



**FG GROUP**



**FG Group Solely Works In The Health & Fitness Sector. We Provide Diet & Exercise Plans As Well As Health And Fitness Diploma Courses. We Also Offer IT Services For Health & Fitness Professionals, And Ready-Made Meals For Fitness enthusiasts.**

Founder  
**Gautam Jani**  
Co-Founder  
**Foram Desai**



# HISTORY OF OUR START-UP



# OUR VISION

## FITNESS WITH GOMZI

Make India disease and obesity free



## FGIIT

Make students enough capable of surviving and achieve respect, monetary benefits equivalent to any field like doctor, lawyer & engineer

## FG MEALS

People of surat at least should not find any excuse for not to do a diet.



## FG DIGITAL

Our software should reach each and every gym in India and make their lives easy.

# SWOT ANALYSIS

## Strength

- Passionate team,
- Technical background,
- Government and national accreditation
- Emerging field

## Weakness

- Fewer choices in recruitment
- No reference point from a business perspective
- Small market size

## Opportunity

- IT industry
- Hiring industry
- meal services industry
- R&D invention

## Threat

To compete with heavily invested companies in a market where investors invested 5000-10000 color each year like HealthifyMe, Goqii, My fitness pal, Being fit, etc..

# SERVICES PROVIDED BY YOU



## FITNESS WITH GOMZI

- Diet & Exercise Plan
- Personal Training Plan



## FG IIT

- Offline Fitness Courses
- Online Fitness Courses
- Flexible Learning



## FG MEALS

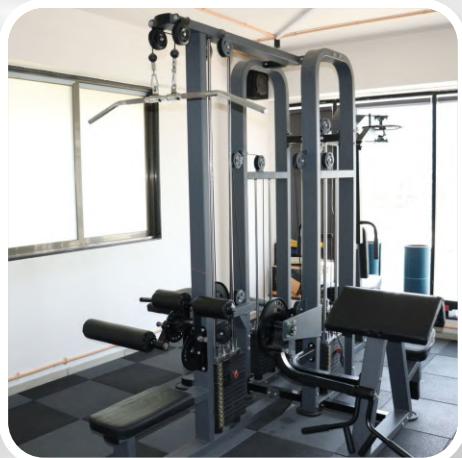
- Recipe Videos
- Supplement
- Medicine
- Meals



## FG DIGITAL

- Digital Freedom Program
- Professional Logo
- Website
- CRM Software

# SOME PICTURES



# GROWTH



## FINANCIAL POSITION

- Debt - Free
- Cash - Reserve Surplus

# THE FUTURE GOAL



Conquer the IT industry and  
Meal service industry.

**IT Service**  
**Business CRM Software B2B**

**Meal Service**  
**Healthy processed food via  
E-commerce website D2C**

# FITNESS WITH GOMZI

Get Fit While Being In Your Comfort Zone

## SERVICES PROVIDED BY YOU

### 1. Diet & Exercise Plan

Fitness made easy with healthy diet  
& effective exercises.

### 2. Personal Training Plan

Stay fit with our personal training sessions  
led by expert fitness coaches.



## **1. Diet & Exercise Plan**

Fitness made easy with healthy diet & effective exercises.

### **● Best Online Dietitian**

In Order To Achieve Optimal Health You Need To Get A Calorie Deficit Or Surplus Diet Which Is The Key To Achieving Your Weight Loss Or Muscle Building Goals.

You Might Have Come To Know That Dietitians In India Are Scarce With This Knowledge Of Diets And Workouts. We Are The Only Best Nutritionist And Personal Trainers In India That Also Gives You A Scientific Vegetarian And Non-Vegetarians Diet Plan Which Is Beneficial For Your Overall Health And Well-Being Also.

## **2. Personal Training Plan**

Stay fit with our personal training sessions led by expert fitness coaches.

### **● Are You Searching For A Personal Trainer For The Gym?**

Wellbeing Educated While Performing An Exercise Increase The Effectiveness Of Your Workout. For Eg: If You Are Performing Squats And Don't Know Which Muscle Will Be Targetted By That Then That Will Be Useless For You Therefore, A Fitness Trainer/Fitness Coach For The Gym Is The One Who Guides You On What To Do, How To Do It, And How Much To Do An Exercise So That Your Body Can Give You Optimum Results That Will Help You In Your Transformation. A Fitness Trainer/Fitness Coach Will Teach You The Right Posture To Lower The Risk Of Injury, Demonstrate The Exercise And Make Sure Your Routine Is Perfect And You Achieve Your Goal.

A Lot Of You May Be Searching For "Personal Trainer Near Me" Or "Gyms Near Me" Or We Can Say "Gyms In Surat" Fitness With Gomzi Is The One-Stop Solution For You. Offering You The Best Gym Services With The Professionalized Online Personal Trainer. We Offer Personal Fitness Trainer At Home And Fitness Trainer For Gym, We Are Considered As One Of The Most Elite Gyms In Surat.

# OUR RESULT



# OUR RESULT



# OUR REVIEW



★★★★★

Hiren Jogiya

Highly Recommended For All Fitness Freak, They Are Very Much Focused On Clients Result And Goal, Must Visit Once If You Really Want To Loose Weight & Muscle Building.



★★★★★

Archi Garg

I Joined Fitness With Gomzi 3 Months Ago And The Experience Was Great. I Lost 8 Kgs In 3 Months Which Is Absolutely Great And Also Improved My Height At The Age Of 16. Thank You Forum Mam And Gautam Sir For The Transformation.



★★★★★

Priti Jani

I Feel Very Lucky And Greatful To Find FGIIT Institute. I Am Doing Online Dietitian Course From FGIIT And All The Lectures Are Nicely Conducted And Explained By Dt Gautam Jani. Thank You So Much Gautam Sir And Forum Ma'am..



★★★★★

Vimal Patel

This is the best experience for me with the help of "fitness with Gomzi". I enjoyed my sessions with my dietitian forum ma'am and really appreciate the knowledge she has.



★★★★★

Mrs. Bhumi

Under the guidance of Fitness with Gomzi, I have been able to understand the effect of food on my body. With small but significant changes in the diet and lifestyle, I have been successfully able to manage and reverse certain health issues.



★★★★★

Kinjal Pastagiya

I had approached them a month ago with my weight loss issues with very little hope as I had tried various diets earlier and I was not able to be consistent with any plan for more than 1-1.5 month so there were no visible results. So Gautam sir.

Nurturing The Upcoming Health & Fitness Professionals

## SERVICES PROVIDED BY YOU

### 1. Offline Fitness Courses

Dive into the knowledge of fitness & nutrition at our institute.

### 3. Flexible Learning

Flexible learning for the ones who don't stay bounded.

### 2. Online Fitness Courses

Be an expert fitness professional from the comfort of your home.



## 1. Offline Fitness Courses

Dive into the knowledge of fitness & nutrition at our institute.

### ● Looking For The Best Fitness Course In India?

We Started These Nutrition Courses To Make The Fitness And Nutrition Industry-Main Streamline After The 10th. A Student Who Wants To Follow Their Passion And Earn Money Simultaneously Can Register For Our Certified Nutritionist Course India Because We Are The Best Fitness Certification In India. We Design Courses Impart Practical And Academic Knowledge Of Concepts Of Dietetics & Personal Training. Fgiit Believes That Both Health And Disease Originate From A Lack Of A Good Nutritional Diet And Exercise Which Makes Us The Prominent Nutritionist Course In India. Our Dietitian And Personal Training Course Are Recognized By The International Accreditation Certificate (Iao) For The Achievement Of The Highest Standards Of Organizational Management, Academic Management, And Institutional Performance Through A Commitment To Quality And Continuous Improvement That Is What Makes Us Unique And Well Known For Your The Best Fitness Trainer Course In India. You'll Get A Certificate Once You Have Completed The Course Which Is Valid In 192 Countries - Gym Trainer Course Online.

### ● Future Of Fitness Courses In India

1. Nutri Trainer Course
2. Diploma In Personal Training Course
3. Diploma In Nutrition Course
4. Anabolic Androgenic Steroids Masterclass
5. Injury Rehabilitation Masterclass
6. Group Instructor Masterclass
7. Certified Wellness Consultant

# ALUMNI



## ● Our Institute Accreditation



## ● FGIIT Sample Certificate



## 2. Online Fitness Courses

Be an expert fitness professional from the comfort of your home.

### ● Why Online?

We Are One Of The Best And Only Institute To Provide Online Fitness Courses Or Personal Training Certifications Online, That Enhance Your Knowledge About The Exercise And Diet That Should Be Followed By An Individual Who Is Looking For Their Transformation. Our Online Nutrition Courses & Fitness Trainer Course Online Can Contribute To Your Passive Income In The Field Of Fitness And Dietetics.

What Makes Us Unique About Our Courses Is We Offer Anabolic Steroids Course Online That Gives You A Brief About What Steroids Can Do, And Why One Should Use It, And Why Not. Why Bound Your Knowledge With Geographical Barriers When You Can Learn While Being In Your Comfort Zone.

### ● Future Of Fitness Courses In India

1. Diploma In Personal Training Course
2. Diploma In Nutrition Course
3. Anabolic Androgenic Steroids Masterclass
4. Injury Rehabilitation Masterclass
5. Group Instructor Masterclass
6. Certified Wellness Consultant

# ALUMNI



## ● Our Institute Accreditation



### **3. Flexible Learning**

Flexible learning for the ones who don't stay bounded.

#### **● Learn With Flexibility**

A Methodology Of Learning Wherever Students Square Measure Given Freedom In, However, What, When, And Wherever They Learn. Here Is One Of The Best Ways To Keep On Learning While Having A Job Or Work At The Same Time. Yes, We Made Learning Easy And Way More Flexible For You With The Best Online Fitness Courses In India. A Principle Of Following Informal Education, Involved With Hyperbolic Flexibility Within The Necessities, Time And Site Of Study, Teaching, Assessment, And Certification - Dietitian Course Online.

We Have Designed The Courses In A Way That Student Can Get The Overall Experience Of Recorded Session, E-Books And Teacher's Guidance. The Courses Also Have Practical Approach Towards Diet Making, Exercise Plan Making And Physical Assessment. At Last We Also Take 100 Marks Of MCQ's Base Exam To Check Students Worthiness.

#### **● Future Of Fitness Courses In India**

1. Diploma In Personal Training Course
2. Diploma In Nutrition Course
3. Anabolic Androgenic Steroids Masterclass
4. Injury Rehabilitation Masterclass
5. Group Instructor Masterclass
6. Certified Wellness Consultant

# ALUMNI



## ● Our Institute Accreditation



# OUR REVIEW



★★★★★

Sunny more

" Thank you FGIT. Learnt a lot and gain good knowledge in the area of anabolic . The videos of Gautam Sir in the Panel are too useful and easy to understand . For me it was worth doing courses with supporting team of FGIT. Thank u all the members of FGIT "



★★★★★

Maisuria Pragnesh

" One of the best institute in India. Love uploads Goutam sir for sharing lots of valuable knowledge. I will surely use it for betterment of people. Request every fitness enthusiast to join the institute."



★★★★★

Purbasha

" Great knowledge sharing & very simple way of teaching. Excellent knowledge about subject. Great Time to learn with Gautam Jani Sir. Thank you so much FGIT team for your valuable course. It has definitely improved our knowledge to the next level."



★★★★★

Dip Shah

" Best nutri trainer course and certified personal trainer course. teachings are best by Gautam sir. For am mam and Chirag sir all well theoretically and practically explained. I will never forgive FGIT institute because FIT has changed my life.....Thank you "



★★★★★

Priti Jani

"I Am So Much Happy That After 25 Years I Did Something New And Good. At This Moment I Appreciate FGIT For Provide Me Best Coaching Best Support And Best Friends Also Thanks Gautam. I Am Now Confident Enough For Doing Something Creative In My Future Life."



★★★★★

Moumita Bose

" If you are looking for motivation, flexibility, growth, knowledge then one must join FGIT. It was a great experience with all the team leaders. The theories and videos were extremely good. I want to thank Dr Gautam Jani sir for such awesome videos which helped me through my entire course. Last but not the least I wanna thank FGIT and all the team leaders."

Digital Boon For Fitness Professionals

## SERVICES PROVIDED BY YOU

### 1. Digital Freedom

Digital Marketing Course Online

### 3. Website Development

Website Development For Health  
And Fitness Industry

### 2. CRM Software

Gym Management Software



FG DIGITAL



# 1. Digital Freedom

## ● Digital Marketing Course Online

We Have Seen A Major Problem In The Health And Fitness Industry In 2019 During Covid Which Was A Lack Of Knowledge On Digital Marketing And Malpractices Of Digital Agencies With Gym Owners. Not Every Gym Owner Is A Builder Or High-Profile Person. Even 90% Of Gyms In India Are Run By Small Gym Owners And Trainers Who Can't Do Trial And Error Each Month And Spend 10,000 After Gym Marketing.

## ● Digital Courses Features

### 1. Recorded Sessions

**Lecture :** Your Convenient Time

**Course Fees :** 2999 + 18% GST

### 2. Online Sessions

**Lecture :** 06:00 To 08:00 Pm At Zoom Session

**Course Fees :** 15,300 + 18% GST

### 3. Offline Sessions

**Lecture :** 06:00 To 08:00 Pm At Our Academy

**Course Fees :** 35,100 + 18% GST

### Syllabus

#### Duration : 3 Months

- Social Media Marketing
- Content Creation
- Facebook Paid Ads
- Google Ads
- SEO
- Web Designing
- Web Development
- Video Editing
- Graphic Designing

## 2. CRM Software

### ● Gym Management Software

Customer Relationship Management System Is A System Which Health And Fitness Industry Actually Need These Days. Gym Management Software Can Solve Multiple Problems Of Yours In Daily Life You Have In Gym. Many Gyms In After 2018 Stopped And Closed Due To Lack Of Technology And Clients But If You Know Management With Customer Is The Major Problems. Clients Attract Towards And Look For New Gym Every Year And Leave Yours And That Happens Due To You Lack Relation On Daily Base With Your Clients.

### ● Our Products

#### Customer Management Program

- Client Attendance
- Registration And Renewals
- Daily Diet Updates
- Customized Diet Making
- PT Commission Management
- Trainers Profile
- Loyalty Points For Members
- Exercise Planning And Scheduling
- Clients Profile And Data Management
- SMS, Email, WhatsApp Channels
- Auto Reminders Management

#### App Screens

- Recipe Videos
- Exercise Videos
- Profile Management
- Full Body Analysis
- Online Payments Acceptance
- Supplement Commission Management
- Special Heart Rate Monitor Feature
- One To One Zoom Session For PT
- Chat With Coaches

## **3. Website Development**

- Website Development For Health And Fitness Industry**

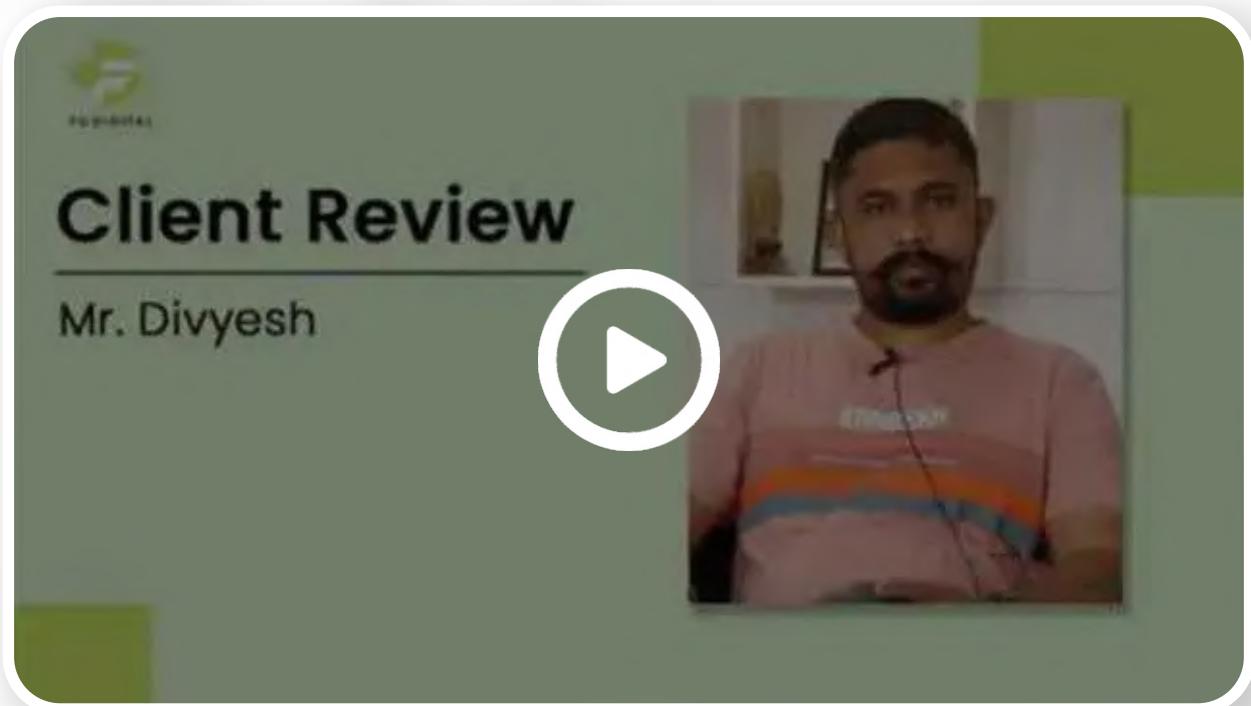
Website Development For The Health And Fitness Industry Need In-Depth Knowledge Of Users If You See There Are Very Less People Who Consist Knowledge Of The Industry As Well As Website Development So Finding The Right Content Doing Technical SEO On The Website And Developing A User-Friendly Website Is Very Difficult On Our Industry. But Our USP Is To Work Dedicatedly On The Health And Fitness Industry Only.

- Our Website Expertise**

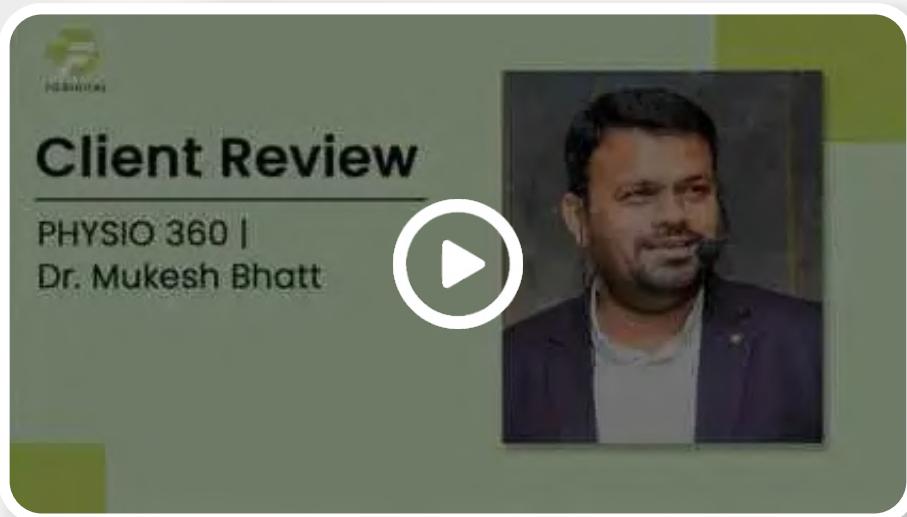
1. Doctor
2. Dietitian
3. Hospital
4. Personal Trainer
5. Freelancer Diet & Fitness Consultant
6. Health And Fitness Influencer
7. Health And Fitness Educator
8. Wellness consultant

# STUDENT TESTIMONIALS

It Is I Divyesh Patel Who Started The Journey Of Digital Marketing At The Time Of Covid-19 Because I Didn't Get Enough Clients Due To The Lockdown. I Was From The Non-Technical Field So Initially Capturing All This Information Was Very Difficult. Now I Got 3-4 Clients Each Week From Google Location, And 2-3 From Instagram And I Also Set An Online Appointment Segment So Anyone Can Book My Appointment As Per My Preferred Time And Place. I Recommend This Course To Each And Every Person Who Wants To Grow In His Career And Especially Belongs To The Health And Fitness Industry.



# TESTIMONIALS



Client Review

PHYSIO 360 |  
Dr. Mukesh Bhatt

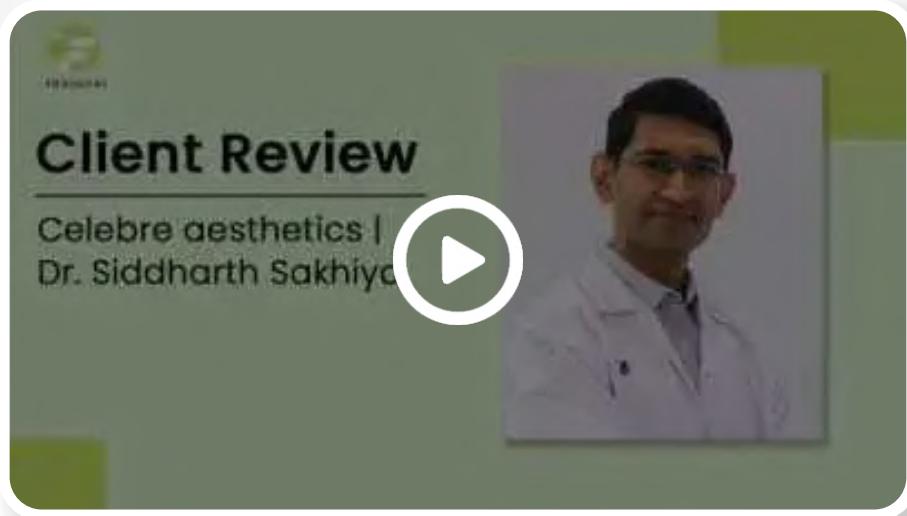




Client Review

GROWLITY, INC. |  
Mr. Nitin Dumasia





Client Review

Celebre aesthetics |  
Dr. Siddharth Sakhya



# FGMEALS

Choose Us For Your Healthy Living

## SERVICES PROVIDED BY YOU

### 1. Recipe Videos

Simple and easy to follow recipes for healthy and better lifestyle.

### 2. Supplement

Enhance your performance with varieties of supplements.

### 3. Medicine

List of multivitamins and multiminerals.

### 4. Meals

Ready-made meals designed by our expert nutritionist to make your life healthy.



## **1. Recipe Videos**

Simple and easy to follow recipes for healthy and better lifestyle.

### **● Recipe Of Getting FIT**

If You're Embarking On A Weight Loss Journey, An Easy Way To Fill Up And Get Added Nutrients Is To Whip Up Your Weight Loss Smoothies Or Shakes. Making Your Smoothies From Home Will Not Only Be A Flavor Improvement On Store-Bought Smoothies Or Shakes, It Will Also Provide A Major Nutrition Boost Without Any Weird Chemicals.

## **2. Supplement**

Enhance your performance with varieties of supplements.

### **● Nutritional & Bodybuilding supplement Destination**

Supplementation is intended to bridge the nutritional gap so that we maintain the proper balance of nutrients from food and supplementation. This will enhance the nutrient density of your diet and make sure you are obtaining the right amount of nutrients tailored to your dietary needs.

## **3. Medicine**

List of multivitamins and multiminerals.

### **● More Details About Medicines**

Multivitamins are a combination of different vitamins and minerals present in food sources. Consumption of multivitamins daily can help us to make up for nutritional gaps to boost our health naturally. Multivitamins are an instant way to fulfill our everyday demands of nutrition and to get our daily servings of all our vitamins and minerals.

## **4. Meals**

Ready-made meals designed by our expert nutritionist to make your life healthy.

### **● More Details About Healthy Food**

We All Love To Eat Healthy But Our Brain Always Says That Healthy Is Not Tasty Right? Well We Now Have A Solution For That Fg Meals Is A Website We Connect You To The Healthy And Tasty Food Supplier Which Make Your Meals Tasty. It Is Like A Big Online Grocery Store For You All Who Wants To Shop Everything From One Single Place. At Fg Meals We Are Providing Diet Food Like, Chavanprash, Green Tea, Crispy Vegetables, Protein Bar, Cookies, Keto Doe And So On. So Enjoy Your Diet And Health With Fg Meals.



**FG GROUP**



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**Thank You...**