

A Warm Welcome to our Nutrition program.  
 Congratulations for having taken your first step towards "Holistic Path to Fitness".  
 The program will act as a guide for your Nutritional requirements.  
 Healthy eating is surprisingly simple and easy to inculcate in your lifestyle and this program is designed to steer and pilot you towards good health and fitness.

## NUTRITION & LIFESTYLE MANAGEMENT PROGRAM

### Philosophy

Our Nutrition Program is based on the concepts of Nutrition Science and the right Nutrition your body needs.

- **We work beyond Numbers** - There is **"No Weighing Scale"**
- **Reversing lifestyle disorder** - Acidity, Gastric troubles, Constipation, Migraine, Seasonal cough and cold, High or Low BP, PCOD/PCOS, Thyroid Imbalance, Diabetes, Insulin Sensitivity, and many other major or minor disorders.

## WHAT CAN YOU EXPECT?

### Improvement in:

- Energy levels, Stamina, Endurance, Hair, and Skin
- Blood reports and many a times reversal of lifestyle disorder
- Eating and Eating patterns (cravings, bingeing, emotional eating)
- Sleep and sleep patterns
- Muscle mass and reducing fat mass
- Weight loss is a complimentary gift in the process of sustainable lifestyle

## HOW WILL THIS WORK?

### Everyone is unique and so is your plan

Weekly meetings will take into consideration following health parameters:

- Customized weekly meal plan
- Exercise guidance - This guidance will be given based on your health status and history of exercise routine (Basic plan will be provided - designed by Namrata and when the need be it will be changed)
- Defining sleep routine
- Mental health work - This is based on your eating patterns, emotional eating, history of disorder if any, history of your fitness journey

## SIGNING UP - PROCESS

16 Sessions Program		28 Sessions Program
First Session - 1 hour + 12 Sessions (Weekly) 30 Minutes each + 3 Sessions - ½ hour each (once a month - Post completion)}	or	First Session - 1 hour + 24 Sessions (Weekly) 30 Minutes each + 3 Sessions - ½ hour each (once a month - Post completion)}

**STEP 1:** You are expected to fill up our Client Engagement form.

This is the process that needs to be done at your end.

We would like you to fill up details with utmost honesty about your current lifestyle.

**STEP 2:** Upon receiving your Client Engagement form we will schedule your one-to-one meeting with Namrata either at our office or Video Call based on your preference or geographical requirement.

This meeting (First Meeting) will be for an hour (1 hour) to discuss your current health status, lifestyle changes based on circadian rhythm, understanding nutrition, exercise, and sleep science. We will take you through everything in detail.

**STEP 3:** You will be allocated day and time for weekly follow-up which will be for 30 minutes every week to understand your progress and changes that need to be done. For any queries in between you can always get in touch with us through phone, email or WhatsApp.

#### CONCLUDING

Either you extend the program as per your need or we conclude our Nutrition program with a discussion and a write-up on your learning and how will you take it forward from there, on your own. We believe in long lasting relationship and would be happy to assist you in future. At any point after concluding the program you may raise queries by e-mail:

[namrata@namratasheth.com](mailto:namrata@namratasheth.com). From the date of completion, we will arrange your once a month 3 sessions at mutually convenient time for you and Namrata.

#### SIGN UP

Sessions	Total Sessions	Fees
First Meeting + 12 Sessions + 3 Monthly sessions	16	28000/-
First Meeting + 24 Sessions + 3 Monthly sessions	28	49000/-

\*\*All taxes included. Rates are valid till 31-03-2023

#### 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 is 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 the 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: \_\_\_\_\_

