

# BRIDAL SLIM N TRIM PROGRAMME

## WHY MORE WOMEN OPT TO JOIN OUR BRIDAL SLIM N TRIM PROGRAMME

Wedding is the most important day in a woman's life and there can be no two opinions about it. This is an occasion when she should be remarkably attractive and arrest the attention of all the guests present. Being uncouth or overweight and the feeling of not being admired can make a bride feel miserable.

There are instances of brides who under eat or starve in the weeks preceding the wedding to drop weight and get into better physical shape. This approach is fraught with dangers as the bride may develop an emaciated look or even fall sick on the wedding day.

It is inadvisable to think of crash weight loss methods that can imperil one's health in the long run. Besides, this will mean no enduring weight loss and there are instances where brides have lost 4 to 5 kilo grams prior to their marriage but gained excess weight at the end of the honeymoon period.

The wiser decision would be to get personalised attention to acquire the right body shape, become physically agile and mentally alert. We offer special fitness packages for girls getting married. These involve a strict schedule that combines a good measure of exercise and diet without making the bride-to-be to starve.

If you are over-stressed, short on time, and in a desperate hurry to get results you can opt for any of the quick bride workouts. These workouts focus on full body circuits that quickly burn maximum fat. If time at your disposal is limited, you need not create further stress with long-drawn exercises when short intense workouts are available.

Full body circuits are designed to work on the entire body and burn more calories and burn more fat during and after the workouts. You need not waste time on bodybuilding type workouts that are designed to add mass when you can burn fat 9 times more and boost metabolism with full body circuits.

What makes us unique is that it is targeted to specifically meet the individual needs of prospective brides with a customized program that sets out to improve the appearance of specific trouble spots.

Our program are of six-month, three-month, two-month and four-week durations - and you can choose the one depending on how much time you have until your wedding date. Each program includes a specific diet, fitness program, supplement advice, and other body fitness information.

We offer extraordinary workouts at a time that works best for you. You can get fit in the privacy of your home, in your apartment building gym or in a personal training facility.

We have the best **personal training**. If you're looking for **in home personal training** then you have come to the right place. We will help you lose fat and weight, build muscle and get in the best shape of your life, With affordable pricing and guaranteed fitness results you are sure to be satisfied with us. We offer affordable pricing, fun, and nutritional guidance for a better. Get started today with the best **personal trainers in Delhi** and enjoy the benefits of a healthy lifestyle with amazing results you can be proud of.

**If you are the faint of heart, this is not the right place for you. But if you wish to shed those extra kilos and are willing to take up some vigorous physical training. then contact us**

## PACKAGES

### THE COMPLETE WEDDING PACKAGE

- 24 sessions to be used at anytime within an 8 week (2 month) period
- Ideally 3 x week
- Be prepared to work hard- Fantastic Results
- Cost - 60,000 (50,000 if paid advance)

### THE ULTIMATE WEDDING PACKAGE

- 32 sessions to be used at anytime within an 8 week period
- Ideally 4 x week
- Not for the faint hearted. Seriously hard work required- Phenomenal Results!
- Major body fat or inches lost.
- Cost - 75,000 (65,000 if paid advance)

### THE SUPER BLITZ (for those that left it a little late)

- 20 sessions to be used with in a 4 week period
- Blood sweat and tears in a month, but worth it!
- Cost - 40000

### BRIDE AND GROOM COUPLES PACKAGE

Any package we offer when taken together as a couple results in a 10% discount. Enquire within for more details.

### What can you achieve if you book one of our Bridal Slim N Trim Programme?

- Lose Fat
- Feel Better
- Look Better
- Weight loss,
- Build Muscle
- Sculpt Your Physique
- Improve Health & Fitness
- Body fat reduction,
- Losing a dress size or more,
- Higher energy levels and lower stress level,
- Better muscle tone and definition and the feel good factor of exercising.
- And, importantly, you will look great and feel AMAZING on the Wedding day

### TIPS

Eat lean cuts... of chicken, turkey, beef, lamb, venison, oily fish like salmon, mackerel, sardines, and eggs.

Have a protein shake... after every workout. Starts the repair and fat burning process straight away. Eat fibrous carbs. broccoli, lettuce, cabbage, cauliflower, mushroom, green beans, onions, asparagus, cucumber, spinach, all peppers, and zucchini

Eat small portions of nuts.in the day as a snack e.g. almonds, Brazils, cashews. The fat in these will help you burn body fat.

Avoid all grains.e.g. wheat and oats. They affect blood sugar like table sugar and can give you allergies.

Avoid eating too much fruit.Eat only dark skinned fruit like blueberries, strawberries, raspberries etc. Your body will react to the wrong fruit like sugar. Avoid all fruit juices at all times. Avoid all dairy products Keep other carbohydrate sources like bread, pasta, potatoes and ALL cereals to a minimum. Drink only water and green tea in the day. Have a coffee before training and never after as this raises cortisol levels which stop you burning fat. Before training will give you energy and help to metabolize fat.

**CONTACT US AT 8860501600 or 8527052750**