

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

☒ DONE ☐ DIFFICULTY

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



LOSE WEIGHT THAT STAYS LOST!

With Fitterfly Weight Loss: A **6-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

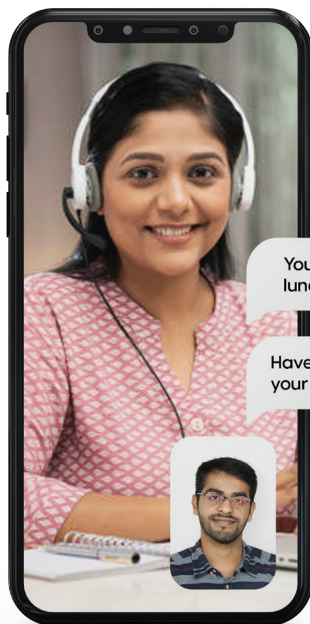
☎ 022-48971077

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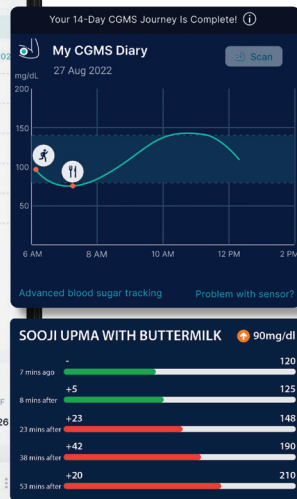
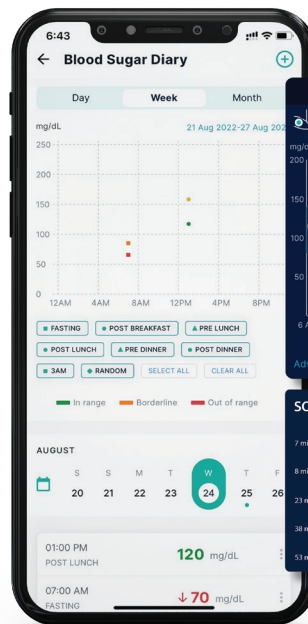
*T&C apply

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

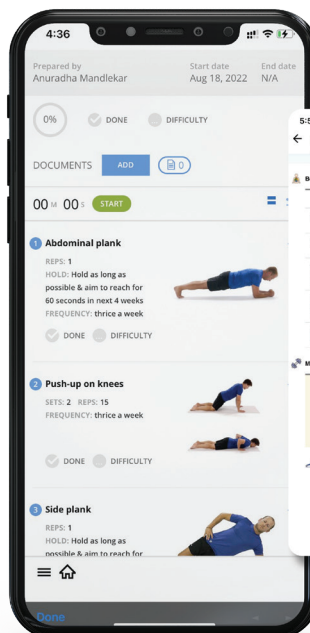


Get results with small steps

Build habits that you can follow for life with expert guidance

Relive the joy of eating

No keto, restrictive or fancy diet plans



5:58 ← Final Physiotherapy Assessment Report

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Musculoskeletal Fitness (MSKF)			
	Initial	Final	% Change
Cardiorespiratory Score - Initial	18	18	0%
Cardiorespiratory Score - Final	18	18	0%
Cardiorespiratory Score - % Change			0%

Upper Body Strength			
	Initial	Final	% Change
1 Minute Push Up - Ideal Range (>35)	21	21	0%
1 Minute Push Up - % Change			0%



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 6-MONTH PROGRAM, YOU GET

Inclusions	Worth
9 Consultations with a Success Coach	₹ 4500
15 Consultations with a Nutrition Coach	₹ 7500
7 Consultations with a Physio coach	₹ 3500
Advanced nutrition report covering 10  nutrients	₹ 849
7 Personalised weight loss diet plans	₹ 3500
Smart & engaging diabetes educational modules (Complimentary)	
App access & unlimited chat support for 6 months	₹ 2000
Actual Program Cost	₹21,849
Exclusive Discounted Price	₹ 13,499

PROGRAM BENEFITS



Bring your BMI in the healthy range of 18.5 to 24.9



Improve overall physical fitness & mental wellness



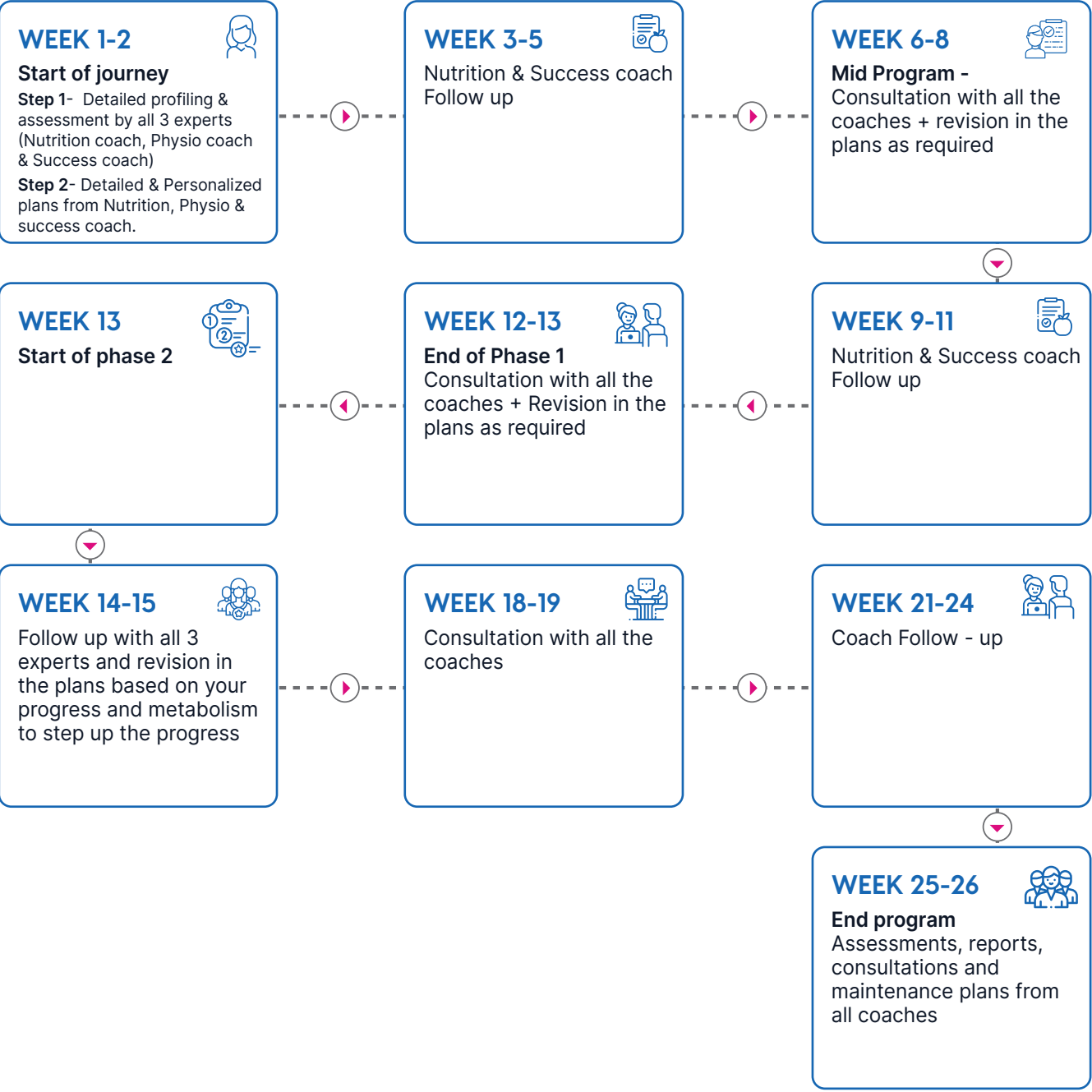
Reduce risk of complications & damage to major organs associated with prolonged diabetes



Add years to life & improve life quality significantly

HERE'S HOW YOU'LL ACHIEVE YOUR GOALS

6-MONTH FITTERFLY WEIGHT LOSS JOURNEY



OVERCOME OBESITY, AVOID COMPLICATIONS LIKE

Progression to diabetes

Cardiac diseases

PCOS

Infertility

Breathing disorders



High cholesterol

Fatty liver disease

Arthritis

Sleep Apnea

Certain cancers

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



WANT TO KNOW MORE?

☎ 022-48971077

✉ care@fitterfly.com

🌐 www.fitterfly.com



Scan to know
your healthy weight