



## Transform your body Group fat loss program

Are you tired of the frustrating cycle of fat/weight gain and loss?

**WHY FAT LOSS MATTERS?** Fat loss and weight loss are often the first steps towards improving overall health. Whether you're trying to:

- Manage a health condition (diabetes, hypertension, etc.)
- Boost energy and confidence
- Enhance mental clarity and focus

**THE STRUGGLE IS REAL :** We've all been on the rollercoaster ride of (1) Fad diets | (2) Quick fixes | (3) Short-term results | (4) Long-term frustration

**Break the pattern :** Our Fat Loss Program is designed to help you

- Understand your body's unique needs
- Learn how fat is gained and lost
- Develop sustainable habits
- Achieve lasting results

**Namrata, your experienced guide, will help you overcome**

- Stubborn fat and plateau
- Navigate common challenges
- Stay accountable
- Audit your progress
- Achieve sustainable inch-loss
- Improve your blood reports

## This Program is for You... If

- Fat loss or weight loss is your top priority
- You're tired of quick fixes and want lasting results
- You're willing to invest in your health and well-being

## HOW WILL THIS WORK?

### Session-wise learning + implementation

## TOTAL SESSIONS

8 + 1 one-to-one session with Namrata for 30 minutes as per mutual convenience

## SESSION DURATION

75 minutes (weekly) | Time: 11:30 am to 12:45 pm | Day: Saturday

Weekly meal plan + Workout plan (Recorded video) + 1 Restorative session  
@Namrata's Studio for 75 minutes

## INVESTMENT : Rs. 16000/-

### Sessions - Date

Session 1 16th Novmber	Session 2 23rd Novmber	Session 3 30th Novmber	Session 4 7th December
Session 5 14th December	Session 6 21st December	Session 7 28th December	Session 8 14th January

For signing up - Please fill up our inquiry form and we will get in touch with you for the signing up process

## OUR POLICY

- Fees to be paid in advance. First meeting is scheduled only after receiving the fees
- Nutrition program begins from the date of first consultation, Breaks or holidays do not extend the program once started. We shall extend your session if it a holiday from our side
- Fee is non-refundable and non-transferrable
- Any request for change in time for appointment shall not be entertained
- Any delay in your scheduled appointment shall not be entertained. You need to continue with previous week's meal plan or for new weekly plan inform us in advance

**Thank you! I have read, understood, and accept the above.**

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

