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

*T&C apply
ALL THAT YOU NEED TO LOSE STUBBORN WEIGHT SUSTAINABLY

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

022-48971077  care@fitterfly.com  www.fitterfly.com
WITH THE 3-MONTH PROGRAM, YOU GET

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

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HERE'S HOW YOU'LL ACHIEVE YOUR GOALS

3-MONTH FITTERFLY WEIGHT LOSS JOURNEY

DAY 1
Initial assessment consultation with your nutrition coach

DAY 5
Customized diet plan & detailed intake analysis explained

DAY 6-10
Consultations with physio & success coach

DAY 90
End of program with a maintenance diet plan, updating of final weight

DAY 30 & 60
Modification of plans

Follow-ups every 15 days

Experience personalised care with continuous support & monitoring from your weight loss coach

OVERCOME OBESITY, AVOID COMPLICATIONS LIKE

Progression to diabetes
Cardiac diseases
PCOS
Infertility
Breathing disorders
High cholesterol
Fatty liver disease
Arthritis
Sleep Apnea
Certain cancers

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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

Google 4.8 ★★★★★
Google Play 4.7 ★★★★★
Facebook 4.9 ★★★★★

WANT TO KNOW MORE?

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