

WEIGHT-LOSS Program



Is this the right program for me? //

PHUKETFIT

THIS PROGRAM BEST SUITS PEOPLE WHO

- ✓ Have excess fat on their body and desperately want to get rid of it once and for all.
- ✓ Have tried to lose weight before but have not achieved the desired results.
- ✓ Know a bit about exercise and healthy eating but need guidance to build effective routines.
- ✓ May have weight-related health problems (e.g., high cholesterol, diabetes) and want relief in a healthy, long-term way.
- ✓ Feel tired throughout the day and want to feel healthy, energetic, and happy every day.

i This program is designed to help you lose weight and look and feel great while also teaching you what you must know to stay in shape for life!

What will I get with this program? //

i Using physical training, nutrition, and education, we will help you lose fat and make lasting positive changes in your life.

We employ internationally qualified health and fitness professionals from around the world who work as a team to help you get in shape and feel great!

Optimize your progress towards achieving your health, fitness, or fat loss goals with our structured approach.

i For clients who want an appropriate diet plan to lose weight, we provide personalized guidance and support.

SPECIFIC PROGRAM INCLUSIONS

- 3 Meals per Day from Our 10-Page Menu: All calories and macros listed, with vegan and vegetarian options available.
- Daily Protein Shakes, Fresh Fruit Shakes, and Healthy Snacks.
- Before and After Photos.
- Strength and Conditioning Classes: Incorporating TRX, kettlebells, and other equipment into sessions.
- Hypertrophy Classes: Focused on upper and lower body workouts to develop strength and size.
- HIIT Workouts: High-intensity interval training and bootcamp-style sessions for cardiovascular fitness.
- Enjoy our 15m pool for rest, recovery, or personal low-impact exercise.
- Muay Thai Boxing - Cardio Class: Beginner-friendly cardio class introducing Thailand's national sport.
- Beach Bootcamp & Hikes: Outdoor sessions and guided hikes during favorable weather months.
- Night Market Trips: Explore local night markets and Thai culture with community outings.
- AquaFit Classes: Low-impact, water-based fitness for injury recovery or gentle exercise.
- Stretching and Mobility: Offers daily yoga, Pilates, and mobility classes.
- Educational Workshops and Seminars: Covers health and fitness topics like exercise planning, nutrition, and weight management.
- Two PhuketFit Vouchers per 7 Days: Use for a Muay Thai private session, 50-minute oil or Thai massage, weight loss nutritional consultation, or personal training session.
- New Steam Room.
- Fully Equipped Fitness Studio Gym.
- Airport Shuttle: One-way transfer included for stays of 7 days or more.
- PhuketFit Goodie Bag: Provided for programs of 7 days or more.



KEY BENEFITS INCLUDE

- Comprehensive 3D Body Analysis Evaluation: Conducted at the beginning, end, and weekly to track progress.
- Private Professional Consultations and Personal Training Sessions
- Digital Onboarding
- Real-Time Digital Dashboard
- Food Logging
- Interactive Client Dashboard
- Coach Support and Adjustments
- Appropriate Diet Plan
- Ongoing Guidance
- Regular Progress Monitoring
- Five weekly Exercise and Nutrition Workshops.
- Complimentary massage vouchers.
- Diverse exercise classes including Muay Thai, nature trekking, and technique mastery.
- Strength sessions 6/week (level specific).
- Conditioning sessions: 6/week (level specific).
- Weekly progress benchmark class.
- Flexibility / Mobility / Pilates classes 3/week.
- Yoga & stretching classes 4/week.
- AquaFit 3 per week.



For clients looking to expand their knowledge on fitness, exercise, nutrition, effective dieting, and meal planning.

Power Hours:
Small group training and nutrition seminars led by our in-house professional coaching team, including interactive Q&A sessions.

Weekly Seminars:

- Fitness and exercise sessions
- Nutritional talks

Special Sessions:

- Thai Cooking Class (1/week)
- Executive Chef Fresh Market Trip
- Fitness Tech & Progress Apps Overview
- Intro to Nutrition for Beginners

For clients who want to learn scientifically proven methods to track and optimize their progress towards achieving health, fitness, or fat loss goals.

Workshops include:

- Nutritional Planning Workshop
- Macro Calculator Workshop
- Diet Adjustment Workshop
- Meal Planning for Home
- Q&A Session: Exercise and Nutrition
- The Science of Exercise

FIRST DAY	WEEKLY PROGRAM FEATURES	LAST DAY OF THE PROGRAM
<p>ONBOARDING AND INITIAL ASSESSMENT</p> <ul style="list-style-type: none"> ● 08:00 am: Meet with Reception Staff for Program Onboarding ● Weigh-in on Fit3D Body Analysis Scale for body composition assessment. ● Set program goals in your personal digital progress dashboard. ● Receive macronutrient targets for daily diet. 	<p>ON YOUR PHUKETFIT PROGRAM:</p> <ul style="list-style-type: none"> ● Weekly 3D Body Analysis Comparisons: Monitor your progress with our advanced 3D scanner. ● Personalized Diet and Macro Plan: Set up and adjust your diet according to your specific goals, including the calculation of required macronutrients and Total Daily Energy Expenditure (TDEE). ● Long-term Diet Planning: Receive guidance on diet adjustments for long-term success and meal planning for when you return home. ● Effective Muscle Gain Training: Participate in training sessions designed to help you gain muscle effectively. ● Progress Monitoring: Track your weekly progress via your personal dashboard in our "PhuketFit Portal" app. ● Nutrition and Exercise Fundamentals: Learn the essentials through workshops and daily classes, covering topics like calorie and macronutrient control. ● Training Plan: Take home a training plan based on your goals. ● Optional "Before" Picture: Document your starting point with an optional "Before" picture based on the length of your program. ● Follow-up Assessments: Conduct body composition follow-up assessments on the Fit3D scale. 	<p>HOME PREPARATION</p> <p>Program Completion:</p> <ul style="list-style-type: none"> ● Final body composition assessment on the Fit3D scale. ● Guidance on Calorie and Macronutrient Control for Home: Clients can receive personalized guidance on managing calorie and macronutrient intake after the program. Please note that this service requires the use of an included program voucher). ● Customized Training and Exercise Plans for Continued Success: Clients can receive a personalized training and exercise plan to maintain their progress after the program. (Please note that this service requires the use of an included program voucher). ● Optional "Before & After" pictures.