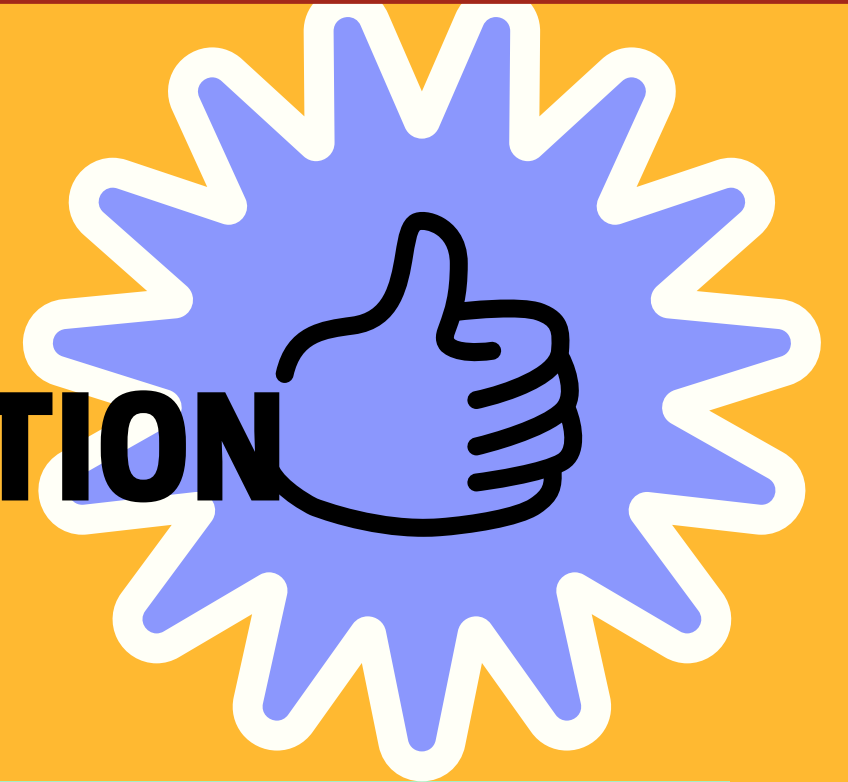


FIT

YOUR HEALTHY SOLUTION

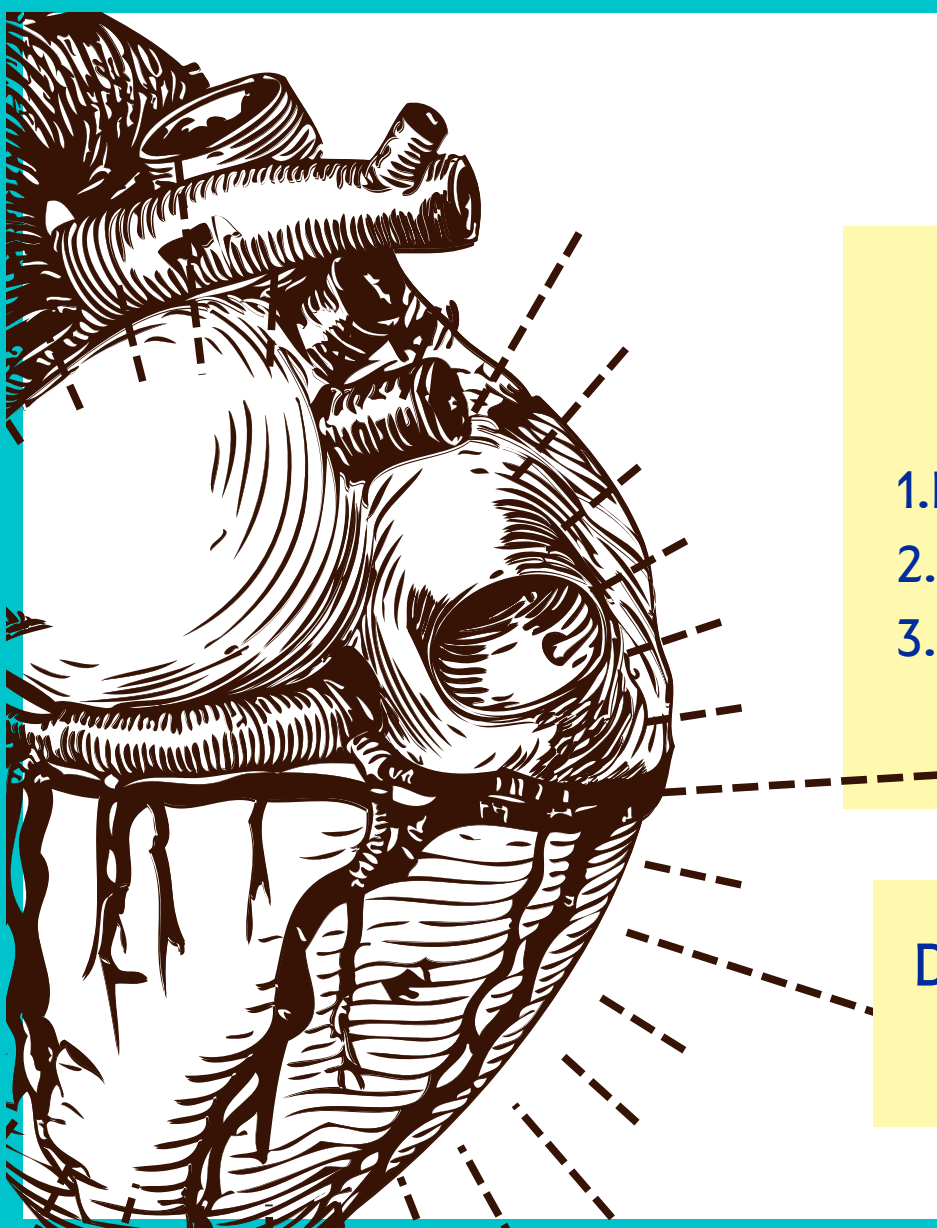


BODY MASS INDEX/BMI

= MASS(KG)/SQUARE OF HEIGHT(M)

OBESE >30 ; OVERWEIGHT 30>X>25

IDEAL 25>X>18.5 ; THINNESS <18.5



1.

3 PROGRAMS:

- 1.LET'S INC
- 2. LET'S MAINTAIN
- 3.LET'S DEC

2.

- A. FOOD
- B. EXERCISE
- C. CONSULTATION



DO YOU HAVE AN IDEAL BODY MASS? OR ARE YOU OBESE / UNDERWEIGHT?

**AVAILABLE IN :
APP STORE AND
GOOGLE PLAYSTORE**

APP ICON:

PROBLEMS

**OBESITY AND UNDERWEIGHT
CAN INCREASE THE RISK OF
SOME SERIOUS DISEASE**



RW

William jonathan - 2502045683
Rendy gunawan - 2502046666