



**GET FIT  
STAY FIT  
ANYTIME,  
ANY WHERE**

# **GUARANTEED TRANSFORMATION PROGRAM**

  @VMAX.FIT

# YOUR TRANSFORMATION JOURNEY



## HEALTH AND FITNESS REPORT

A very detailed and comprehensive Health & Fitness report will be given to foresee your Transformation goals.

## PERSONAL FITNESS TRAINERS

An Internationally Certified Fitness Trainer is going to train you to Achieve your Fitness Goals



## PERSONAL NUTRITIONISTS/CLINICAL DIETITIANS

An internationally certified personal Nutritionist/Clinical Nutritionist will accompany you in your Transformation Journey.



## INDUCTION CALLS

Induction Calls from your personal trainer & Personal Nutritionist to get counselling on your health issues.



## DIET CHART



## CUSTOMIZED DIET CHART

Custom made Diet Charts to suit your Food habits, Meal Frequency & intolerances. No more Starving! No More Craving!

## CUSTOMIZED WORKOUT PLAN

Highly fulfilling & Non Exhaustive Fitness courses according to your Fitness Level to Gradually Improve your Strength and Stamina.



## SUPER FOODS

The Super foods Prescribed by our Team of Doctors & Clinical Dietitians will prevent the risk of diseases by improving health and Immunity by using food as medicine.

## UNLIMITED CALL AND WHATASAPP SUPPORT

You can connect with your Personal Nutritionist & Personal Trainer by Whatsapp Unlimitedly Which you will Get No Where Else!



## FUN CHALLENGES & AWARDS

Recognizing the Action Takers by their Weight Loss Achievements and handing them Awards on Daily, Weekly & Monthly basis.

## HEALING

Your Health will improve by Naturally Reversing your Diseases like Thyroid/Diabeties/PCOD/PCOS/Cholesterol/BP/Heart Health/Asthma/Dermatology and to Gradually get Rid of Medicines!



## WEIGHT AND WORKOUT TRACKER

Everyday tracking of your weight & workout schedule to closely account your transformation journey

## VMAX COMMUNITY

You will be a Part of VMax Transformation Club where you will Find Like Minded Action Takers like yourselves.





# TO KEEP YOU MOTIVATED

We feel the Human need of Motivation to keep them on Track for a Transformation Journey.

We take all Best Measures to keep you Motivated.

## TASKS & CHALLENGES

Fun Filled Tasks & Challenges related to Health and Fitness to Boost your Motivation will be Unleashed Frequently.

## AWARDS

Active Participants & Action Takers are Identified & given Recognition to Encourage them. We will Push you to Achieve your Goals and also we will Award you for your Achievement.

### LIST OF AWARDS

Warrior Award  
Ultra Warrior Award  
Achiever Award  
Ultimate Achiever Award

## LIVE WEBINARS

We conduct frequent Live Webinars in various Eye-Opening Topics related to Health & Fitness to Help our clients Achieve Complete Well-being.



## ACHIEVE A HEALTHY TRANSFORMATION & SUSTAIN IT FOREVER!

**"...I weighed almost 115 kgs and was diagnosed with Type 2 Diabetics. Mr. Vignesh supported and encouraged me a lot. Consistently following a good balanced Diet and about 10-15 minutes of workout from home, I have lost 32kgs in 9 Months. More importantly, my blood sugar has become normal and I feel completely energetic all day..."**

**- Mr. Rohit Nair, 32, Business Man**



**"...My friend referred me to enroll with VMax Fitness and that's one of the Best things that had happened in my life. I lost 18 kgs in 3 months, by just following the balanced nutrition plan. I slowly started with Functional Fitness training from home, now I don't have back pain anymore and I have also corrected my body posture. Healthwise, I have achieved weightloss and balanced nutrition, my periods are regular and I feel more energetic and sharp throughout the day. It has made me a better person too..."**

**- Ms. Anitha Ramesh, 27, Software Professional**





## SOME OF YOUR TRANSFORMATION COMPANIONS



### NUTRITIONISTS/CLINICAL DIETITIANS



**Dt. Suha Chandramouli**  
- M.Sc. Clinical Nutrition



**Ms. Kenche HimaBindu**  
- M.Sc. Clinical Nutrition



**Ms. Srinitika**  
- Client - Nutritionist  
Co-ordinator



**Ms. Lakshmi Kala**  
- MBA



**Ms. Hansika Bainsla**  
- B.Sc. Clinical Nutrition & Dietetics



**Ms. Ruqsaar Fathima**  
- M.Sc. Clinical Nutrition



**Ms. Vaishnavi**  
- M.Sc. Nutritional Sciences



**Ms. Nehan Fatima**  
- M.Sc. Clinical Nutrition



**Ms. Simran Kaur Chawla**  
- Diploma in Dietetic  
health and Nutrition



### FITNESS TRAINERS



**Mr. Dinesh B**  
- ACE Certified Fitness Trainer



**Mr. Kannan T**  
- ACE Certified Fitness Trainer



**Mr. Prasanth V**  
- ACE Certified Fitness Trainer



### Emotional Well-Being Coaches & Doctors



**Ms. Ramya Ravindran**  
- M.Sc. in Project Management,  
- Certified Mindfulness Coach



**Ms. Vijaya Santhoshini**  
- M.Sc Counselling Psychology



**Ms. Nethra Parthiban**  
- M.Sc. Clinical Psychology



**Dr. Farha Aslam Jawre**  
- BHMS, PGDDPN  
CFN Lifestyle Coach

# Founder's Mission

**"To Transform the lives of at least 1 Million people for the better and hope to eradicate most of the Lifestyle Diseases caused by Obesity, like Diabetes, Heart Diseases, Thyroid, Blood Pressure, Depression, PCOD and some types of Cancers"**

## Founder:

**Mr. Vignesh Prabakaran**  
**Holistic Wellness coach**  
**Founder & Director of VMax**



## V MAX TEAM



### Nutrition Team:

**Client - Nutritionist Coordinator**  
**Head Nutritionists**  
**Nutritionists**

### Fitness Team:

**Fitness Trainers (Transformation Specialist)**  
**Fitness Trainers (Rehabilitation Specialist)**  
**Fitness Trainers (Strength & Conditioning Specialist)**



### Team of Doctors



### Emotional Well-Being Coaches

## Get in Touch

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