

Coaching

Your recommended program *
From HRA recommendation.

Health programs

Be your own Nutritionist

Health Programs

Heart healthy and cholesterol

Diabetes management

Sleep management

Anti-inflammatory & Pain management

Energy and Metabolism

Weight loss program

Stress management program

Heart & cholesterol management program

Total no. of weeks - 12 weeks

General information about the program

Why is this program for you?

How to follow the program?

Compliance and success

Tips and videos on heart health

START THE PROGRAM

2. H & C management program

Your height in cms/inch

Your current weight in kgs/pounds

Your desired weight
(show the ideal weight range)

Your desired timeline to achieve this weight

Physical activity- please select no. of minutes
you can dedicate

Your waist in cms/inch

*No need of this for sleep & stress program

LETS GET STARTED

Your ideal weight is-

Calorie range advised -

Your plate method- (collapsible with image information)

Recommendation list - collapse button

diet recommendation

increase fibre rich food- list

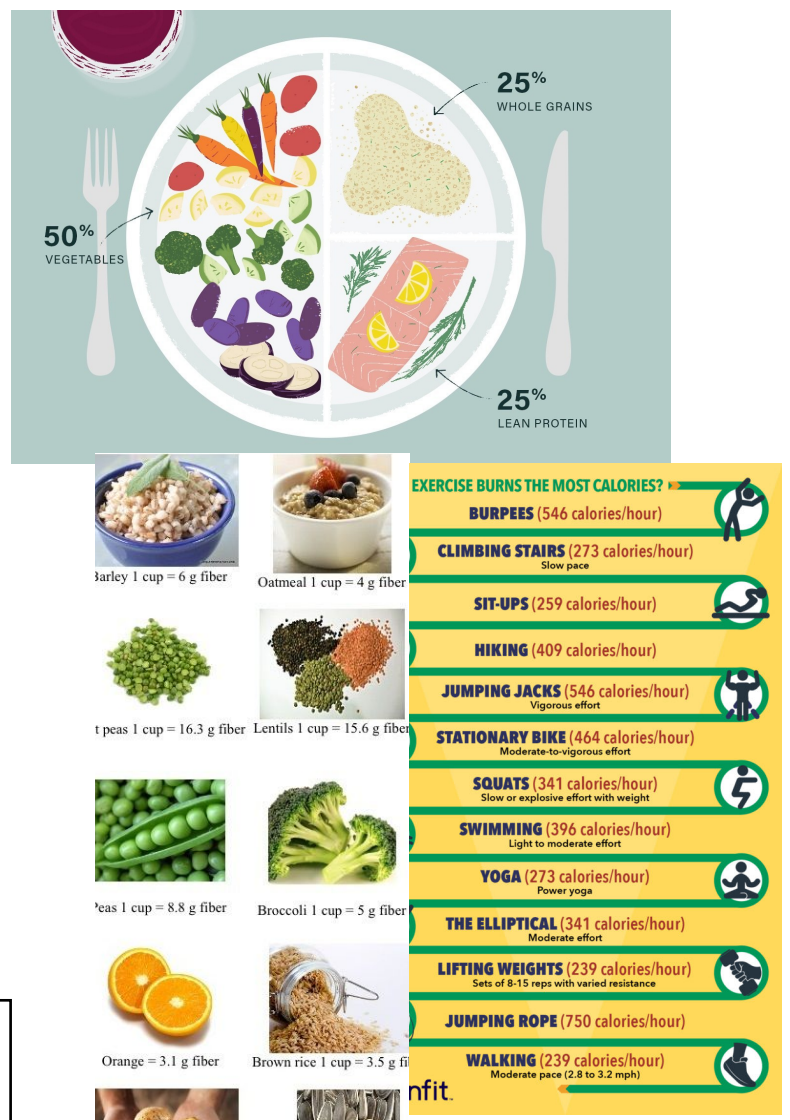
List of omega 3 sources

List of simple sugar

Activities for you

Lifestyle changes.

Select goals and begin recording



3. Heart health program

3 diet goals/1 activity goal each time.

Week 1 & 2

Select goals (minimum 2)

- Add **fibres** daily. Eg- a bowl salad. [click here to set reminder for food log](#)
- Reduce **simple sugar**. Eg white sugar
- Stick to a no **refined flour** challenge for 2 weeks
- Start 15 minutes or add 15 min of brisk walking to your routine. [click here](#) to go to our list of activity and set reminders.

Week 3 & 4

****all 4 or 2 previous goals can be continued, or select below to start new goals.**

Press here to continue the previous set goals for 2 more weeks -

Select New goals

- Add a source of Omega-3 to your diet
- No butter challenge for 2 weeks
- Keep a gap of 2 hours between dinner and sleep.
- Add breathing exercise at the end of the walk

Alert message window

You have not selected enough goals to continue the program. Minimum of 2 goals are

Would you like to set daily reminder notification

Alert message window

You cannot start with these habits yet! Make some progress with previous onto unlock new

Program feedback-

1. Was the program helpful to form good habits ? Y/n
2. Were you able to follow recommendations easily? Y/n
3. Would you recommend this to a colleague. Y/n