



LOOKING FOR PROPER WEIGHT LOSE GUIDANCE?

In today's fast paced and stressful lifestyle, we are facing challenges like fatigue, low energy, gaining weight, stress, emotional imbalance. All due to poor Nutrition, wrong eating habits and lack of exercise.

One of the reason, obesity / unhealthy Lifestyle is on rise is because **WE DO NOT KNOW TO PLAN OUR MEALS and WE EAT WHENEVER WE LIKE AND WHATEVER IS AVAILABLE.**

To educate people we are conducting special **WEIGHT LOSE GUIDANCE PROGRAM.**

TOPICS:

- How to plan your meals
 - How to take control on your food with calorie control, balanced Nutrition and Live healthy active lifestyle
 - Home base workout
 - Digestion & Immunity
 - Bone and Joint Health
 - Heart & Brain Health
 - Good Fat & Bad Fat
- 8 weeks of fun & personal coaching
 - Weekly weigh-ins & measuring
 - Batches of 20 participants
 - Weekly prize draws
 - Prize for three top winners
 - Maximum guidance at minimum expense