

- ✓ You can combine this program with Spanish lessons! (optional)



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**Intensive Program: 1 Month**

**Regular program: 2 Months**

### ***Did you know?***

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In order to have a healthy body and keep fit, it is necessary to know yourself very well.



The importance and significance of a good nutrition vary according to each person, since each body functions differently due to their unique Nutritional Profile. Therefore, in order to learn and understand your profile, and plan a diet program to incorporate in your daily life, you should consult a health professional.

### ***What does Mente Argentina offer?***

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If you are willing to lose some weight for next summer....If you feel overweight to do physical exercise...and you want to obtain a new shape...Mente Argentina has the solution for you. ponerte en forma.

Through its DietClub program, Mente Argentina offers you the chance to travel, visit Argentina and at the same time be in good physical shape.

Depending on your time available and your objectives, you may choose between the following options:

- **The Regular DietClub program which lasts 2 months**
- **The Intensive DietClub program which lasts 1 month**

During the program you will periodically attend Club Dietético where you will carry out a diet program, do physical exercise and undergo weight controls so that you can keep track of your progress from the first week of the program.

**Once you start the program you will be assigned a nutritional coach who will be in charge of guiding and controlling you during your stay.** Besides, we will introduce you to your personal trainer with whom you will work one on one to carry out some physical routines and do weightlifting.

On the second day of the program you will go to the medical center (one of the most important of the country) where you will have an interview with the coordinator of Mente Argentina so that we can know about your expectations and inform you about the program itself.

The program includes both individual and group meetings so that everybody can make the most of the experience and therefore enrich themselves more.

### ***Information about the Diet Club center of Mente Argentina***

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The DietClub center of Mente Argentina consists of a medical team with specialists in nutrition, massage, sports who will provide a personalized instruction. The aim is to adapt a program to your eating habits.

The final objective of the program is to help you reach your desired weight and eventually maintain it in a healthy and balanced way.

The center has several sites located in the most exclusive neighborhoods of the city of Buenos Aires which provide an excellent infrastructure equipped with state-of-the-art technology as well as Pilates lessons, which are part of the program.

## **What is included in the program?**

- Certificate of DietClub program granted by Mente Argentina
- Welcome guidance
- Accommodation
- Airport Pick up and Drop off
- Cell Phone
- Access and use of the Medical Center facilities
- See Tours/Activities included in the program
- Conversation Partner
- Tango lessons
- Free pass to a renowned Fitness Center
- Mente Argentina card (coming soon)
- Assistance 24/7

### **Promotion 2010 applicants:**

The program covers the enrollment and fee of the center as well as all the activities included and a personal trainer so that you get close coordination from the Diet Club.

**Please click in the following link for detailed information about what`s included:**

<http://www.menteArgentina.com/ingles/incluido.html>

**Please click in the following link for detailed information about activities & Tours included in the program price:** <http://www.menteArgentina.com/ingles/excursiones.html>

## **Diet Club Program Price - 2010**

	Student Residence	Homestay	Shared Apartment	Private Apartment
1 Month	USD 1.390	USD 1.490	USD 1.650	USD 1.800
2 Months	USD 2.190	USD 2.590	USD 2.900	USD 3.090

\*Please feel free to ask us about special discounts for groups or longer stays

## ***Diet Club Program 2010 Start Dates***

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We are aware that sometimes it's difficult to match with the exact program start dates, that's why we made a big effort in order to find flexible start dates that adapts to the dates of the participants.

### **Program Start Dates:**

- **January 2010 Start Dates**

(4 Jan – 11 Jan – 18 Jan – 25 Jan)

- **February 2010 Start Dates**

(1 Jan – 8 Jan – 15 Jan – 22 Jan)

- **March 2010 Start Dates**

(1 Mar – 8 Mar – 15 Mar – 22 Mar– 29 Mar)

- **April 2010 Start Dates**

(5 Apr – 12 Apr – 19 Apr – 26 Apr)

- **May 2010 Start Dates**

(3 May – 10 May – 17 May – 24 May– 31 May)

- **June 2010 Start Dates**

(7 Jun – 14 Jun – 21 Jun – 28 Jun)

- **July 2010 Start Dates**

(5 Jul – 12 Jul – 19 Jul – 26 Jul)

- **August 2010 Start Dates**

(2 Aug – 9 Aug – 16 Aug – 23 Aug– 30 Aug)

- **September 2010 Start Dates**

(6 Sep – 13 Sep – 20 Sep – 27 Sep)

- **October 2010 Start Dates**

(4 Oct – 11 Oct – 18 Oct – 25 Oct)

## ***Do you want to learn or improve your Spanish? (Optional)***

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Mente Argentina offers you the possibility to combine your program with Spanish lessons. In this way, you will be able to learn or improve your Spanish while enjoying a unique experience in Buenos Aires.

Lessons take 4 hours and are delivered from Monday to Friday **at the MA Spanish School** in reduced groups of up to 8 students. These group classes will be combined with individual lessons so that you can reinforce your weaknesses and we can answer your inquiries in a one on one meeting.

Spanish School's teachers are highly qualified and have a vast experience in teaching Spanish as a second language. Therefore, the classes will be interactive and above all enjoyable!

The classes can be attended both in the morning and the afternoon, so they will not overlap with the activities of your program.

- **Spanish Course Price: USD 150**
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*In case you need more information please feel free to  
contact us at [info@menteArgentina.com](mailto:info@menteArgentina.com)*

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