



FROM FAT TO FIT RAPIDLY

RTP 1.0

RTP 2.0

RTP 3.0

RTP 4.0

RTP 5.0

Best Nutritionist And Personal Trainer For Weight Loss

Weight Loss Is Not An Easy Task. It Requires Determination, Patience, And Proper Guidance. Usually, People Reduce Their Diet And Increase Their Exercise To Reduce Their Weight By Taking Suggestions From Friends, YouTube Videos, And Reading Magazines. But Sometimes, It Becomes Dangerous In The Form Of Hormonal Imbalances, Toxicity Issues, Fatigue, Or Imbalance In Their Monthly Cycle. Hence, It Is Essential To Take Proper Guidance From The Best Nutritionist For Weight Loss And Take The Best Diet For Fat Loss And Muscle Gain.



Client Across The World Reviews



Kajal



From : Hongkong

Very effectively follow ups for diet and constant watch, appreciate the way being handled from their team. Reduced weight significantly.



Kinal Goti



From : Australia

After following the diet plan provide by Fitness with Gomzi, I found improvement in my health. I feel more energetic. Thank you Fitness with Gomzi for this. Thank you.



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.



Naitika Patel



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 Foram ma'am.

Global Journey Of Transformation



What Is Stopping You To Get Your Dream Physique ?

Your Tight Schedule And Busy Lifestyle Are The Most Common Excuses That We Get To Hear For Not Being Able To Achieve Your Dream Physique. So We Are Here To Help You Out With All Your Problems Like



1. Busy Lifestyle



2. Medical Condition



3. Tight schedule



4. House Work Chores

And What Not That You Have In Mind. But Tell Me Something, If You Will Be Rewarded For Every Single Step That You Take Toward Your Well-Being ? How Does This Sound To You? We Are Here With A Series Of 90-Day Rapid Transformation Programs, Where Our Expert Coaches Will Guide You On Their Expertise Topics, And Of Course, The Top 3 Runners Up Can Bag Up To Prizes Worth ₹2,00,000. That Will Transform You In Your Best Physique Ever As Well. Enroll Today.

Schedule

Days	Time	Mentor	Topic
Monday	7:00 am to 8 :00 am 4:00 pm to 5:00 pm	Mr. Satish	Strength workout
Tuesday	7:00 am to 8 :00 am 4:00 pm to 5:00 pm	Mr. Satish	Cardio & Abs
Wednesday	7:00 am to 8 :00 am 4:00 pm to 5:00 pm	Yoga Mentor	Yoga
Thursday	7:00 am to 8 :00 am 4:00 pm to 5:00 pm	Mr. Satish	Zumba, Tabat / Functional Workout
Friday	7:00 am to 8 :00 am 4:00 pm to 5:00 pm	Mr.Satish Mr.Kaushik	Body weight
Saturday	7:00 am to 8 :00 am 4:00 pm to 5:00 pm	Mr.Satish Mr.Kaushik	Cross Fit / Agility Drill

Meet Our Coaches

"Once you are exercising regularly, the hardest thing is to stop it."



Gautam Jani
Dietitian



Foram Desai
Dietitian



Dr. Asha Jiyani
Physiotherapist



Kaushik
Trainer



Satish
Trainer



Archana Solanki
Zumba

Prize's Of Biggest Looser

At FGIIT We Believe In Savoring All Those Small Victories That One Achieves

And We Tend To Deliver You The Best Of Our Standards Too. Taking Your Health

On An Important Note We Are Here With A Prize Pool Worth ₹2,00,000.



I-pad

Detail : Worth ₹1,05,000



Sport Bicycle

Detail : Worth ₹65,000



Discount Coupon

Detail : Complimentary
Discount Coupon

Achievements



8000+

Transformation



4000+

weight loss



2000+

Clinical



1000+

prep coaching



1000+

Weight gain

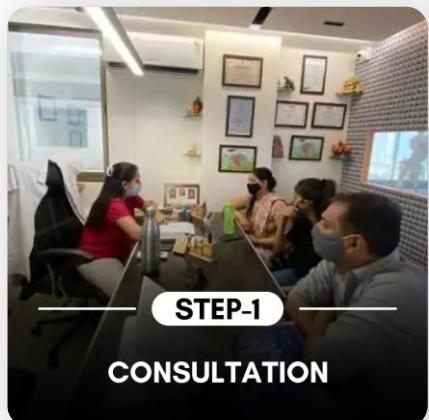


50+

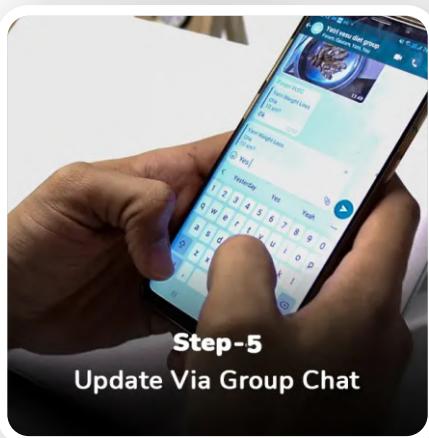
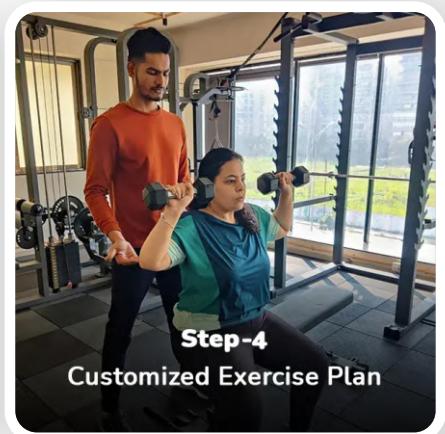
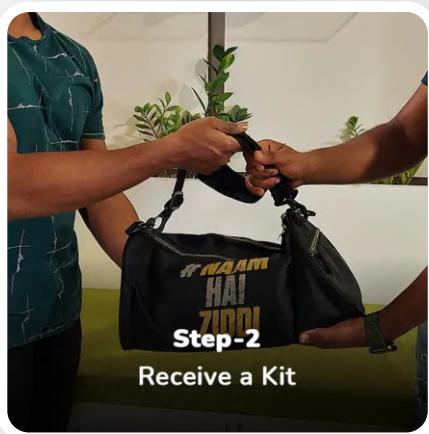
corporate events

Program Features RTP 1.0

Transformation Program - 90 Days



- PT Session
- Exercise KIT
- Diet & Exercise Updates
- Awareness Program
- FAQ Solve



Best Online Personal Trainer For Weight Loss

Personal Online Training Assists You In Understanding The Control Of The Basic Portion Of Your Daily Diet. It Reduces Your Life's Stresses. At Home, It Gives The Conform ability To Speak Everything In Detail Which One Cannot Speak Offline At The Gym In Front Of Others. The Demerits Of Offline Training Are Easily Overcome By Online Training. The One-On-One Sessions Via Video Calls Give Personal Attention To The Client. It Is Both Employee And Client-Focused.



Problems Of Offline Gym Membership



Laziness



Comfort of your home



Procrastination



No miss out sessions



Distance



Frequent batches



Timings



Multiple Option in diets

RTP 2.0

Schedule

Days	Time	Mentor	Topic
Monday	8:00 am to 9:00 am 6:00 pm to 7:00 pm	Mr. Avinash	Strength Workout (Back & Arms)
Tuesday	8:00 am to 9:00 am 6:00 pm to 7:00 pm	Mr. Avinash	Cardio & Floor Workout
Wednesday	8:00 am to 9:00 am 6:00 pm to 7:00 pm	Mr. Avinash	Chest, Delt & Core Workout
Thursday	8:00 am to 9:00 am 6:00 pm to 7:00 pm	Mr. Avinash	Yoga workout
Friday	8:00 am to 9:00 am 6:00 pm to 7:00 pm	Mr. Avinash	Legs workout
Saturday	8:00 am to 9:00 am 6:00 pm to 7:00 pm	Mr. Avinash	HIIT workout

Meet Our Coaches

"Once you are exercising regularly, the hardest thing is to stop it."



Gautam Jani
Dietitian



Foram Desai
Dietitian



Dr. Asha Jiyani
Physiotherapist



Kaushik
Trainer



Satish
Trainer



Archana Solanki
Zumba

Achievements



8000+
Transformation



4000+
weight loss



2000+
Clinical



1000+
prep coaching



1000+
Weight gain

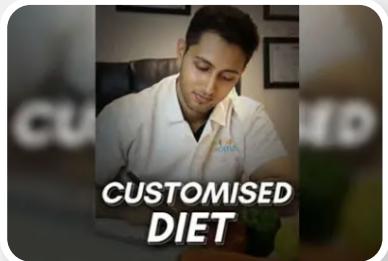


50+
corporate events

Achievements



Program Features



Customized diet



Yoga



Body analysis



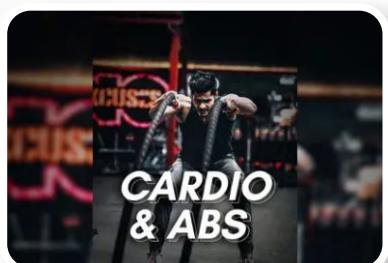
Tabata and
functional Workout



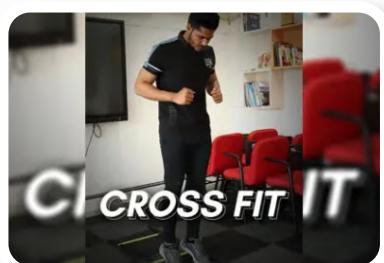
Strength workout



Body weight



Cardio and ABS



Cross fit

Valuable Reviews Of Our Clients



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.



Naitika Patel



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 Foram ma'am.



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 Foram Mam And Gautam Sir For The Transformation.

Get Your Online Gym Membership Today

Health And Wellness Maintainer - **365 Days**



- PT Session
- Exercise KIT
- Diet & Exercise Updates
- Awareness Program
- FAQ Solve
- Annual PT Every Day
- Cost Of 98 INR A Day
- Diet Recipes And 7 Options In Each Meal



What Is RTP 3.0?

Are You Thinking About Being More Active? Have You Been Trying To Cut Back On Less Healthy Foods? Do You Wish Or You Are Willing To Start Eating Better And Move More But Suffering From A Hard Time Sticking With These Changes? Old Habits Take Time To Change And Are Hard To Die. The Process Of Changing Habits Consists Of A Process That Is Loaded With Several Stages.

Think About How The Benefits Of Healthy Eating Or Regular Physical Activity Might Relate To Your Overall Health. For Example, Suppose Your Blood Glucose, Also Called Blood Sugar, Is A Bit High And You Have A Parent, Brother, Or Sister Who Has Type 2 Diabetes. This Means You Also May Develop Type 2 Diabetes. You May Find That It Is Easier To Be Physically Active And Eat Healthy Knowing That It May Help Control Blood Glucose And Protect You From A Serious Disease.



Know More About Clinical Diets

Periodically It Takes A Bit Of Time Before Changes Are Replaced With New Habits. And, You Might Also Face A Lot Of Hindrances On The Way To Changing Yourself. Leaping From Thinking Concerning Changes To Taking Action Can Be A Challenge And May Be Time-Consuming As Well.

Questioning Yourself About The Pros (Benefits) And Cons (Things That Get In The Way) Of Changing Your Habits Can Also Turn Out To Be The Most Helpful Thing.

How Some Changes Can Make Your Life Better Than Before? Make Your Thought Process On The Conclusion Of The Benefits Of Healthy Eating Or Doing Regular Physical Activity That Might Coincide With Your Overall Health. For Example, Suppose Your Blood Glucose, Also Called Blood Sugar, Is A Bit High And You Have A Parent, Brother, Or Sister Who Has Type 2 Diabetes. This Means You Also May Develop Type 2 Diabetes. You May Find That It Is Easier To Be Physically Active And Eat Healthy Knowing That It May Help Control Blood Glucose And Protect You From A Serious Disease.

RTP 3.0 Is Here To Educate You About The Best Outcomes One Can Follow.

Scientific Result Of Our Client (By Clinical Reports)

THYROID REPORT AFTER				
 Parweenima Path Lab Home visit call : Ph. 0261-2741306 (M) 7395601306		Dr. Nima Shah M.D. (Patho) Reg. No. G-16991		
Name Ref By	BHAVNABEN JAIN DINDAS S. MEHTA B.A.M.S.	Date : Date : Report Id :	25/11/21 20/12/2021 3	
BLOOD GLUCOSE ANALYSIS				
FASTING	BLOOD GLUCOSE	RESULT	UNIT	REFERENCE INTERVAL
	Blood Glucose	: 98.0	mg/dL	70 - 110 mg/dL
	Urine Glucose	: NIL		
	Urine Ketone	: NIL		
POST PRANDIAL (PPG)				
	BLOOD GLUCOSE	: 114.0	mg/dL	80 - 140 mg/dL
	Urine Glucose	: NIL		
	Urine Glucos	: NIL		
	Urine Acetone	: NIL		
(Done by Auto Analyzer ERBA CHEM 5 PLUS V2)				
THYROID FUNCTION TEST				
Thyroid ST, Hormone - TSH (mU/L)	0	2.34	μU/mL	0.35 - 5.5 U IU/mL
PREGNANCY 9.2.3.β-hCG (mIU/L)	0	2.27	pg/mL	2.3 - 4.2 pg/mL
Free Thyroxine - fT4 (ng/dL)	0	0.89	ng/dL	0.89 - 1.49 ng/dL
METHOD : RIA - Enzyme Linked Fluorescence Assay				
NORMAL VALUES				
Age	T3	T4	T.S.H.	
85 - 12 Yrs	1.05 - 2.80 nmol/L	7.3 - 16.5 μg/dL	0.47 - 5.81 mU/I	
85 - 95 Yrs	1.05 - 2.80 nmol/L	7.3 - 15.0 μg/dL	0.49 - 40.8 mU/I	
			0.49 - 15.0 μU/I	
			0.49 - 15.0 μU/I	
			0.49 - 15.0 μU/I	
85 - 120 Yrs	0.94 - 2.51 nmol/L	5.98 - 13.1 μg/dL	0.47 - 11.0 μU/I	
13 - 17 Yrs	0.94 - 2.51 nmol/L	5.98 - 13.1 μg/dL	0.47 - 11.0 μU/I	
18 - 25 Yrs	0.89 - 2.08 nmol/L	4.28 - 11.4 μg/dL	0.49 - 11.8 μU/I	
> 25 Yrs	0.54 - 1.85 nmol/L	4.28 - 11.4 μg/dL	0.49 - 11.8 μU/I	

THYROID REPORT BEFORE					
ns Visit call : M/H: U05/Z-13135 (M) /32099999			Age/Sex : 25 Yrs./F Date : 02/11/2021 Report ID : 2		
Name : BHAVANA JAIN	Ref By : DR. JINDAL S. MEHTA	S.A.M.S.			
<u>BLOOD GLUCOSE ANALYSIS</u>					
TEST	RESULT	UNIT	REFERENCE INTERVAL		
FASTING					
Blood Glucose	v : 112.0	mg/dL	70 - 110 mg/dL		
POST-PRAANAL (PPG)					
Blood Glucose	v : 120.0	mg/dL	80 - 140 mg/dL		
Urine Glucose	v : NIL				
Urine Acetone	v : NIL				
(Done By Auto Analyser IBA CHEM PLUS V2)					
<u>THYROID FUNCTION TEST</u>					
Total Thyroxine- T4	v : 0.90	ng/dL	0.58 - 1.49 ng/mL		
Total Thyroxine- T4	v : 4.70	ug/dL	4.66-9.38 ug/dL		
Thyroid Bt Hormone- TSH (mIU)	v : 0.02	µU/mL	0.35 - 5.5 u IU/mL		
PREGNANCY-β-hCG (mIU/L)					
METHOD : ELISA - Enzyme Linked Fluorescence Assay					
NORMAL VALUES					
Age	T3	T4	T.S.H.		
01 - 12 Month	0.85 - 2.88 ng/ml	7.8 - 16.5 µg/dL	0.47 - 5.01 µU/mL		
01 - 05 Yrs	1.05 - 2.69 ng/ml	7.3 - 15.8 µg/dL	2.06 - 40.0 µU/mL		
60 - 10 Yrs	0.94 - 2.42 ng/ml	6.04 - 13.3 µg/dL	0.40 - 25.0 µU/mL		
10 - 25 Yrs	0.88 - 2.30 ng/ml	5.80 - 12.8 µg/dL	0.40 - 18.0 µU/mL		
15 - 20 Yrs	0.80 - 2.00 ng/ml	4.20 - 11.6 µg/dL	0.40 - 18.0 µU/mL		
> 20 Yrs	0.51 - 1.05 ng/ml	3.50 - 12.0 µg/dL	0.40 - 18.0 µU/mL		
(Done By Auto Analyser IBA CHEM PLUS V2)					

SGOT AND SGPT REPORT AFTER					
Source	DOB/TAXID/ST	Name	VALBUY UDAT FAUTURE		
Age / Sex	41 Y / MALE	Address	JL CINAMA 3 NO 45 LIPPO CIKARANG		
DOB	27-10-1980				
Order Date	21-06-2022 19:58:00	FID	90110690		
Specimen Date	21-06-2022 20:15:00	Lab No.	22087836		
Print Date	24-06-2022 21:14:08	Reg No.			
Patient ID	178	Clinician	ATIAS PEMERIKSAAN SENDIRI		
ID KTP/Passport	1233170920176000				ROUTINE
Info Klinik					
T E S T	RESULT	UNIT	REF. RANGE		
HEMATOLOGY					
Complete Blood Count					
RBC	13.2	g/dL	13.0 - 18.0		
Leucocyte Count	8.8	10 ³ /µl	6.0 - 12.0		
Erythrocyte Count	4.58	10 ¹² /µL	4.60 - 6.20		
Hematocrit	39.1	%	40.0 - 54.0		
Hb	85.4	g/L	80.0 - 94.0		
MCV	28.6	fL	28.0 - 31.0		
MCHC	33.8	g/L	32.0 - 35.0		
Platelet Count	242	10 ³ /µL	150 - 400		
COAGULATION					
D-Dimer	<0.10			0.0 - 50	
CHEMISTRY					
Alkaline Phosphatase	72	U/L	35 - 136		
SGOT	16	U/L	0 - 35		
SGPT	17	U/L	0 - 45		
Gamma GT	28	U/L	1 - 84		
Triglycerides	9.258	mg/dL	50 - 150		
Total Cholesterol	195	mg/dL	100 - 200		
Direct LDL	L 37	mg/dL	> 40		
LDL Direk	H 131	mg/dL	0 - 130		

FULL BODY REPORT BEFORE

Medical Laboratory Report

<p>Mrs. USHAWINI M DESAI 28-ANAND NAGAR SOCIETY,MORABHAGAL, VADODARA - 390007 Tel No : 9669494650 PIN No : 390007 PD No : P1321201000897 Age : 68 Years, Sex: Female</p>	<p>Reference: Dr. UDAY PATEL M.D. Sample Collected At: Home visit - usual Specimen ID: 0000000</p>
Medical Laboratory Report	
Registed On: 07/03/2022 11:13 AM Comm Date: 07/03/2022 7:35AM Reported On: 07/03/2022 02:49 PM	

Glycose fasting

Date	Value (mg/dL)
11-Aug-21	168
22-Sep-21	173
07-Mar-22	230

Creatinine

Date	Value (mg/dL)
15-Jul-21	1.70
11-Aug-21	0.98
22-Sep-21	0.89
07-Mar-22	0.86

Uric Acid

Date	Value (mg/dL)
11-Aug-21	7.1
22-Sep-21	7.1
07-Mar-22	6.0

Vitamin B12 level

Date	Value (pg/mL)
11-Aug-21	726
22-Sep-21	726
07-Mar-22	399

FULL BODY REPORT AFTER

MEDICAL LABORATORY REPORT
Ref ID: 22080800000000000100

Mrs. USHABHINI DESEI
29-ANAND NAGAR SOCIETY,MORABHAGAL,
Taluka: Dabhoi
PIN NO: 395009
PID NO.: P1322100518897
Age: 69 (Year) Sex: Female

Reference No: UDAY PATEL, M.D
Sample Collected At: Home Visit - Surat
Date: 09/07/2022
Time: 050000

Registered On: 09/07/2022 10:02 AM
Entered On: 09/07/2022 8:25AM
Reported On: 09/07/2022 01:37 PM

Result Trend (For selected tests used for followup)

Date	Glucose fasting (mg/dL)
11-Aug-21	165
23-Sep-21	173
07-Mar-22	231
09-Jul-22	137

Vitamin B12 level

Date	Vitamin B12 level (pg/mL)
11-Aug-21	728
07-Mar-22	569
09-Jul-22	387

Erik Acid

Date	Erik Acid (mg/dL)
11-Aug-21	6.8
23-Sep-21	7.1
07-Mar-22	4.0
09-Jul-22	5.5

Creatinine

Date	Creatinine (mg/dL)
11-Aug-21	0.75
23-Sep-21	0.70
07-Mar-22	0.69
09-Jul-22	0.57

FULL BODY REPORT AFTER					
Source	COT/PATIENT	Name	VADIMUS USAT KASTURE		
Age / Sex	40 / Male	Address	JL CEDARA 3 NO 45 LIPPO CIKARANG		
Date	21-06-2022 19:58:00	FID	90110290		
Specimen Date	21-06-2022 20:15:00	Lab No.	22087836		
Print Date	24-06-2022 21:18	Reg No.			
Pages	1/3	Clinician	ATAS PERMINTAAN SENDIRI		
ITB# / Report#	1223170902176000				Routine
TESTS					
	RESULT	UNIT	REF. RANGE		
COMPLETE BLOOD COUNT					
Hemoglobin	13.2	g/dL	13.0 - 14.5		
Leucocyte Count	8.3	10 ³ /μL	4.0 - 10.0		
Erythrocyte Count	4.458	10 ¹² /μL	4.40 - 6.20		
Platelet Count	1,39,1	×	40,0 - 54,0		
MCV	85,4	fL	80,0 - 96,0		
MCH	28,6	pg	27,0 - 31,0		
MCHC	33,8	g/dL	32,0 - 34,0		
	242	10 ³ /μL	150 - 400		
COAGULATION					
D-Dimer	<0,10		<0,50		
CHEMISTRY					
Alkaline Phosphatase	72	U/L	35 - 136		
BGGT	16	U/L	0 - 35		
SGPT	17	U/L	0 - 45		
Gamma GT	28	U/L	1 - 84		
Tryptolipase	8,558	mg/dL	50 - 150		
Total Cholesterol	195	mg/dL	100 - 200		
Direct LDL	L 37	mg/dL	> 40		
LDL Direct	N 131	mg/dL	0 - 130		

Reviews Of Our Clients



Jitendra Dua

I find FitnessWithGomzi's video on youtube then i join and i loss around 15kg.



Daksha

It is really very helpful for us. I enjoyed and feel energetic after this 1 month. Thank you



Shree Acharya

I am very foody person its hard for me to follow diet. but thanks to forum ma'am and Gautam sir.

Schedule

Days	Time	Mentor	Topic
Monday	10:00 am to 11 :00 am 5:00 pm to 6:00 pm	Dt. Guatam Jani Dr. Asha Jiyani	Strength
Wednesday	10:00 am to 11 :00 am 5:00 pm to 6:00 pm	Dt. Guatam Jani Dr. Asha Jiyani	Core and Cardio
Friday	10:00 am to 11 :00 am 5:00 pm to 6:00 pm	Dt. Guatam Jani Dr. Asha Jiyani	Stretching flexing

Meet Our Coaches

"Once you are exercising regularly, the hardest thing is to stop it."



Gautam Jani
Dietitian



Foram Desai
Dietitian



Dr. Asha Jiyani
Physiotherapist



Kaushik
Trainer



Satish
Trainer



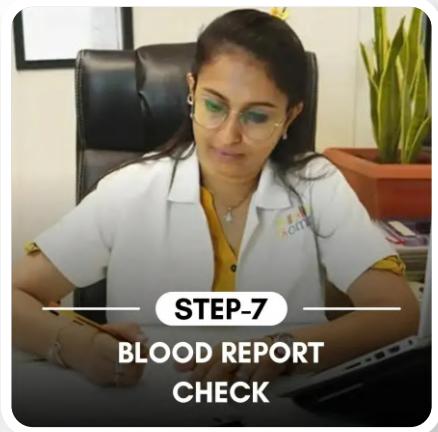
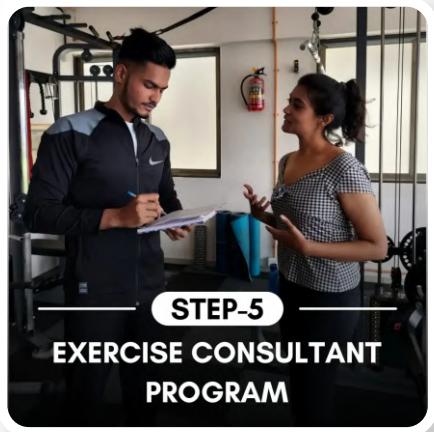
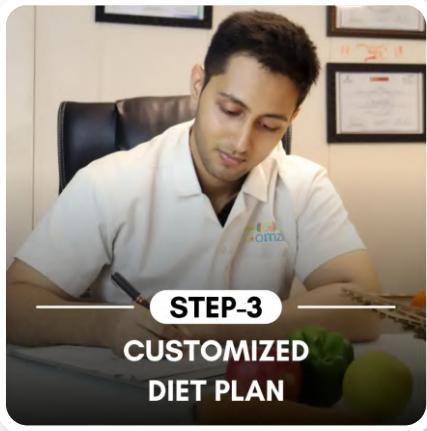
Archana Solanki
Zumba

Program Features RTP 3.0

Clinical Diets And Exercise - 90 Days



- PT Session
- Diet & Exercise Updates
- Exercise Consultant Program
- Monthly Measurement
- Free Full Body Checkup
- FAQ Solve



India's Best Corporate Employees Health And Wellness Program

Covid -19 Pandemic Has Broken The Healthcare Ecosystem Of The World. It Has Challenged The Health And Fitness Industry. Leaving Behind The Drawbacks Of The Pandemic, The Health Industry Has Come Up With Numerous Solutions And Has Left No Stone Unturned In Bringing Back The World On The Healthy Track. Fitness With Gomzi Has Brought Health And Wellness Programs For The Employees Of Your Organization. Its Well-Designed Corporate Wellness Programs Is To Address Employee Well-Being Concerns, Re-Energize, Create Healthy And Productive Teams In The World Of Competition And Help The Employees To Combat Competitive Pressure.



Fitness With Gomzi Offers Products For Business In Wellness That Improve The Health Of Employees And Create A Healthier Society. They Focus Mainly On The Four Dimensions Of Wellness- Spiritual Wellness, Emotional Wellness, Physical Wellness, And Social Wellness.

The Corporate Fitness Programs At FWG Include Activities Such As Exercise, Customized Diet, Stress Management, And Wellness Assessments. These Programs Are Well Designed To Help The Employees Stay Fit And Healthy And Drive The Employees From Illness To Wellness.

An Employee Wellness Program Is An Approach Taken By Employers To Achieve A Healthy Work Environment By Incorporating Various Health Activities. They Promote Their Employees' Well-Being Within The Daily Work Schedule. They Supervise The Health Culture Of The Employees By Taking A Holistic Approach Towards Them And Overcoming Their Health-Related Problems.

Who Can Utilize It?

NGO



NGOs Often Lack Employee Wellness Programs. They Do Not Recognize Wellness Programs As An Important Component Of Their Organization And Make Cost An Issue. However, Some Effective Leaders Understand The Need Of The Hour And Motivate Their Employees To Grab The Benefits Of These Wellness Programs. NGOs And Other Non-Profit Organizations Must Take Wellness Programs For The Benefit Of Their Members Because It Is A Social Service That Needs Healthy People To Fulfill The Mission And Vision Of The Organization. The NGO Staff Must Be More Fit And Healthy Than Other Employees. Corporate Wellness Programs Offered By Gomzi Assist In Achieving The Health Outcomes Of The Employees By Providing Excellent Diet Plans And Exercises.

Multinational company



Good Health Is The Primary Goal Of A Nation's Development. The Government Encourages Different Health Plans To Keep Its Employees Healthy. Workplace Wellness Programs Are Designed To Promote Health And Prevent Diseases. Fitness With Gomzi Provides A Flexible Program With Its Nutrition Plans And Exercises To Enhance Health Awareness In The Country.

Hospitals



While Taking Care Of Others, Hospital Employees Sometimes Ignore Their Own Health. They Work With Very Ill Patients, Come In Contact With Different Diseases And Work Pressure Makes Them Stressed. Hence They Require Wellness Programs At Regular Intervals. Gomzi Offers Offline And Online Wellness Classes That Regularly Nurses Hospital Employees To Keep Them In The Pink Of Health.

Who Can Utilize It?



Factories

Factories Face The Problem Of Having Workers At Their Company 24/7/365. It Would Be A Sigh Of Relief For The Workers And The Employees If They Agree To Enroll Themselves In The Business In Wellness Programs. Most Often The Floor Staff In Manufacturing Companies Does Not Understand The Benefits Of Such Programs. Such Employees Must Be Explained The Benefits Of Healthy Living And High Thinking Which Is The Aim Of Wellness Programs. Fitness With Gomzi Staff Keeps A Regular Check On Each And Every Client And Provides The Best Services Through Their Wellness Programs.



Government department

Good Health Is The Primary Goal Of A Nation's Development. The Government Encourages Different Health Plans To Keep Its Employees Healthy. Workplace Wellness Programs Are Designed To Promote Health And Prevent Diseases. Fitness With Gomzi Provides A Flexible Program With Its Nutrition Plans And Exercises To Enhance Health Awareness In The Country.



Childhood Obesity

Come Out And Learn More About The Health Risks Of Childhood Obesity, Proper Nutrition, Designing Healthy Meals For Children...

How It Works ?

Step-1

Body Composition Analysis

An Integrated Health And Wellness Program Effectively Applies Body Composition Analysis. It Gives A Clear Idea About The Health And Fitness Level Of All The Team Members. It Gives A Clear Report Of The Number Of Problems And Their Solutions At The End Of The Year.

- Muscle -Fat Analysis
- Blood Sugar
- Obesity Analysis
- Segmental Fat/Muscles Analysis

- Medical Condition
- RHR
- MHR



Step-2

Exercise Session

The One Hour Session Will Be Customized Company. Our Fitness And Wellness Activities Promote Strong Muscles And Bones Through Regular Exercise And Physical Activity. It Improves Overall Health, Keeps You Active And Reduces The Risk Of Many Diseases.

- Yoga
- Body Weight Training
- Tabata Workout

- Floor Workout
- Stretching Workout
- Functional Workout



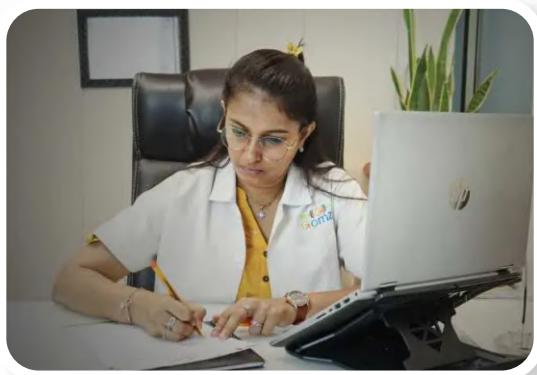
Step-3

Customized Diet Plan

Dieting Doesn't Mean To Starve. It Is About Eating The Measured Amount Of Nutrients Through Wholesome Food On A Daily Basis Which Can Improve Your Team Productivity And Health. This Health And Wellness Diet Enhances The Protein And Energy Level, And Improves The Quality Of Life.

- 3 Different Diet Plan
- 3 Different Exercise
- Every 30 Days Consultations

- 3 Consultations
- 1 Health Coach
- Update WhatsApp Group

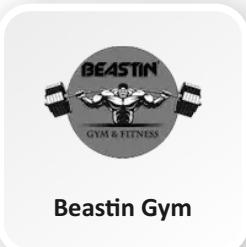
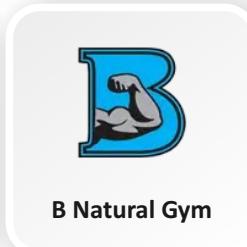


RTP 4.0

Schedule

Days	Time	Mentor	Topic
Monday	6:00 am to 7:00 am 7:00 pm to 8:00 pm	Dr. Asha Jiyani	Posture Correction
Tuesday	6:00 am to 7:00 am 7:00 pm to 8:00 pm	Mr. Avinash	Strength
Wednesday	6:00 am to 7:00 am 7:00 pm to 8:00 pm	By Self	Active Rest
Thursday	6:00 am to 7:00 am 7:00 pm to 8:00 pm	Dt. Foram Madam	Yoga
Friday	6:00 am to 7:00 am 7:00 pm to 8:00 pm	Dt. Foram Madam Dt. Satish	Core Workout

Partner Brands

 Stallone Gym	 Mahavir Hospital	 FitnessWithGomzi	 JS Fitness	 Sportina Gym
 Shapers Gym	 Beastin Gym	 Titan Fitness	 B Natural Gym	 Muscle And Mind
 AV Fitness	 FG Digital	 Sahyog Clinic	 W8 Fitness	 Green Leaf Hospital

what is pro physique?

Prep Coaching For Bodybuilding Means Preparing Yourself To Compete Against Other Bodybuilders. Having A Coach For A Better Athlete Is The Need Of The Hour. Bodybuilding Needs A Great Amount Of Effort And Time To Achieve The Desired Results. Some Bodybuilders Use YouTube Channels Or Take Suggestions From Different Non Professional Sources To Save Their Money And Time. But This Can Cause Health Hazards. One Must Keep In Mind That In This Competition A Panel Of Judges Are Present To Rank The Bodybuilders Based On Their Symmetry, Muscularity, Size, Conditioning , Posing And Stage Presentation. To Gain All These And Stand Confidently On The Stage, You Require Professional Coaching.



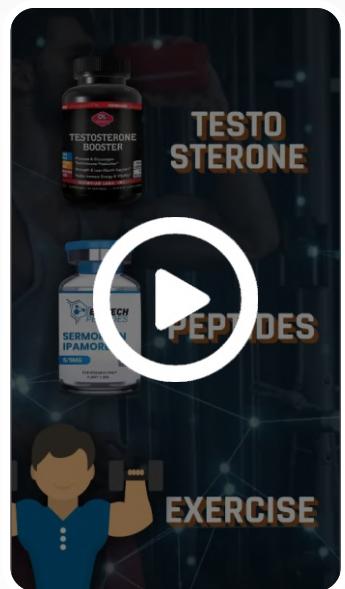
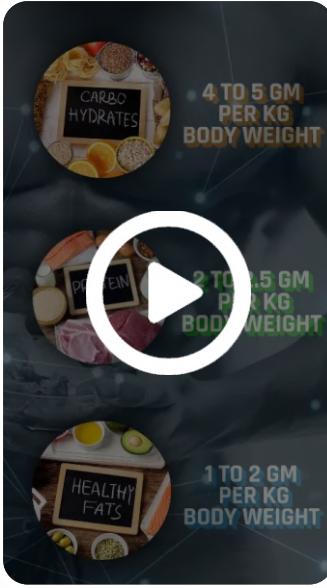
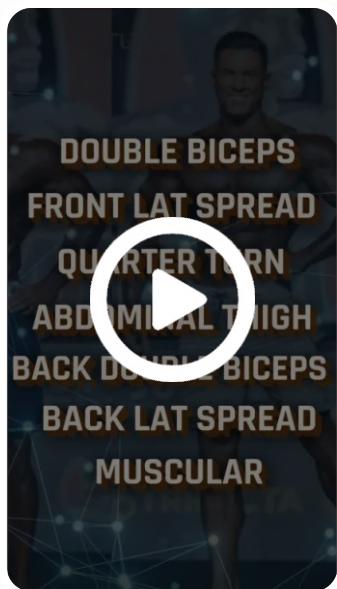
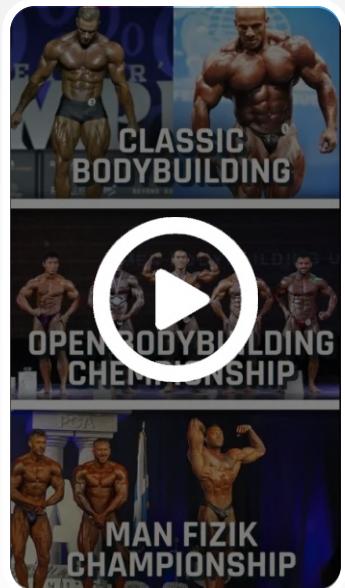
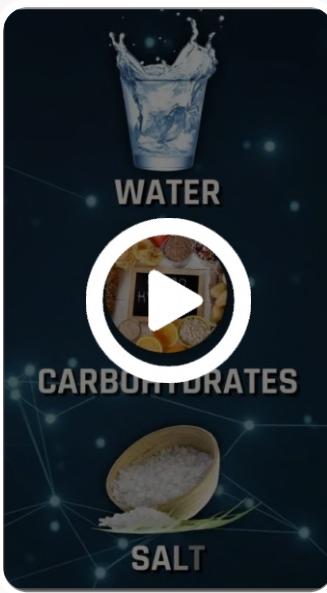
The logo features a large, bold, dark blue "5.0" at the top. Below it, the words "RAPID TRANSFORMATION PROGRAM" are written in a bold, dark blue sans-serif font. A white play button icon is positioned between "5.0" and the program name. In the top right corner, there are three vertical dark blue lines. In the bottom right corner, there is a small vertical text "RTP 5.0 PROGRAM". The background is yellow with a black border around the text area.

Results Delivered At Their Best



How We Help Peoples?

Body Building Helps And Tips



Valuable Reviews Of Our Clients

**MILAN SALI**

I Came Across This Nutrition Class Which Is Fitness With Gomzi...I Have Done Nutritionist Course Here ..The Teachers Are Very Good...They Are So Kind And Helpful By Nature..I Got To Learn A Lot Of New Things And Gained So Much Knowledge...

**JAYNEEL**

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 Foram Mam And Gautam Sir For The Transformation.

**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.

CLIENT VOICE
WEIGHT LOSS
DIET PLAN
EXERCISE AT HOME

GOMZI

40 साल की उम्र में
MUSCLE BUILDING
कैसे करे ?

GOMZI

Achievements



8000+
Transformation



1000+
Weight Loss



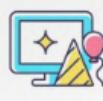
1000+
Clinical



4000+
Prep Coaching



2000+
Weight gain



50+
Corporate Events

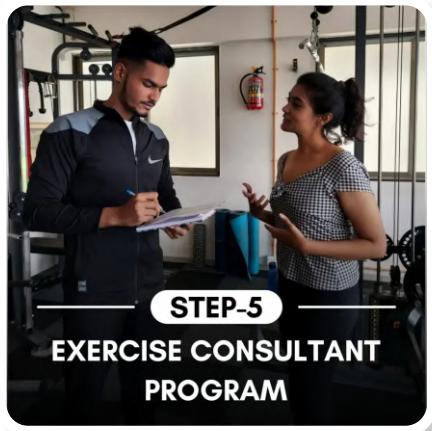


Program Features - RTP 5.0

Preparation Coaching - 90 Days



- Diet & Exercise Updates
- Exercise Consultant Program
- Monthly Measurement
- Posing Practice
- FAQ Solve





CLICK HERE

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Thank You...