



New Year

Weight/Disease Management Program



A TEAM OF
DIETICIANS, GYNAECOLOGISTS, MATERNITY AND CHILD CARE SPECIALIST,
YOGA INSTRUCTORS, CERTIFIED TRAINERS, AND LIFESTYLE COACHES

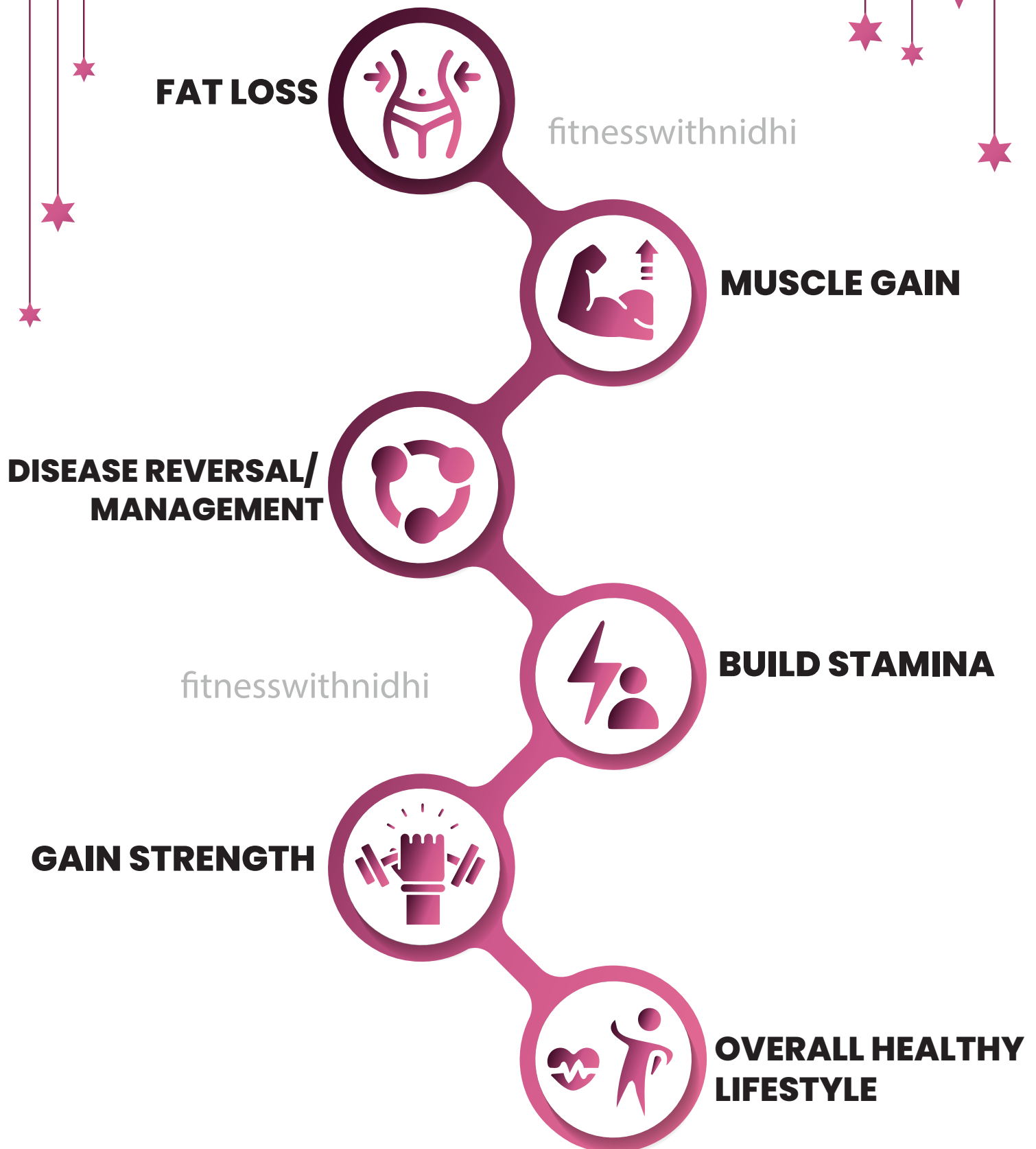


Nidhi is an internationally certified Fitness trainer, health coach, Pre and postnatal fitness instructor from American Council on Exercise and your mentor for the program. Nidhi is the first Female internationally certified from ACE in Jammu and Kashmir. Nidhi and her team believes In giving you a healthy lifestyle by incorporating simple and easy to cook home meals and physical activities. Fitness with Nidhi is the first Online Platform to come up with a Variety of physical activities all under one-roof. After joining Fitness with Nidhi, you will not have to invest in any gym or take personal training from any personal Trainer to fulfil your weight loss goals.

Niddhi Gupta



PROGRAM DETAILS



ADVANCE PROGRAM FEATURES (CONSULTATIONS)

Diet Plan (With Team)

- Monthly Meal Plan
- Review in 15 Days
- Recipe Videos
- Biweekly Calls (Mode Audio)
- Workouts not included
- Medical Complications not included

3,000/-

Diet Plan (With Nidhi)

- Orientation Video Call
- Monthly Meal Plan
- Review in 15 Days
- Recipe Videos
- Medical Complications
- Weekly Audio Call
- Workouts not included

5,000/-

Health (With Team)

- 3- Month Program
- Monthly Meal Plan
- Recipe Videos
- Workout Videos
- Biweekly calls (Mode Audio)
- Live workout sessions not included

7,500/-

Health + (With Nidhi)

- 3- Month Program
- Orientation Video Call
- Recipe videos
- Monthly Meal Plan
- Workout Videos
- Weekly Audio Calls
- Live workouts not included

12,000/-

1500/- Month for Live workout Session (Optional)

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SUPPORT



WHATSAPP

+91 90555 66600



VOICE CALL

+91 90555 77700

(10 AM IST – 8 PM IST)

Click the buttons to contact us...

For more information

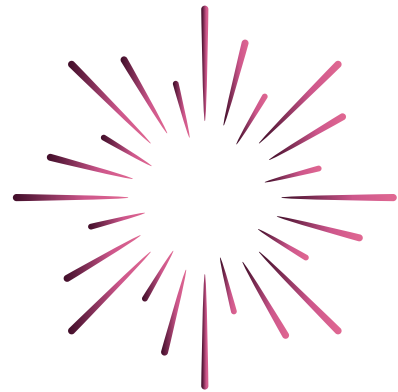
VISIT THIS LINK

WHO CAN JOIN THE PROGRAM?

Anyone between the age of 20–60 can be a part of our lifestyle programs. Here, we help you manage a Disorder ranging from acidity, PCOD, thyroid, diabetes, cholesterol, Blood pressure, etc. Our focus is to give you a healthy lifestyle with fat loss, muscle gain, and disease reversal.

WHAT WILL YOU GET?

- Live video group consultation with Nidhi
- Biweekly consultation with the Dietician
- Customized Meal Plan
- Live workout Sessions
- 1000 + Pre-recorded workout videos
- 500+ Recipe Videos



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FITNESSWITHNIDHI

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ONLINE LIVE WORKOUT SESSIONS

There are 3 batches for Live workout sessions.

Timings will be **7:00 AM, 12:00 Noon, 5:30 PM IST**

Live sessions are held on Microsoft Teams

7:00 AM and 5:30 PM batches will cover strength training, aerobics, and cardio

The **12 NOON** batch will deal with Strength training, cardio, aerobics, Zumba, Tabata, and yoga sessions

**The duration of the sessions will be 45-50 minutes.
The sessions will be conducted from Monday to Thursday.**

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SCHEDULE OF THE PROGRAM

Last Date to Register: 20th December 2023

Starting Date of the Program: 1st January 2024

Starting Date of Live session: 1st January 2024



CLIENT REVIEWS

Client

TESTIMONIALS



“ I have been part of Nidhi's live workout sessions for over a year now. These sessions are fun because she introduces new exercises in every session. I have signed up for the meal plan as well. I just feel so much stronger and healthier. As a mom and a wife, I am able to do things which I love. I just realise how important self-care is and joining the sessions was a total game changer. ”

PALAK DOSHI
CHICAGO

Client

TESTIMONIALS



“ I am with Nidhi for more than 8 months now. She has helped me reverse my thyroid and I am part of her life sessions as well. My life has change completely in terms of my stamina and my strength, the way I handle my kid and how excited I am for a whole new life. This has become a daily routine and I don't think that I can ever give up on the healthy lifestyle. The program has introduced me to a new me. ”

SUMATI GANDHI
TORONTO

Client

TESTIMONIALS



“ Thank you, Nidhi mam, what else can I say. You are amazing in every sense, the kind of meal plans that you shared, the workouts that I'm doing with you and the follow-ups that your team is taking keeping me right on track to give my best. I never thought that I would ever participate in a marathon but this year with all the strength that I have been able to build up in your sessions, I ran Marathon and I'm so proud of myself. ”

VIDHYA CHETTIAR
INDIA

Client

TESTIMONIALS



“ This is my second year with Nidhi and when I look back to who I was I cannot recognise myself today. This long commitment to any program is not who I am but with Nidhi's amazing efforts this has been possible. My whole life has changed I don't want to give up on this. Thank you, Nidhi, for this lifestyle change for which I will always be grateful to you. ”

JASPREET
BANGALORE, INDIA

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FOR MORE REVIEWS, WATCH THIS VIDEO



WATCH OUR EASY RECIPES




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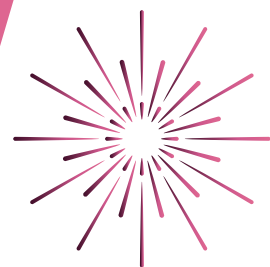


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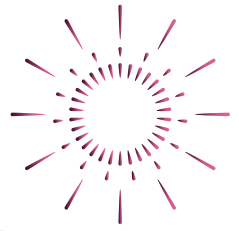
IMPORTANT NOTE BEFORE YOU ENROLL

1. This program will not have a pause period of more than a week. In case of extension, it will be on a paid basis.
2. Communication Language: English and Hindi 
3. No recordings of the live sessions are provided in case you miss the sessions.
4. Aim is lifestyle change by eating right, incorporating physical activity, improving sleep, and managing stress.
5. We DON'T give crash diets. You can safely lose up to 3-4 kgs in a month and 5-6 inches
6. Full payment to be made at the beginning of the program
7. The enrolment is confirmed only when the payment is received and confirmed by our accounts Team.
8. The program is NON-REFUNDABLE and NON-TRANSFERABLE under any circumstances.
9. Fitness with Nidhi has the right to remove you from the program with NO REFUND for using abusive, aggressive, and disturbing language with any team member.
10. The Video links are to be used by the client only. In case the video links are transferred, the membership will be CANCELLED with NO REFUND.
11. In case of National Holiday or Sunday, drop a message and we will revert back the next day



MEET OUR TEAM

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**MATERNITY AND
CHILD CARE SPECIALIST**
Dr. ADITI SHARMA



DIETICIAN
SWATI



GYNAECOLOGIST
Dr. ISHA SUNIL



YOGA INSTRUCTOR
AYUSHI



FITNESS INSTRUCTOR
RAJAT



AEROBICS INSTRUCTOR
SAURAV

