



UNITY

NPJ FITNESS SOLUTION

Personalized
Coaching
Spots
Open !!!

**BE FIT TO
BE HEALTHY !**

GET PERSONAL TRAINING FROM
VERY EXPERIENCED TRAINER
TO ACHIEVE YOUR GOAL,
WHETHER
WEIGHT LOSS,
WEIGHT GAIN AND/OR FITNESS
THROUGH WEIGHT TRAINING,
FUNCTIONAL TRAINING,
BASIC AEROBICS



+91-78290-71072

prabhu.heartbeatgym@gmail.com



FITNESS FOR EVERYONE

- ▶ I Started my fitness with nutrition food like eggs, fruits, vegetables, meat, grains, milk etc.
- ▶ I recommendation is for a balanced diet consisting of carbohydrates, protein and fat.
- ▶ The amount of recommended exercise depends upon the goal, the type of exercise, and the age of the person. Even doing a small amount of exercise is healthier than doing none.
- ▶ I increase fitness by increasing **physical activity** levels. Increases in muscle size from resistance training are primarily determined by diet.
- ▶ Although i have been studied on physical exercise and the immune_systems.



Impact on My Fitness

- ▶ A sudden change in body odor typically occurs in a specific area of the body
- ▶ Other symptoms you experience will depend on the cause. If the change in odor is due to infection, the smell may also be accompanied by: Redness & Rashes.
- ▶ The foods you eat can sometimes cause a sudden, temporary change in body odor, For instance.
- ▶ The common cold and the flu may seem similar at first. They're both respiratory illnesses and can cause similar symptoms. But different viruses cause these my conditions.



Back To Form

- ▶ Find something that makes my workout routine worth sticking at, and I'll be far more successful in improving my fitness in the long run.
- ▶ It's necessary that myself with a target to work towards so that making the right choices and undergoing the correct training in order to achieve the sort of fitness improvements that's are looking for better.
- ▶ In strength training, this concept is known best as 'progressive overload' and refers to slowly increase the weights are lifting as my body adapts to lifting them. This makes sure that the dumbbells are curling are always uncomfortably heavy towards the end of each set, driving an increase in my muscle mass and strength.
- ▶ Even my intention is to compete in long distances runs, variety is key to improving your fitness in an effective, well rounded and sustainable manner.





Thank You