Marina Medical Weight Club: Safe, Holistic Weight Loss With Expert Guidance

Daniel Calder 25 Aug 2025



Struggling with weight loss can feel overwhelming - but you don't have to navigate the journey alone. The Marina Medical Weight Club offers a comprehensive, non-surgical weight management service that prioritises your health, safety, and unique needs every step of the way.

A Holistic, Personalised Programme

Our Weight Club is open to adults with a Body Mass Index (BMI) of 30 or greater—or those with a BMI over 27 who have weight-related health challenges. Every journey is unique, so we design your plan in partnership with you.
We offer:

- Personalised medical therapies
- One-on-one health coaching
- Individual weight management plans

This holistic approach means you'll receive tailored support that considers your medical history, lifestyle, and personal goals.

Safety First: Led by Medical Experts

Our programme is overseen by an experienced General Practitioner with a special interest in weight management. This ensures all advice, from diet and exercise guidance to prescription medications, is based on the latest medical evidence, and your safety is always the priority.When clinically appropriate, we may prescribe weight loss medicines to work alongside nutrition and lifestyle changes, helping control appetite and support your goals. These are only prescribed after a thorough health assessment and discussion of benefits, risks, and your personal preferences.

Why Choose Marina Medical Weight Club?

We know weight management is about more than numbers on the scale—it's about health, energy, and confidence. With us, you'll benefit from:

- An experienced and supportive clinical team
- Evidence-based treatments and the latest in weight management
- A welcoming, non-judgmental environment

We're here to treat you with dignity, respect, and compassion while providing expert guidance for safe, sustainable results.

Ready to Take the Next Step?

If you're ready to start your journey to better health, we're here to help.
Call: 09 534 5414
Email: info@marinamedical.co.nz

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