestyle adaptation
- Gut nutrition (Bloating, abdominal distention, constipation, IBS, gastritis, ulcer, reflux, appetite fluctuations etc)

Cont...

- ***MEDIA-*** Dietitian's are able to translate evidence based nutritional information into simple and easy to understand language for educational and awareness purposes. Dietitian Palesa is available for print media, online media, radio and television.
- ***CORPORATE WELLNESS- covid-19*** has forced the whole world globally to close offices and work at home, this may result to a lot of factors which may affect overall wellbeing of employees leading into unproductivity.
- Various Services are available to help meet the requirements of your company in order to increase productivity and overall wellbeing of employees including: nutrition-related presentations, portion size/portion control guidelines, cooking demonstrations, nutrition assessments and weight loss groups etc.

A healthy employee is a productive one.

Contact us for more enquiries

Cont....

CORPPRATE WELLNESS

- *Group nutrition education sessions (virtual/one-on-one)*
- *Diet/ meal plans provided*
- *Inbody assesments (total weight,body fat mass etc)*
- *Blood tests conducted on request*
- *Blood pressure and glucose leves measurements*
- *Physical activity group exercises with trained personnel*
- *Boot camps*

Please note that our services are not limited as mentioned above . Our first priority is to meet your company and employee needs. Ask us and we will deliver

FIRST CONSULTATION in detail...

Congratulations!

You've taken the first step to a healthier new you! And We are thrilled to embark on this new journey with you!

By having an Individual nutrition consultation, you will receive a thorough assessment of your medical history and current dietary intake, as well as your body composition (i.e. weight, body fat mass, muscle mass, etc). An individualised eating plan will then be developed tailored to your specific needs.

PLEASE NOTE: Consultations can be done IN-PERSON, ONLINE or TELEPHONICALLY depending on your preference.

First consultation (50-60 minutes)

The first consultation involves: Discussing your goals, your health, activity levels, and lifestyle and eating habits.

- Assessing medical history, current medications and vitamins
- Discussing family history of different conditions
- (Weight loss or gain clients) Assessing weight history, previous diets or eating plans
- (Weight loss or gain clients) Assessing weight and body composition (i.e. body fat %, muscle mass, body water %, etc).
- Discussing relevant blood tests that may be required. If blood tests are required, Your dietitian will give you a blood test form with the appropriate tests marked.

First follow-up consultation (30 minutes)

The first follow up takes place within 1 week of the initial consult

- You are provided with an individualized eating plan tailored to your lifestyle, health, weight, nutrition and health goals
- Vitamin and other supplementation advice will be given
- Detailed menu with recipes can be done with an extra cost.

follow ups (3 times monthly)

It is of importance to continue with follow ups monthly in order to track down results, someone to keep hold you accountable which will in turn increase your commitment, keep you motivated and consistent!

- Incorporate programme changes as needed
- Receive further guidance & motivation
- Clarify any questions or concerns that may have arisen.
- Review your goals and monitor your progress
- Establish new goals and achievements
- Discuss new ideas, questions or concerns, and to add/build new concepts, while providing continued support and motivation.
- Adjust the meal plan and review portion sizes.
- *Additional info may also be given on:* Eating out strategies and recommended food choices at restaurants and fast food restaurants.
- Strategies for staying motivated and overcoming challenges.
- Addressing of emotional eating.
- Theory regarding how different foods impact your medical health (for example how different foods impact your blood sugar, blood pressure, bone health, cancer risk, digestive health, cholesterol levels etc.)
- Sports nutrition advice (where applicable) on what to eat/drink before, during, & after exercise, as well as sport supplementation advice
- Vitamins, minerals, herbs, and dietary supplements - advice and recommendations.
- Meal planning strategies, grocery lists, quick food preparation tricks, and ideas for breakfast, lunch, suppers and snacks.
- Learn to read food labels and choose foods complement your goals.
- Recipe makeover - Adapting and adjusting your favorite recipes into healthy alternatives that suit your new eating plan. (extra charge)