

## **My Fit Buddy – Client Results Summary**

Premium, Text-Based & Policy-Safe Overview

### **PCOS / PCOD-Focused Coaching**

Clients managing PCOS/PCOD have been guided through structured lifestyle and fitness programs focused on fat loss, strength improvement, and routine consistency while respecting individual health needs.

With consistent adherence, clients have reported gradual fat and inch reduction, improved energy levels, better workout tolerance, and increased confidence in maintaining fitness alongside medical guidance.

### **Diabetes-Safe Lifestyle Coaching**

Clients managing diabetes and metabolic health concerns have followed structured programs emphasizing education, consistency, and sustainable lifestyle improvement.

Clients who remained consistent experienced improved daily activity levels, better adherence to structured routines, and greater awareness of lifestyle impact on long-term health, while continuing prescribed medical care.

### **General Fitness & Fat Loss Coaching**

Clients pursuing fat loss, inch loss, and overall fitness improvement benefited from realistic, structured coaching focused on long-term habit formation rather than short-term fixes.

Consistent clients observed noticeable improvements in body composition, strength, stamina, and routine discipline.

### **Professional Note**

All programs are lifestyle-focused and designed to support long-term health and sustainability. They are intended to complement—not replace—medical or healthcare advice. Individual results vary based on consistency, lifestyle, and starting condition.