

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 <sup>2</sup> )	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



20000+ HAPPY MEMBERS

Funded by

amazon

smbhav



firesideventures



VentureCatalysts  
India's 1<sup>st</sup> Integrated Incubator



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Entrepreneur  
AWARDS 2021

ET THE ECONOMIC TIMES

hindustantimes

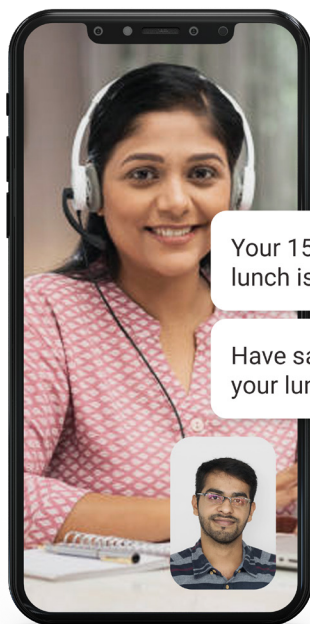
☎ 022-48971077

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🌐 www.fitterfly.com

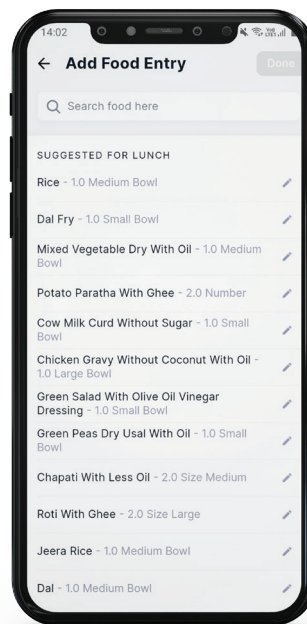
\*T&C apply

# 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

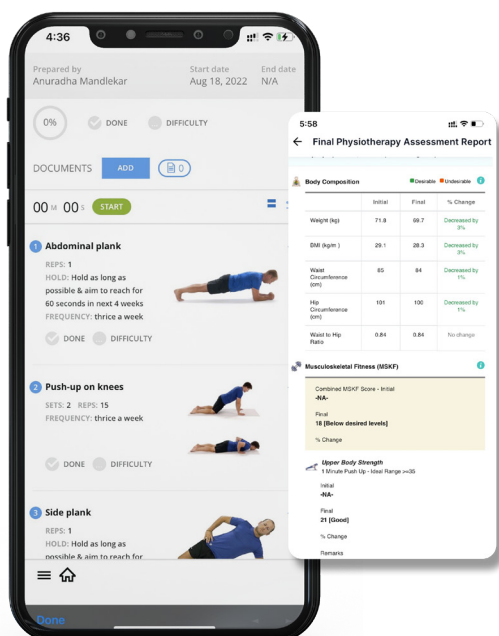


## Get results with small steps

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




Mr. Rao, let us use grounding and breathing exercises to calm down your anxiety and reduce your stress levels

Looks like your emotions are affecting your diet, let's work on them!

## 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
<b>Actual Program Cost</b>	<b>₹21,849</b>
<b>Exclusive Discounted Price</b>	<b>₹ 10,799</b>

## PROGRAM BENEFITS



Bring your BMI in the healthy range of 18.5 to 24.9



Improve overall physical fitness & mental wellness



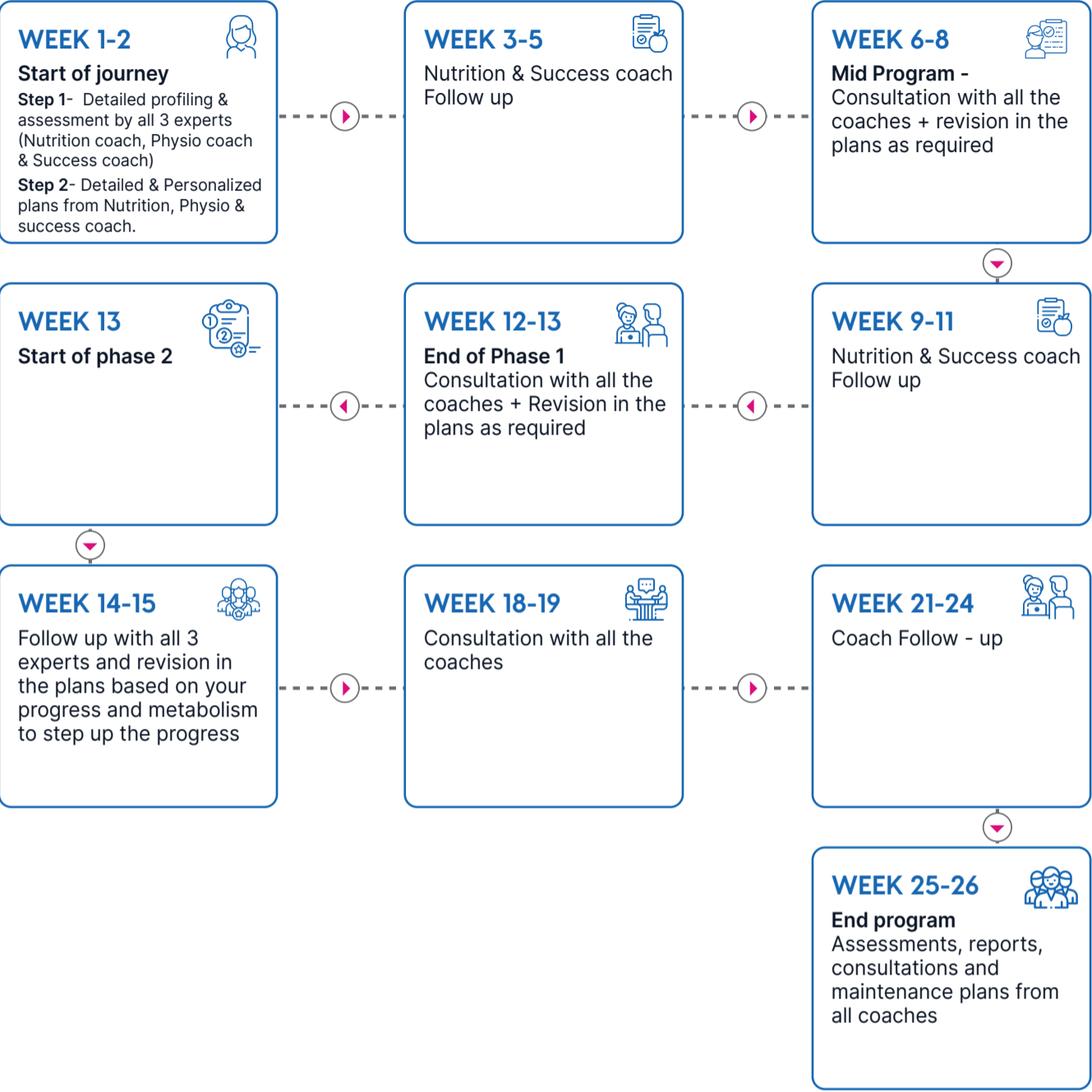
Reduce risk of complications & damage to major organs associated with prolonged diabetes



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 2021-22 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](mailto:care@fitterfly.com)

🌐 [www.fitterfly.com](http://www.fitterfly.com)



Scan to know  
your healthy weight