

FAST FIT *Get Inspired with Our Motivational Stories and Proven Workouts*

FITNESS

MAGAZINE

*Fitness
Tips*

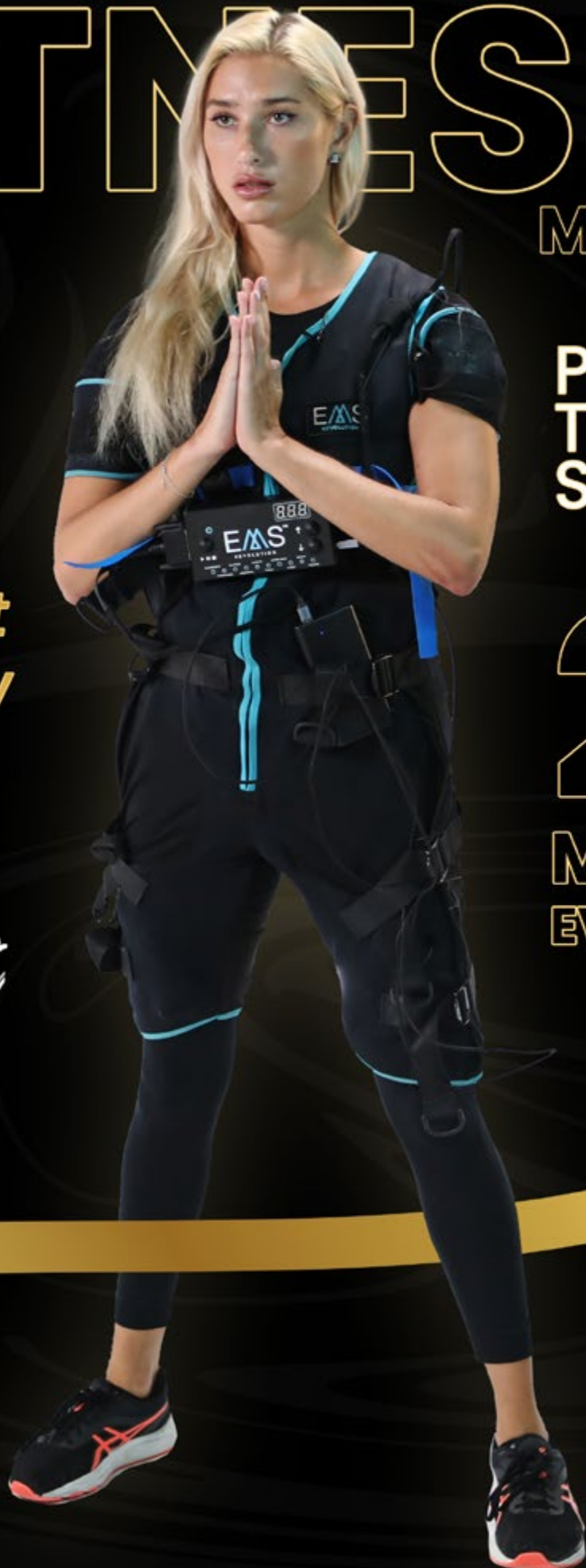
**Client
Spotlight
Interview**

*Monthly
Food Diet
Plans*

**Personal
Trainer
Spot Light**

20

MINUTES
EVERY WEEK



www.fastfit-ems.com

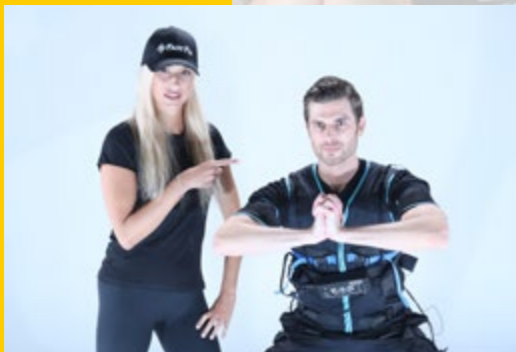
Issue 02 | May 2023

CONTENTS



Latest News

Fast Fit Introduces Cutting-Edge BODY SHAPE Device for Enhanced Fitness Results in the GCC



Client Transformation

Client Achieves Remarkable Results with FAST FIT in Just 9 Months



Healthy Diet Food

Sesame Chicken Stir-Fry

03

INSIGHTS FROM THE TOP

04

FAST FIT INTRODUCES CUTTING-EDGE BODY SHAPE DEVICE

05

MAXIMIZING FITNESS

06

TRANSFORMING HEALTH AND FITNESS

07

FITNESS TIPS

08

SUCCESS STORY: CLIENT ACHIEVES REMARKABLE RESULTS

10

WORKOUT OF THE MONTH

11

HEALTHY RECIPES

12

PERSONAL TRAINER'S SPOT LIGHT

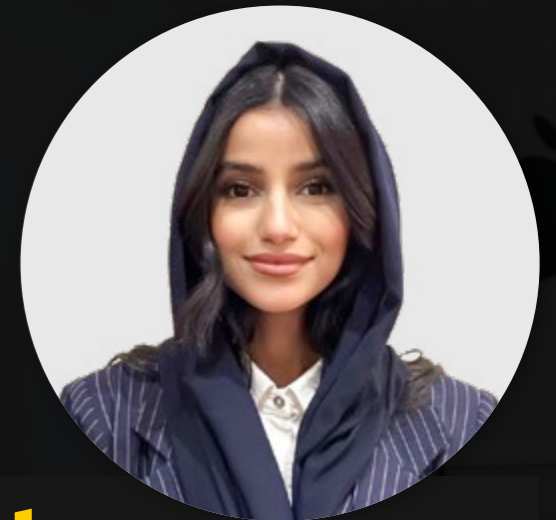
13

WHY TRAINING WITH A PERSONAL TRAINER IS RECOMMENDED?

Insights from the top

"I am proud to be a part of a community that values health and wellness. At Fast Fit, we believe in promoting a healthy world by providing accurate information about nutrition and fitness. We also prioritize skilled professionals who have the knowledge and experience to provide quality services to our customers. We are committed to delivering reliable and valuable content that supports our customers' fitness goals and enhances their overall well-being. Thank you for being a part of our community and for your dedication to living a healthy lifestyle."

Ghadah Mohammed
Customer Care Manager



FAST FIT INTRODUCES CUTTING-EDGE BODY SHAPE DEVICE FOR ENHANCED FITNESS RESULTS IN THE GCC

Fast Fit, the leading provider of fitness solutions, is proud to announce the launch of the revolutionary BODY SHAPE Device in the GCC. This device is a game changer in the fitness industry, and Fast Fit is the only company that offers this service to its customers. Fast Fit has always strived to bring the latest updates and provide the latest services in terms of fitness technology, and the BODY SHAPE Device is no exception.

The BODY SHAPE Device is a one-of-a-kind fitness equipment that comes with an amazing amount of benefits, in addition to the stunning galaxy look. With a closed capsule design and built-in treadmill, this device is the perfect tool to support your fitness journey. It is also equipped with infrared heating therapy, pressure vacuum technology, and other features that increase the effectiveness of your workouts, promoting weight loss and reducing cellulite.

But that's not all – the BODY SHAPE Device boasts a sleek and modernist design, as well as intuitive operation and innovative technology. These features work together to give you a completely new quality to slimming training, making it easier than ever to achieve your fitness goals. With the BODY SHAPE Device, you can experience a new level of fitness that combines cutting-edge technology and design. Fast Fit is not just bringing the BODY SHAPE Device to its customers, but also offering them the option to combine EMS Sessions with the BODY SHAPE Sessions. This means that you can get the best of both worlds and achieve your fitness goals faster and more efficiently. With Fast Fit, you have access to the latest fitness technology and expert guidance, which means you can achieve your fitness goals in the shortest possible time.

In conclusion, the BODY SHAPE Device is a game changer in the fitness industry, and Fast Fit is proud to offer this service to its customers in the GCC. With its amazing benefits and sleek design, the BODY SHAPE Device is the perfect tool to support your fitness journey.

The BODY SHAPE Device will be available soon in all of Fast Fit's branches throughout the Kingdom of Saudi Arabia. We are excited to bring this innovative technology to our customers and help them achieve their fitness goals in a new and effective way



MAXIMIZING FITNESS

The Importance of Sleep, Sunlight, Blue Light Protection, and Cortisol Management

Physical fitness is a vital aspect of leading a healthy lifestyle. However, achieving our fitness goals involves more than just hitting the gym and working up a sweat. It requires prioritizing other factors such as sleep, sunlight exposure, blue light protection, and cortisol management.

Sunlight exposure is essential as it provides vital vitamins and helps regulate healthy sleep patterns. Nevertheless, too much blue light exposure can disrupt sleep patterns and lead to other health problems. Hence, the recommendation is for blue light exposure by limiting screen time before bedtime and investing in blue light blocking glasses.

Cortisol is another crucial aspect of fitness that should not be ignored. This hormone, produced by the adrenal gland, plays a crucial role in our body's stress response. It helps us wake up in the morning, keeps us alert throughout the day, and helps us wind down at night. However, too much cortisol can lead to weight gain, mood swings, and other health issues. Thus, it is crucial to balance the body's cortisol levels by managing stress and getting enough rest.

Additionally, we emphasize the importance of sleep in fitness. The National Sleep Foundation recommends adults aim for seven to nine hours of sleep each night to maintain optimal health. Lack of sleep can lead to health problems such as obesity, diabetes, and heart disease, and can also affect our physical appearance.

In conclusion, prioritizing sleep, sunlight exposure, blue light protection, and cortisol management is crucial for achieving our fitness goals and maintaining a healthy lifestyle. By understanding the human body's workings and making necessary adjustments to our lifestyle, we can function at our best and live healthier and happier lives. Fast Fit encourages everyone to prioritize these essential factors in their fitness journey and educate others for a positive change.



Sleep



Sun Light



Blue Light



Cortisol

TRANSFORMING HEALTH AND FITNESS WITH PERSONAL TRAINING AT FAST FIT

What motivated you to start working with a personal trainer at Fast Fit?

Motivation started with a decision to have a better, healthier life, avoid disease, especially diabetes, and have the proper body weight compared to my height.

How has your experience been working with a personal trainer at Fast Fit?

With the guidance of a highly qualified personal trainer, increase the chance to do the proper exercise and reduce the chance of injuries first stop

What changes have you noticed in your fitness level, health, or overall well-being since starting your fitness program?

Although my full daily schedule once a week training with EMS and a personal trainer changed a lot in my fitness level and helped me Continue my health plan

What has been the biggest challenge you've faced in your fitness journey, and how have you overcome it?

What has been the biggest challenge you've faced in your fitness journey, and how have you overcome it? As mentioned, I have a full schedule of my daily activities, so the only chance I have, is once-a-week training.

How has your personal trainer helped you to stay motivated and accountable to your goals?

My trainer was the source of motivation; she kept on encouraging me to keep on my diet plan training; helping me with arranging schedules and doing different exercise routines; kept following up with me, and B energized me if, for any cause, I started to To be less motive

What do you enjoy most about your workouts at Fast Fit?

Feasibility of the time and it's fitting to my schedule; the presence of suitable places for dressing, The privacy we have during counseling with personal training

How have you incorporated what you've learned from your personal trainer into your daily life outside of the club?

Yes indeed!

Can you share a specific achievement or milestone you've reached since starting your fitness program?

Measurement of embody in the club is the proper milestone to show how much difference is reached from the time I started my fitness program

What advice would you give to someone considering starting a fitness program or working with a personal trainer at Fast Fit?

It's essential to remember that if the goal of starting a fitness program is weight loss, this goal cannot be achieved without having two arms. The first and most important is following a very proper diet regimen under the supervision of a qualified nutritionist, plus the second arm, which is exercise training, and then highly recommend having a personal trainer who understands your health condition and if there are any other or previous injuries.

How has your overall mindset and perspective on health and fitness changed since starting your program at Fast Fit?

I have a goal; being a fast-fit member will help me reach it.

FITNESS TIPS

10 Tips to Improve Your Posture and Reduce Flat Foot

01 Focus on your feet:

To help reduce flat feet, start by focusing on your feet. Make sure your shoes provide adequate support and cushioning to help distribute your weight evenly.

02 Stretching:

Incorporate stretching into your daily routine. Stretching helps to loosen tight muscles and improve flexibility, which can help improve posture.

03 Strengthening exercises:

Strengthening exercises can help improve posture and reduce flat feet. Focus on exercises that target the muscles in your feet, ankles, and lower legs, such as calf raises, toe curls, and ankle rotations.

04 Core exercises:

Core exercises are essential for improving posture. Focus on exercises that target your abdominal muscles, such as planks, sit-ups, and crunches.

05 Maintain a healthy weight:

Excess weight can put strain on your feet, ankles, and lower legs, which can contribute to flat feet and poor posture. Maintaining a healthy weight can help reduce these issues.

06 Practice good posture:

Practicing good posture throughout the day can help improve your posture over time. Focus on keeping your shoulders back and your spine straight.

07 Take breaks:

Take frequent breaks throughout the day to stretch and move around. Prolonged periods of sitting or standing can contribute to poor posture and flat feet.

08 Use supportive footwear:

Invest in supportive footwear that provides adequate arch support and cushioning. Avoid wearing shoes with high heels or those that are too flat.

09 Keep your workspace ergonomic:

Ensure your workspace is set up ergonomically. Adjust your chair and computer screen to a comfortable height to avoid slouching or hunching over.

10 Visit a professional:

Consider visiting a professional, such as a physical therapist or chiropractor, for guidance on improving your posture and reducing flat foot. They can provide specific exercises and techniques to help you achieve your goals. Incorporating these tips into your daily routine can help improve your posture and reduce flat feet over time. Remember to be patient, as it may take time to see results.

**FITNESS
TIPS**

SUCCESS STORY: CLIENT ACHIEVES REMARKABLE RESULTS WITH FAST FIT IN JUST 9 MONTHS

Congratulations to our client who trained with FAST FIT for 9 months and achieved remarkable results! Let's take a closer look at her InBody report.

At the beginning of her journey, our client weighed 84.7KG and had a body fat percentage of 47.8%. However, after months of dedication and hard work, by 18/03/2023, she lost a total of 20KG and reduced her body fat percentage by 8%. This is a tremendous achievement in just 9 months!

FAST FIT's approach to training is not solely focused on losing weight but on doing so in a healthy way. Our client's progress reflects this philosophy. Instead of losing weight quickly, our focus was on doing the right exercises and minimizing muscle loss during the process. As a result, out of the 20KG our client lost, only 4KG was muscle mass.

In the first few months, we only made small adjustments to our client's weight loss plan to ensure that she was losing weight in a healthy manner. Only in the last 3 months, when we were confident that she was ready, did we push her harder to achieve her goals. The result speaks for itself: a total weight loss of 20KG and a healthier, leaner body.

Of course, the journey doesn't end here. Our next focus will be on reducing visceral fat and increasing muscle mass. This will require a more targeted and strategic approach, which our client's personal trainer will guide her through.

Our client's success is a testament to the importance of having a competent personal trainer who cares not only about how you look but also about how you feel. The weight loss journey can be complex, but with the right guidance and mindset, it is possible to achieve amazing results in a healthy way.

Achieving Fitness Goals Safely and Effectively with Certified Personal Trainers

Overall, working with a personal trainer is a smart and effective way to achieve fitness goals. Personal trainers provide customized workout plans, guidance on proper technique, and valuable support and motivation. It's essential to work with a certified personal trainer to ensure that individuals receive the highest quality of training, and personal trainers play a critical role in society by helping individuals achieve their fitness goals safely and effectively.

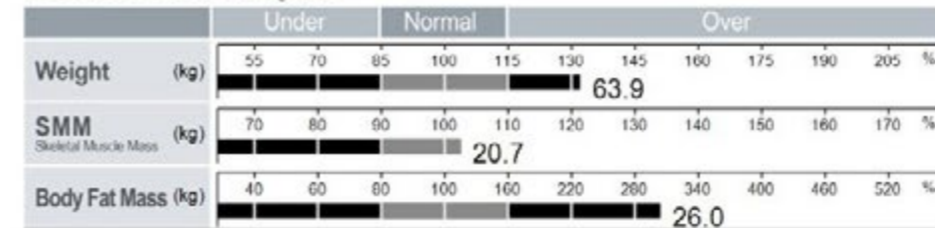


ID	Height	Age	Gender	Test Date / Time
060621-1	152cm	35	Female	18.03.2023. 10:03

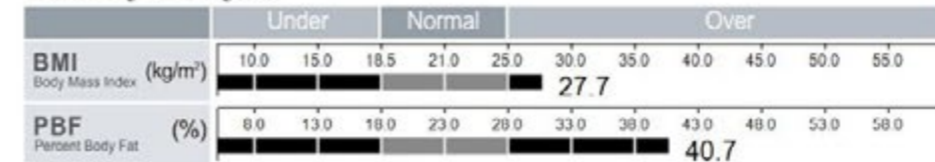
Body Composition Analysis

Total amount of water in body	Total Body Water	(L)	27.7 (24.7~30.2)
For building muscles	Protein	(kg)	7.5 (6.6~8.1)
For strengthening bones	Minerals	(kg)	2.63 (2.29~2.79)
For storing excess energy	Body Fat Mass	(kg)	26.0 (9.7~15.5)
Sum of the above	Weight	(kg)	63.9 (41.2~55.8)

Muscle-Fat Analysis



Obesity Analysis



Body Composition History

Weight (kg)	84.7	82.4	80.3	82.1	79.4	76.9	70.2	63.9
SMM (kg)	24.6	24.0	23.7	25.1	23.8	24.4	21.2	20.7
PBF (%)	47.8	47.5	46.5	44.4	45.7	42.8	45.0	40.7
Recent Total	25.06.22. 10:35	12.07.22. 10:04	26.07.22. 14:07	13.08.22. 10:04	23.08.22. 13:30	10.12.22. 10:35	20.01.23. 13:44	18.03.23. 10:03

InBody Score

65/100 Points

* Total score that reflects the evaluation of body composition. A muscular person may score over 100 points.

Weight Control

Target Weight	49.2 kg
Weight Control	- 14.7 kg
Fat Control	- 14.7 kg
Muscle Control	0.0 kg

Research Parameters

Basal Metabolic Rate	1187 kcal (1326~1539)
Waist-Hip Ratio	0.95 (0.75~0.85)
Visceral Fat Level	13 (1~9)
Obesity Degree	132 % (90~110)

Results Interpretation

Body Composition Analysis

Body weight is the sum of Total Body Water, Protein, Minerals, and Body Fat Mass. Maintain a balanced body composition to stay healthy.

Muscle-Fat Analysis

Compare the bar lengths of Skeletal Muscle Mass and Body Fat Mass. The longer the Skeletal Muscle Mass bar is compared to the Body Fat Mass bar, the stronger the body is.

Obesity Analysis

BMI is an index used to determine obesity by using height and weight. PBF is the percentage of body fat compared to body weight.

Segmental Lean Analysis

Evaluates whether the amount of muscles is adequately distributed in all parts of the body. Compares muscle mass to the current weight.

Segmental Fat Analysis

Evaluates whether the amount of fat is adequately distributed throughout the body. Compares the fat mass to the ideal.

Results Interpretation QR Code

Scan the QR Code to see results interpretation in more detail.






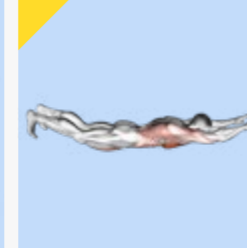
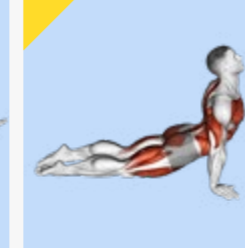
Impedance

	RA	LA	TR	RL	LL
Z(12) 20 kHz	404.6	396.7	27.4	328.8	333.4
100 kHz	359.2	352.9	24.1	284.9	289.4


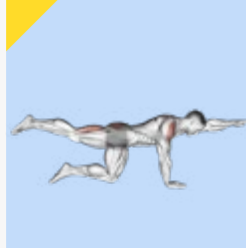
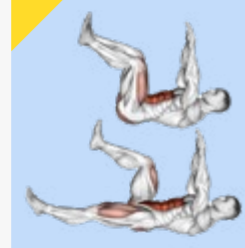

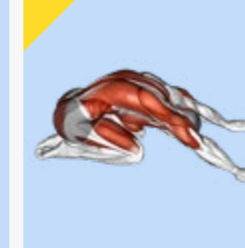
WORKOUT OF THE MONTH

Welcome to Fast Fit's Workout of the Month! This month's workout is specifically designed to help reduce back pain and improve your back posture. We understand that many of our customers may experience discomfort in their back due to prolonged sitting, standing, or lack of physical activity. That's why we've put together a routine that can be completed in just two days a week, allowing you to stay active and healthy from the comfort of your own home. Our workout focuses on a variety of exercises that target your back muscles, including the glutes, core, and lower back. With just a few simple exercises and minimal equipment required, you'll be on your way to reducing back pain and improving your posture in no time!

Day 1

				
Cat-cow stretch 10 Reps	Plank 2 sets of 30 seconds each	Glute bridge 2 sets of 10 reps	Superman 2 sets of 10 reps	Cobra stretch 2 sets of 10 reps

Day 2

				
Hip flexor stretch 2 sets of 10 reps	Bird dog 2 sets of 10 reps	Dead bug 2 sets of 10 reps	Wall angels 2 sets of 10 reps	Child's pose 2 sets of 10 reps

Perform each exercise for the specified number of sets and reps, and try to complete the entire workout within 45 minutes. Remember to focus on proper form and technique for each exercise, and to take breaks as needed.

Additionally, it's important to note that consistent exercise alone may not always be enough to completely alleviate back pain. If you are experiencing severe or chronic

back pain, it's recommended to seek medical advice from a healthcare professional.

Remember to always warm up before beginning any exercise routine.

We hope you enjoy this month's workout and continue to make fitness a part of your daily routine!



Healthy Recipes

Sesame Chicken Stir-Fry

-  Chicken 100 g
-  Brown rice 150 g
-  Bell pepper 1 medium
-  Green onion 1 medium
-  Garlic 1 clove
-  Sriracha sour 1 tbsp
-  Honey 1 tsp
-  Sesame/Olive/Avocado oil 1 tsp
-  Toasted sesame seeds 1 tbsp
-  1 Espresso 1

1400 Kcal

Special Lunch



PERSONAL TRAINER'S SPOT LIGHT

RANA ALDURAIBI

TRAINER
RANA ALDURAIBI

How did you first become interested in fitness and personal training?

I have always been interested in health and fitness. I have studied and developed myself in this field to be able to help people reach their goals.

What is your philosophy when it comes to training customers?

My training philosophy prioritizes holistic fitness for all clients, regardless of age or ability, to help them achieve optimal health and well-being through personalized guidance and support.

What do you consider to be the most important elements of a successful EMS workout?

EMS workouts are time-saving and produce quick results, boost metabolism, and are joint-friendly, making them ideal for busy clients. EMS convenience appeals to those seeking an efficient way to stay active.

How do you work with customers to set and achieve their goals?

I take a personalized approach by understanding the client's goals, history, and lifestyle. Together, we set achievable objectives and break them into manageable goals to keep motivation high.

How do you keep customers motivated and engaged during their workouts?

I motivate clients with realistic, timed goals and constructive feedback. Maintaining communication outside sessions and regular updates inspires progress. Positive and supportive relationships are key to their success.

How do you continue to educate yourself and stay up-to-date with the latest research and trends in the fitness industry?

I stay informed with the latest fitness trends by attending classes, workshops, and seminars, reading articles, blogs, podcasts, and continuously investing in certifications and courses.

How do you balance the needs and goals of different customers with varying fitness levels and backgrounds?

I use a personalized approach to balance clients' goals and fitness levels by active listening, note-taking, setting achievable goals, and creating a supportive environment that values communication and respect.

What advice would you give to someone who is just starting out on their fitness journey?

My advice for someone starting their fitness journey is to focus on finding enjoyable exercise, set achievable goals, track progress, be patient with yourself, and prioritize sustainable habits over trends or comparisons to others.

Are you happy with Fast Fit?

Yes, I am happy with Fast Fit. The company has a great team and management, and they are always working to develop their employees.

DO YOU THINK THE PERSONAL TRAINER JOB IS AN IMPORTANT JOB IN SOCIETY? IF YES, WHY? IF NO, WHY?

Yes, personal trainers provide guidance, motivation, and feedback to help people achieve their fitness goals and promote healthy habits.

WHAT DO YOU THINK FAST FIT CAN OFFER TO PEOPLE DIFFERENT THAN THE OTHER FITNESS COMPANIES IN THE REGION?

Fast Fit stands out from the competition by offering Electro Muscle Stimulation (EMS) training for quick and efficient workouts. Personalized coaching and nutrition guidance are also provided, with flexible scheduling and a convenient location for busy individuals.

#1

WHY TRAINING WITH A PERSONAL TRAINER IS RECOMMENDED?

The Importance of Certified Personal Trainers in Achieving Fitness Goals Safely and Effectively

When it comes to fitness, there are countless options available for individuals to achieve their goals. One of the most popular and effective methods is to work with a personal trainer. Personal trainers are certified professionals who have studied and completed a personal trainer course, and they have the knowledge and expertise to create tailored workout plans that are specific to each individual's needs and goals.

Benefits of a Personal Trainer

The Benefits of Working with a Certified Personal Trainer for Safe and Effective Fitness Training

The benefits of working with a personal trainer are numerous. Personal trainers can help individuals achieve their fitness goals faster and more efficiently by creating custom workout plans that are tailored to their specific needs. They can also provide guidance on proper form and technique, which is crucial for preventing injuries and ensuring that individuals get the most out of their workouts.

In addition to physical training, personal trainers also provide valuable support and motivation. They can help individuals stay accountable and motivated throughout their fitness journey, which is particularly important for those who struggle to stay on track. Personal trainers can also provide nutrition advice and guidance, although it's important to note that personal trainers are not doctors or nutritionists, and their knowledge is limited to the basics of anatomy and nutrition.

Certified Personal Trainers

The Importance of Certified Personal Trainers for High-Quality Fitness Training

It's essential to work with a certified personal trainer to ensure that individuals receive the highest quality of training. Certified personal trainers have completed a course in personal training, which covers the basics of anatomy, physiology, and nutrition, as well as training methods and techniques. They have also passed a certification exam to demonstrate their knowledge and expertise in the field.

The Importance of Personal Trainers in Society

The Vital Role of Personal Trainers in Achieving Safe and Effective Fitness Goals

Personal trainers play a critical role in society by helping individuals achieve their fitness goals safely and effectively. Without personal trainers, individuals may be at risk of injury, imbalances in muscle development, and other issues that can arise from improper exercise techniques. Studies show that the demand for personal trainers is growing worldwide, with an estimated 300,000 personal trainers currently working worldwide. In Saudi Arabia, the demand for personal trainers is also growing, with an estimated 3,000 personal trainers currently working in the country.

Special Offers

For the month of May

- 15% off for all Diamond, Gold and Infinite cardholders at Aljazira bank
- Shop as a couple and get 10% off for Him and 10% off for Her
- Grab a friend, Split the cost 50/50 Offer
- 15% off for Emirates NBD cardholders
- 10% off on WalaPlus
- 15% off for STC employees
- Train now Pay Later with Tabby – in 3 installments



Ladies and Gentlemen
Branches Across KSA



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"Fitness is not just about building a better body,
it's about building a better life."