

Men's Programs

If you are looking for a weight management program for men, you've found it.



We have wonderful, highly successful programs tailored just for men. Solimar MediSpa understands that most men desire to lose weight in their midsection. Recent studies have shown that abdominal fat is linked to a higher death rate, especially in men. Therefore, our weight loss programs for men helps you tone your abdominal area and lose both subcutaneous and intra-abdominal fat. We know that men who are overweight sometimes have low testosterone level – that's why we perform a total testosterone test on every single man in our practice.

We are aware of the unique obstacles and difficulties men face when it comes to losing weight, and our plan faces these challenges with a wide variety of foods, custom meal plans, and exercises.

When you meet with our provider they will carve out a meal plan that will help you lose your weight at a safe and efficient pace. When you get close to your goal weight we will modify your custom meal plan into a meal plan for life to keep you at your goal weight. Daily meal plan emails and daily exercise plan emails will give you the gentle reminders and direction you need to achieve your goal.