

0% ☒ DONE ☐ DIFFICULTY

DOCUMENTS

00:00:00

1 Abdominal plank

REPS: 1
HOLD: Hold as long as possible & aim to reach for 60 seconds in next 4 weeks
FREQUENCY: thrice a week

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2 Push-up on knees

SETS: 2 REPS: 15
FREQUENCY: thrice a week

☒ DONE ☐ DIFFICULTY

Final Physiotherapy Assessment Report

Body Composition ■ Desirable ■ Undesirable

	Initial	Final	% Change
Weight (kg)	71.8	69.7	Decreased by 3%
BMI (kg/m ²)	29.1	28.3	Decreased by 3%
Waist Circumference (cm)	85	84	Decreased by 1%
Hip Circumference (cm)	101	100	Decreased by 1%
Waist to Hip Ratio	0.84	0.84	No change

PLANS
START AT
₹ 83/-
DAY

LOSE WEIGHT THAT STAYS LOST!

With Fitterfly Weight Loss: A **3-month** expert-led weight loss program created by **senior nutritionists & experts**



AWARD-WINNING TECHNOLOGY



RECOMMENDED BY DOCTORS



25000+ HAPPY MEMBERS

Funded by

amazon

smbhav



firesideventures



VentureCatalysts
India's 1st Integrated Incubator



9UNICORNS

4point0
Health Ventures

THE TIMES OF INDIA

Entrepreneur
AWARDS 2021

ET THE ECONOMIC TIMES

hindustantimes

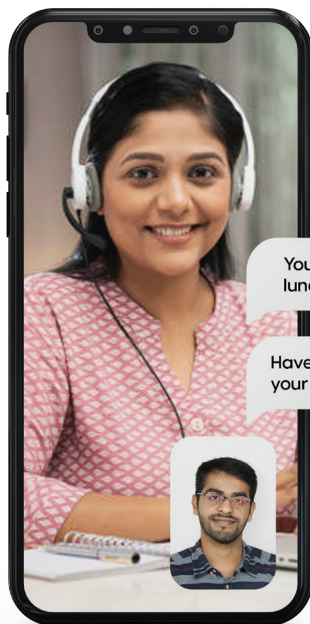
022-48971077

care@fitterfly.com

www.fitterfly.com

*T&C apply

ALL THAT YOU NEED TO LOSE STUBBORN WEIGHT SUSTAINABLY



Your 15 Min walk post lunch is working

Have Salad 15 min before your lunch and dinner

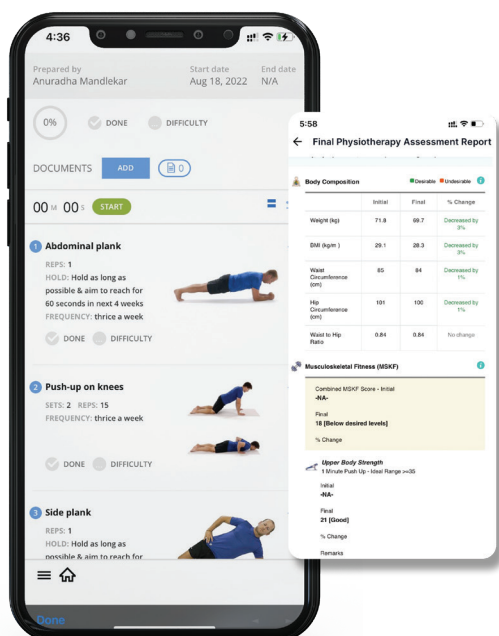


Get results with small steps

Build habits that you can follow for life with expert guidance

Relive the joy of eating

No keto, restrictive or fancy diet plans



Exercise effectively


Get uniquely designed exercise plans that increase your body's calorie burning capabilities



Beat stress, sleep better

Get expert guidance to manage stress & improve sleep quality with proven techniques

WITH THE 3-MONTH PROGRAM, YOU GET

Inclusions	Worth
5 Consultations with a Success Coach	₹ 2500
8 Consultations with a Nutrition Coach	₹ 4000
4 consultations with a Physio Coach	₹ 2000
Advanced nutrition report covering 10  nutrients	₹ 849
4 personalised weight loss diet plans	₹ 2000
Smart & engaging diabetes educational modules (Complimentary)	
App access & unlimited chat support for 3 months	₹ 1000
Actual Program Cost	₹12,349
Exclusive Discounted Price	₹ 7,500

PROGRAM BENEFITS



Bring your BMI in the healthy range of 18.5 to 24.9



Improve overall physical fitness & mental wellness



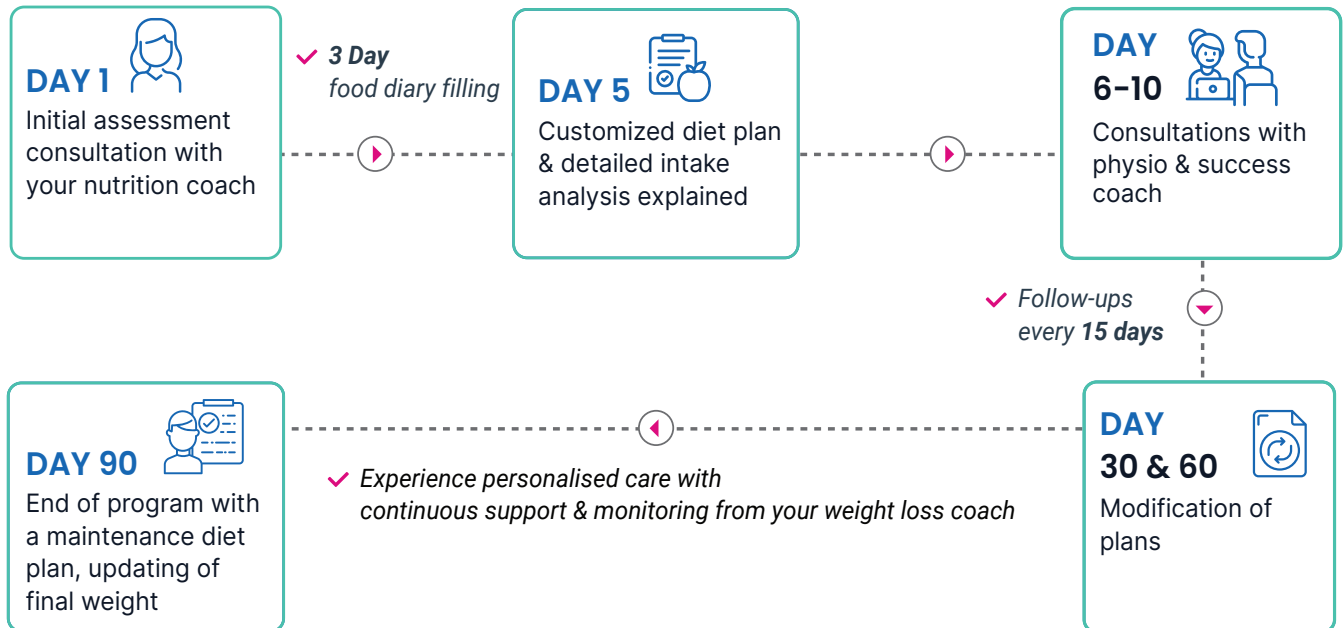
Reduce risk of complications & damage to major organs associated with prolonged diabetes



Add years to life & improve life quality significantly

HERE'S HOW YOU'LL ACHIEVE YOUR GOALS

3-MONTH FITTERFLY WEIGHT LOSS JOURNEY



OVERCOME OBESITY, AVOID COMPLICATIONS LIKE



OUR 2022-23 RESULTS



75%↓

People lost minimum
5% body weight in
3 months



65%+

Clients had excellent
compliance with dietary
recommendations



57%+

Clients had excellent
compliance with exercise
recommendations



95%↑

Made better & healthier
lifestyle choices after
joining **Fitterfly weight loss**

RESEARCH AND OUTCOMES PRESENTED AT



4.8



Google Play

4.7



Facebook

4.9



WANT TO KNOW MORE?

☎ 022-48971077

✉ care@fitterfly.com

🌐 www.fitterfly.com



Scan to know
your healthy weight

