



# **FAST-TRACK**

## **Weight Management Program**

# PEAK RESULTS & Long-Term Maintenance

# 12 MONTH

## PHASE 1

### 1. RAPID METABOLIC ASSESSMENT

- Body composition & BMR analysis
- Blood sugar & hormonal screening
- Lifestyle evaluation
- Goal: Identify barriers to fast fat loss.

## PHASE 3

### 3. ACCELERATED FAT LOSS PHASE

- Supervised exercise program
- Close monitoring & weekly adjustments
- Hydration & micronutrient optimization
- Goal: Achieve safe, rapid fat reduction.

## PHASE 2

### 2. INTENSIVE METABOLIC ACTIVATION

- Structured high-protein nutrition plan
- Calorie-controlled diet strategy
- Metabolism-boosting activity plan
- Goal: Activate fat-burning process.

## PHASE 4

### 4. STABILIZATION & TRANSITION

- Gradual calorie normalization
- Habit formation & lifestyle training
- Prevent rebound weight gain
- Goal: Sustain results long-term

## Full Body Check-up

- ✓ 1-on-1 Motivator Support
- ✓ Personal Guidance from 1 Expert Dietitians
- ✓ 5-10% Discount on All Products
- ✓ Complimentary Participation in DWL  
(Dietitian Weight Loss League)

  
**VIP**  
**ELIGHT CARE**  
**MEMBERSHIP**

Transform Your Health.  
Upgrade Your Lifestyle.

**Yoga Sessions**  
(Basic | Advance)

# FAST-TRACK RESULT



*Lost*  
**55 KG IN  
5 MONTHS**



*Lost*  
**41 KG IN  
6 MONTHS**



*Lost*  
**14.3 KG IN  
2 MONTHS**



*Lost*  
**14.8 KG IN  
4 MONTHS**



*Lost*  
**37.16 KG IN  
7 MONTHS**



**12 Months  
+ Maintenance**

**₹ 1,00,000/-**

## 03 Month Plan

### Phase 2: Accelerated Fat Loss & tShaping

- ✓ Visible fat reduction
- ✓ Improved digestion and energy levels
- ✓ Initial body composition change
- ✓ Strengthened lifestyle habits
- ✓ Structured, nutrient-rich meal strategies tested over 15 years
- ✓ Focus on fat-burning foods, protein, fiber, and healthy fats
- ✓ Habit coaching for sustained progress

₹ 30,000/-



## 06 Month Plan

### Phase 3: Metabolic Optimization & Fat Loss Mastery

- ✓ Significant Fat Loss
- ✓ Optimized metabolism for long-term fat burning
- ✓ Enhanced energy and daily performance
- ✓ Reduced sugar cravings and improved satiety
- ✓ Advanced proven meal strategies for rapid fat loss
- ✓ Anti-inflammatory and low-bloat foods
- ✓ Optional detox and fasting protocols for accelerated outcomes

₹ 55,000/-