

Fitness Strategy



*Created by
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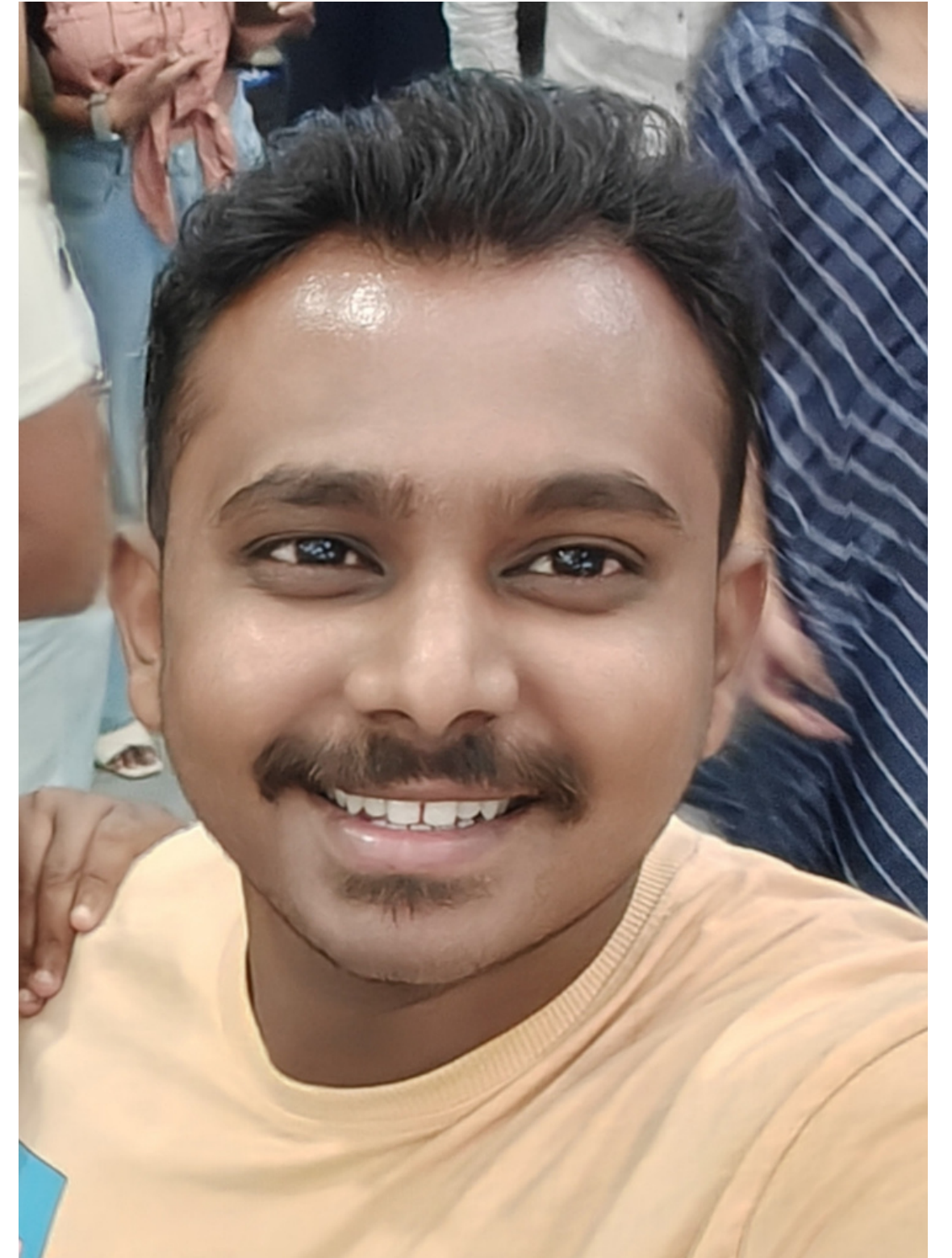
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About me

- Certified Trainer from IFSA Fitness Academy
- Nutrition expert
- Personal Trainer
- Life coach
- Over 9 yrs of experience in field of fitness guidance



Client Results



Our Team

Trainee



Yogesh jadhav



Tejashri jadhav



Ritesh sathe

Trainer

NEED FOR FITNESS

- Effects of unhealthy lifestyle on Body
- Lack of Immunity
- Energy loss
- Life long health issues
- Mental Health



What is healthy lifestyle ?

- 
- 60 minutes of exercise atleast 5 days a week
 - 8 hours of sleep
 - Follow healthy and pre defined diet plan

FITNESS ATTITUDE

- Realistic Goals
- Follow the Process
- Enjoy the Journey
- Consistency
- Patience



Health component you must know before starting fitness journey :

- Carbohydrates
- Proteins
- Healthy Fats
- Salt
- Fibers
- Minerals & vitamins
- Water Intake





GOAL SETTING

- Goal Identification Process
- Goal Setting based on
 - Body Requirement
 - Body Type
 - Age
 - Other health factors



Training Overview

- 6 Days Training per week.
- Combination of Cardio & Weight Training
- Equal attention will be given to all body parts
- Cardio training will focus on minimum use of cardio machines.
- Use of bodyweight exercises will be maximized
- Importance of Warmup & Stretching
- Customized diet plan designed as per the BCA Report based on the fitness goal.



Other Activities

- Trek
- Badminton
- Swimming
- Cycling
- Sprint Running
- Other favourite outdoor sportz



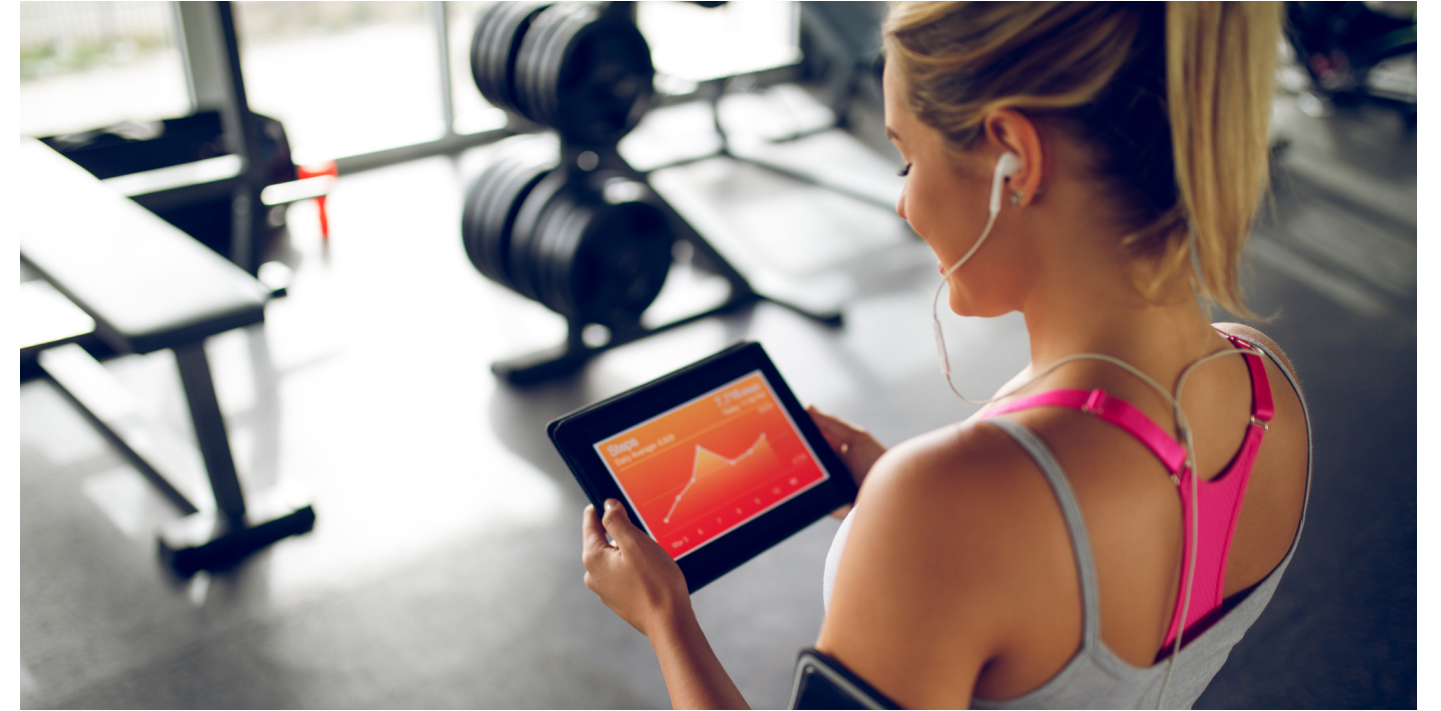
Diet Plan



Cheat
Meal

TRACKING RESULTS

- Just because you see weight gain or loss on the scale does not mean you are moving in the right direction.
- You can track your results from the following :
 - check your weight regularly every morning after waking up.
 - take a photo every day
 - noting changes in clothing size or measuring body parts daily.
 - measuring body fat percentage using fat calliper



Positive changes parameters

- weight loss off 500g to 1kg per week
- weight gain of 250g to 500g per week
- feeling fresh and active throughout the day
- change in skin tone

Negative changes parameters

- rapid weight loss or gain
- feeling tired and weak all day.
- darkening of the skin and dark circles under the eyes.
- due to lack of water the body becomes dehydrated.

Questions ??



Ready For Commitment ?





Thank You!