
NEW COURSE @ MUHAS

CONTACT



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WEIGHT LOSS MANAGEMENT

IF YOU STRUGGLE WITH WEIGHT, THIS IS FOR YOU.

The Weight Loss Management Short Course is an intensive two-week program designed to equip participants with evidence-based knowledge and practical skills in weight management. The course aims to empower:

- Gym and fitness trainers looking to enhance their expertise in developing effective weight loss programs and support clients in achieving sustainable healthy weight management
- Healthcare professionals (doctors, nurses, nutritionists, etc.) addressing obesity and related chronic conditions to patients
- Individuals with chronic diseases (e.g. diabetes, hypertension) seeking weight control strategies to improve health outcomes
- General public (overweight, underweight or healthy individuals) who want guided, professional approaches to attain a healthy weight



COURSE DATES



FEB 2 - 13, 2026



LIMITED TO 20

COURSE OUTLINE

Duration: 2 weeks (10 days) of immersive training, blending interactive lectures, hands-on practical sessions, group exercises, and expert demonstrations.

- **Week 1 – Foundations:** Focus on the science of weight management and health. Topics include the prevalence and health impacts of obesity, energy balance fundamentals, and techniques for assessing body composition and nutritional status (BMI measurements, waist circumference, bioelectrical impedance, etc.). Participants also learn about setting realistic weight loss goals and monitoring progress in a clinical or fitness setting.
- **Week 2 – Practical Application:** Emphasis on interventions and long-term strategies. This week is divided into thematic modules covering Healthy Nutrition (meal planning workshops, cooking demonstrations, grocery shopping tours), Physical Activity & Lifestyle Changes (personalized exercise routines, group workout sessions, incorporating stress management and adequate sleep), and Maintenance & Sustainability (strategies to overcome weight loss plateaus, keep motivation, and maintain weight loss results). The course also provides an overview of advanced options like pharmacotherapy and surgical weight loss procedures for comprehensive understanding.

COURSE FEE

*Course Fee: TZS 2,150,000 per participant.
This comprehensive fee covers all aspects of the program, including:*

- Tuition and expert instruction
- Course materials and handouts
- Access to training venues (classrooms, physiology labs and on-site gym facilities) for lectures and practical sessions
- Specialized equipment and supplies for hands-on activities (body composition analyzers, exercise equipment, cooking session ingredients)
- Daily meals and refreshments during the training days



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**WEIGHT LOSS MANAGEMENT ISN'T JUST
DIET & EXERCISE—IT'S SCIENCE!**

