

FITNESS PLANS

This may come as a surprise to you but our fitness plans include:

1. **DIETARY ANALYSIS** – You will come to know, your **current diet** is **lacking** in which **nutrients**?
2. **DIET ACCORDING TO YOUR GOALS**
 - a) **LOSING WEIGHT** – Lose your stubborn Fat, while maintaining strength
 - b) **GAINING WEIGHT** – We know you tried a lot but we get things done
 - c) **BODY RECOMPOSITION** – Say GoodBye to Generalized body weakness
3. **DIET FOR DISEASES** – We will help you manage various Diet & Obesity related diseases like
 - I. *Morbid Obesity*
 - II. *Hypertension*
 - III. *Diabetes*
 - IV. *Cardiovascular Diseases*
 - V. *Dyslipidaemias/High Cholesterol*
 - VI. *PCOD*
 - VII. *Anaemia*
 - VIII. *Back Pain*
 - IX. *Osteoarthritis of Knee Joint etc.*
 - X. *Hypothyroidism*
 - XI. *Hyperuricemia/Increased Uric Acid*
4. **DIET FOR PHYSIOLOGICAL CONDITIONS** – Women with **physiological conditions** like
 - I. *Pregnancy*
 - II. *Lactation: 0 to 6 months*
6 months to 2 years
 - III. *Post Pregnancy Weight Gain*
5. **DIET FOR SPORTS** – Exact requirement of Protein, Carbohydrates & Calories according to the sport you play. Example **endurance sports** like **long distance running** or **high intensity sport like football** with special emphasis on Pre-workout & post workout nutrition.
6. **FAULTY EATING BEHAVIOURS** – Mitigating behaviours like **Emotional eating, Stress Eating & Binge Eating** by using the **Habit Loop Theory**.

7. **DIET CHART WITH RECIPES** –Foods of your choice, timing is your choice, **sequence** is your choice with freedom to eat your **favourite foods** every weekend by using some **creative ways** to make **deliciously tasty** but **Healthy Recipes**.
8. **CARDIO-VASCULAR EXERCISE** – Any form of Cardio like walking, jogging, running, cycling or anything which **suits your Lifestyle**, how to start, where to do, how much to do & what should be your **exercise Goals**.
9. **HOME WORKOUT PROGRAM** –Body Weight Training using some home equipment's or mixing up the **Body Weight Exercises with Dumbbells** (if you have them already).
10. **GYM WORKOUT PROGRAM** – We design tailormade **Strength Training Programmes** for **NATURAL BODYBUILDERS** which will help you get **maximum results with minimum effort**.

LEVELS OF A NATURAL BODY-BUILDER

	Stage	Performance Increase
1	Novice	Workout to Workout
2	Intermediate	Week to Week
3	Advanced	Month to Month

11. **SUPPLEMENTS** – Preference will be **natural foods** to tackle any specific **vitamin or mineral deficiencies**.
12. **MEASURING CHANGES** –When, Why & How to measure changes in your **Body Composition**.
13. **CLINICAL ADVICE** – When your Diet advisor is actually an **MD DOCTOR**, clinical advice regarding your **health issues** is available at **your fingertips**.