

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

# FITNESS

**MAGAZINE**

Personal  
Trainer  
Spot  
Light



**SPORTS FOR ALL**  
الرياضة للجميع

*Monthly  
Food Diet Plans*

*Fitness  
Tips*



**EXHIBITION FOR ALL**

Issue 03 | June 2023

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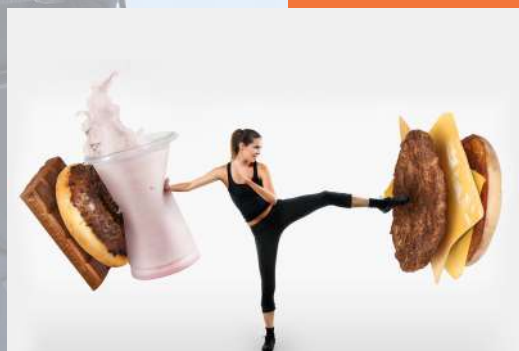
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*Fast Fit Introduces Cutting-Edge BODY SHAPE Device for Enhanced Fitness Results in the GCC*



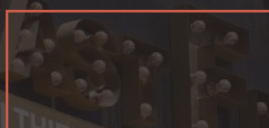
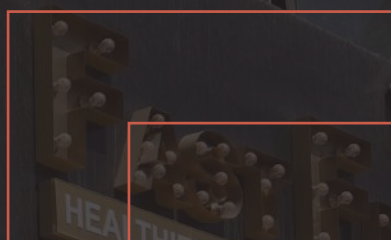
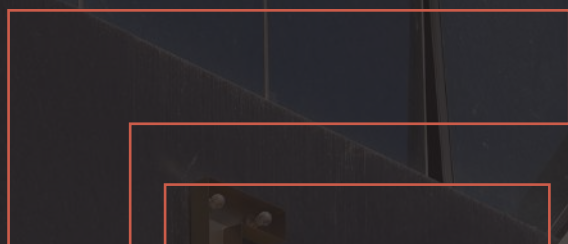
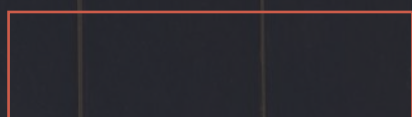
## Client Transformation

*10 Tips to Curb Hunger and Conquer Overeating*



## SFA Expo 2023

*A Success for the Sports, Wellness, and Fitness Industry*



## Insights from the top

As I reflect upon my journey at Fast Fit, I am filled with a profound sense of gratitude for this company that has been my home, my family, and my mentor for the past 4 years. From humble beginnings as a personal trainer to building a successful career, I have grown both personally and professionally. I have witnessed the birth and growth of a company that embodies the essence of empowerment, team work, and relentless pursuit of success. Fast Fit has not only transformed the lives of its customers but has also transformed me, allowing me to unlock my true potential and become a better version of myself every single day. I have learned that perseverance is the key to overcoming obstacles. Every setback I encountered was an opportunity for growth and development. Here I have learned that leadership is not defined by age or experience alone, but by the fire that burns within. Now I aspire to empower my team, inspire others, and collectively reach new heights. Together, we can transform lives and set new standards of excellence. In our fast-paced world, change is inevitable. Fast Fit embraces innovation and adapts to emerging trends, surpassing expectations. We stay ahead of the industry by embracing change, pushing boundaries, and consistently delivering exceptional results.

**LARISA POP**  
*Area Manager*

# SFA EXPO 2023: A SUCCESS FOR THE SPORTS, WELLNESS, AND FITNESS INDUSTRY

**FAST FIT**, a leading provider of fitness and wellness solutions in Saudi Arabia, participated in the SFA Expo, the first of its kind "Sport For All EXPO" in the region. The event, which took place from May 18–20, brought together industry professionals, athletes, coaches, and fitness enthusiasts from around the world to share their knowledge and expertise. The SFA Expo was a great success and was well-received by attendees. The event provided a unique opportunity for people from all walks of life to learn about and participate in sports, wellness, and fitness. The Expo also helped to promote the growth of the sports, wellness, and fitness industries in Saudi Arabia.

*Here are some of the highlights of the SFA Expo:*

- *The Expo featured a number of high-profile speakers.*
- *The Expo also featured a number of competitions, including a 5K run, a cycling race, and a fitness challenge.*
- *The Expo was a great success for the Saudi sports, wellness, and fitness industries. It helped promote the growth of the industry and raise awareness of the importance of physical activity.*

The SFA Expo was a major success and is a sign of the growing importance of sports, wellness, and fitness in Saudi Arabia. The event is sure to have a positive impact on the industry and will help promote a healthier and more active lifestyle for all Saudis. FAST FIT showcased its wide range of fitness and wellness solutions at the Expo, including its personal training programs, fitness sessions, and fitness programs.

The FAST FIT team was excited to participate in the SFA Expo and to share its passion for fitness and wellness with the people of Saudi Arabia. FAST FIT believes that everyone has the right to live a healthy and active lifestyle, and it is committed to providing the resources and support needed to make that happen.

The SFA Expo was a great success for FAST FIT. Our team was able to reach a large number of potential customers and raise awareness of its fitness and wellness solutions. FAST FIT is confident that the SFA Expo will help promote a healthier and more active lifestyle for all Saudis.

*Here are some of the highlights of FAST FIT's participation in the SFA Expo:*

- *The company showcased its wide range of fitness and wellness solutions, including its personal EMS training programs and FAST SHAPE training.*
- *The company was able to reach a large number of potential customers and raise awareness of its fitness and wellness solutions.*

FAST FIT is confident that the SFA Expo will help promote a healthier and more active lifestyle in **SAUDI ARABIA**.



# EMBRACING FITNESS IN THE CONCRETE JUNGLE: PRIORITIZING HEALTH IN CROWDED CITIES

*Paving the Way for a Healthier Future for Our Children*

## **Introduction:** ■

In the hustle and bustle of crowded cities, where the constant buzz of traffic and towering skyscrapers define the landscape, it's easy for the importance of fitness to be overlooked. The sedentary lifestyles that prevail in these urban environments, with people relying on cars for transportation and spending most of their time indoors, have given rise to a host of health challenges. In this month's issue of Fast Fit Magazine, we explore the significance of fitness for urban dwellers and highlight the vital role it plays in ensuring a healthy and sustainable future, not just for us but also for our children.

## **The Urban Fitness Paradox:** ■

Living in a city often means navigating through chaotic streets, where walking distances are minimized in favor of convenient transportation options. The reliance on cars and the lack of physical activity have contributed to a decline in overall fitness levels among city residents. Additionally, the adverse effects of pollution and compromised air quality pose a significant threat to our well-being. It is imperative that we recognize the need to counteract these challenges through a deliberate focus on fitness.

## **Reclaiming Our Health:** ■

Regular physical exercise is the cornerstone of a healthy lifestyle, regardless of where we reside. For city dwellers, incorporating fitness into their daily routines becomes even more critical. Engaging in activities such as walking, jogging, or cycling can help combat sedentary habits and reduce the detrimental effects of a predominantly stationary lifestyle. By consciously opting for active modes of transportation, like walking short distances or biking to work, we can make significant strides towards enhancing our fitness levels.

## **Harnessing Urban Spaces:** ■

Despite the concrete landscape that dominates cities, there are ample opportunities to leverage available spaces for fitness activities. Parks, open plazas, and recreational areas provide oases of greenery amidst the urban jungle. Encouraging citizens to utilize these spaces for exercise, group fitness classes, or even a game of outdoor sports can foster a sense of community and motivate individuals to prioritize their fitness goals.

## **The Clean Air Connection:** ■

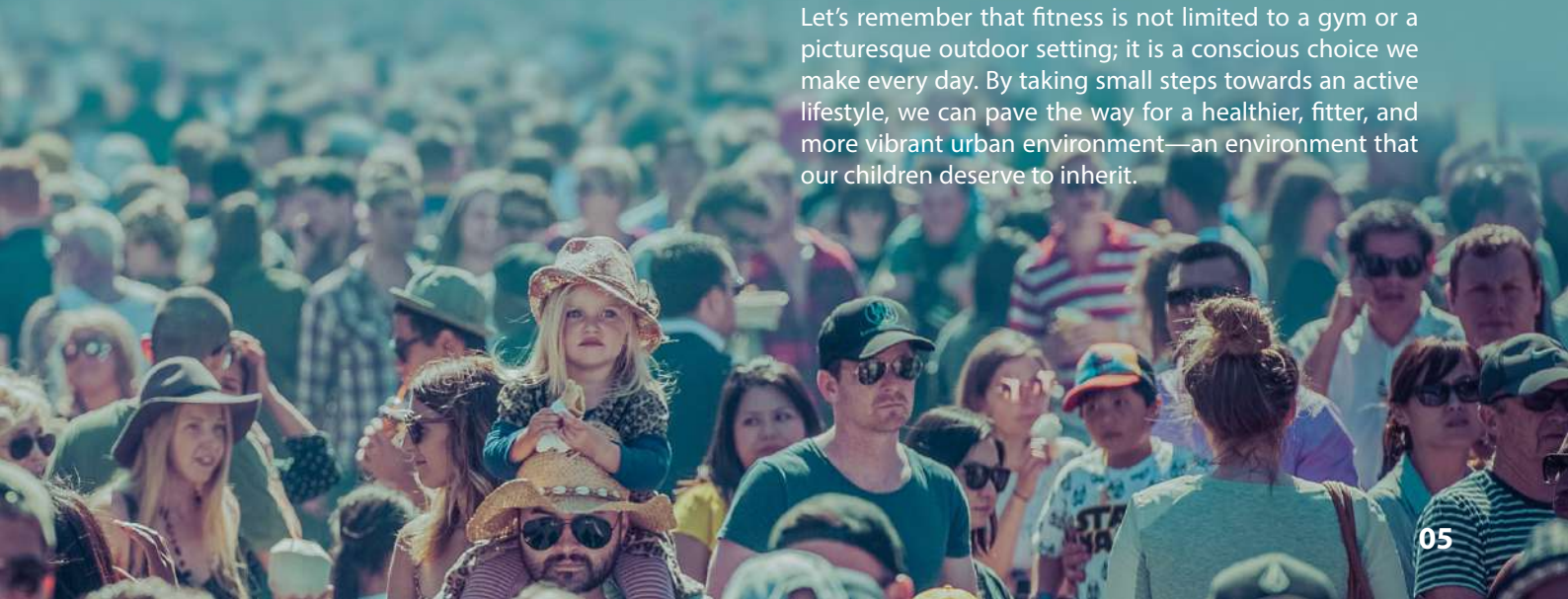
Air pollution is a pressing concern in cities, affecting not only our respiratory health but also our overall well-being. Engaging in regular physical activity helps strengthen our cardiovascular system, enhancing our lung capacity to cope with polluted air. However, promoting cleaner air in cities should also be a shared responsibility. Advocating for sustainable transportation options, supporting initiatives to reduce pollution, and demanding cleaner air policies are vital steps towards creating a healthier urban environment.

## **Instilling Fitness Values in Our Children:** ■

As adults, we have a crucial role to play in shaping the future health of our children. By leading by example, we can inspire them to prioritize fitness and make healthier choices. Encouraging physical activities in schools, incorporating fitness into family routines, and limiting screen time are effective ways to promote an active lifestyle among children. By instilling these values from an early age, we empower them to navigate the challenges of urban living with resilience and prioritize their well-being.

## **Conclusion:** ■

Living in crowded cities presents unique challenges to our fitness and overall well-being. However, by embracing fitness as an integral part of our lives, we can overcome these obstacles and strive for a healthier future. Let's remember that fitness is not limited to a gym or a picturesque outdoor setting; it is a conscious choice we make every day. By taking small steps towards an active lifestyle, we can pave the way for a healthier, fitter, and more vibrant urban environment—an environment that our children deserve to inherit.



# FAST FIT UNVEILS NEXT-GENERATION EMS DEVICES AND PERSONAL EMS SUITE FOR ENHANCED TRAINING EXPERIENCE

## **Introduction:**

In an exciting breakthrough for fitness enthusiasts, Fast Fit is thrilled to announce the launch of our very own EMS (Electrical Muscle Stimulation) Devices, marking a significant milestone in our commitment to providing innovative and effective fitness solutions. With a decade of experience in EMS workouts, our expert team has meticulously crafted these cutting-edge devices to ensure an optimal training experience for our valued customers. Paired with our revolutionary Personal EMS Suite, this launch aims to revolutionize the way we approach fitness and empower our members to achieve their goals in the most convenient and personalized manner possible.

## **A New Era of Fitness Training:**

Our state-of-the-art EMS Devices have been designed with meticulous attention to detail, utilizing our team's extensive knowledge and expertise in the field of EMS workouts. The devices are engineered to guide customers through a structured training process, enabling them to begin their fitness journey on the right track. With pre-scheduled programs tailored to individual needs, users can rest assured that they will receive a gradual and appropriate increase in training intensity, ensuring maximum safety and effectiveness.

## **Introducing the Personal EMS Suite:**

In addition to the remarkable EMS Devices, we are thrilled to introduce our Personal EMS Suite, a game-changer in terms of convenience and comfort. Designed to replace the need for traditional water suits, the Personal EMS Suite provides members with their very own dedicated training gear. This innovative suite eliminates the hassle of having to wear additional equipment during training sessions, streamlining the entire experience. Now, members can enjoy the freedom of a personalized and hassle-free workout, right in the comfort of their own homes.



## **Unleashing the Power of Personalization:**

At Fast Fit, we understand that every individual's fitness journey is unique. That's why our new EMS Devices and Personal EMS Suite have been developed to cater to individual needs, offering a personalized and tailored approach to fitness training. With adjustable settings and carefully curated programs, users can confidently embark on their fitness transformation, knowing that their training regimen aligns precisely with their abilities and aspirations.

## **Experience the Future of Fitness:**

Fast Fit's latest offerings, the EMS Devices and Personal EMS Suite, signify a leap forward in the world of fitness training. By merging cutting-edge technology with our unrivaled expertise, we are ushering in a new era of personalized workouts. With these groundbreaking innovations, our customers can expect unparalleled convenience, enhanced effectiveness, and a truly immersive fitness experience.

## **Conclusion:**

Fast Fit's new EMS Devices and Personal EMS Suite represent a major milestone in our unwavering commitment to providing top-notch fitness solutions. With our team's extensive experience in EMS workouts, we have crafted these devices to ensure a safe and effective training experience for our valued members. Combined with the convenience and comfort of the Personal EMS Suite, Fast Fit empowers individuals to achieve their fitness goals with unparalleled personalization and convenience. Get ready to embark on an extraordinary fitness journey as we unveil the future of training in June. Stay tuned for an unparalleled fitness experience with Fast Fit!

# THE POWER OF HIGH-END SERVICES: WHY FASTFIT EMBRACES QUALITY OVER LOW PRICES

## *Introduction:*

In a world where low prices often dominate consumer choices, Fast Fit stands apart by emphasizing the value of high-end services. As a leading provider of fitness solutions, we firmly believe that investing in quality and excellence is the key to unlocking transformative results for our valued members. In this article, we delve into why we place a premium on delivering exceptional service, rather than competing solely on price, and how this philosophy sets us apart in the fitness industry.

## *Beyond the Price Tag:*

While affordability is undoubtedly an important consideration for consumers, we understand that achieving fitness goals requires more than just a low price point. At Fast Fit, we recognize that true value lies in the overall experience, support, and expertise we provide to our members. By prioritizing high-end services, we ensure that our customers receive the best possible guidance, cutting-edge technology, and personalized attention to fuel their fitness journey.

## *Investing in Expertise:*

Quality services necessitate the presence of highly skilled professionals who can guide and inspire members to reach their full potential. Fast Fit takes pride in its team of experienced trainers, nutritionists, and wellness experts who possess a deep understanding of the human body and its needs. Their expertise enables them to design tailored fitness programs, offer personalized advice, and deliver customized support that far surpasses generic, one-size-fits-all solutions.

## *Cutting-Edge Technology and Equipment:*

Fast Fit is committed to staying at the forefront of fitness innovation. By investing in state-of-the-art technology and equipment, we provide our members with the tools they need to maximize their results. From advanced fitness trackers to sophisticated training machines, our high-end offerings deliver precise measurements, accurate data, and immersive experiences, ensuring our members have access to the latest advancements in the fitness industry.



## *Personalized Approach:*

Every individual's fitness journey is unique, and we recognize the importance of personalization in achieving sustainable results. Unlike budget-oriented services that often adopt a generic approach, Fast Fit takes the time to understand each member's goals, capabilities, and preferences. Through comprehensive assessments and individualized coaching, we develop personalized fitness plans, track progress, and make necessary adjustments along the way. This tailored approach fosters a sense of empowerment and increases the likelihood of long-term success.

## *Creating an Exceptional Environment:*

At Fast Fit, we strive to create an exceptional environment where our members can thrive. From the moment they step into our facilities, they are greeted with a welcoming and supportive atmosphere. We believe that a positive ambiance, combined with attention to detail, elevates the entire fitness experience. Clean, well-maintained facilities, friendly staff, and a sense of community contribute to our members' satisfaction and motivation to achieve their fitness goals.

## *Long-Term Results and Wellness:*

While low-cost alternatives may promise quick fixes, Fast Fit is dedicated to the long-term well-being of our members. We prioritize sustainable results and overall wellness by providing comprehensive support beyond physical training. Our focus on nutrition guidance, mental well-being, and lifestyle factors ensures a holistic approach that addresses all aspects of a healthy and fulfilling life. By investing in high-end services, we empower our members to make lasting lifestyle changes that extend far beyond the gym.

## *Conclusion:*

Fast Fit's unwavering commitment to high-end services goes beyond the price tag. We believe that exceptional experiences, personalized attention, cutting-edge technology, and a supportive environment are vital components of a successful fitness journey. By embracing quality over low prices, we deliver an unparalleled fitness experience that fosters long-term results, overall well-being, and the fulfillment of our members' aspirations. Choose Fast Fit, where the pursuit of excellence and transformative results intersect, and experience the power of high-end services firsthand.

# 10 Tips to Curb Hunger and Conquer Overeating

## **Stay Hydrated:**

Sometimes we mistake thirst for hunger. Drink an adequate amount of water throughout the day to stay hydrated and help curb unnecessary snacking.

## **Eat Balanced Meals:**

Include a combination of protein, healthy fats, and fiber in your meals. These nutrients help you feel fuller for longer and reduce the urge to snack frequently.

## **Prioritize Protein:**

Incorporate protein-rich foods into your meals and snacks. Protein takes longer to digest, keeping you satisfied and reducing the desire to overeat.

## **Include Fiber:**

Fiber-rich foods like fruits, vegetables, whole grains, and legumes add bulk to your meals, promoting a feeling of fullness. Aim for a well-balanced fiber intake throughout the day.

## **Eat Mindfully:**

Pay attention to your body's hunger and fullness cues. Eat slowly, savor each bite, and avoid distractions like TV or electronic devices while eating. This helps you recognize when you're genuinely hungry or satisfied.

## **Plan Nutritious Snacks:**

Keep healthy snacks readily available, such as fresh fruits, cut vegetables, nuts, or yogurt. Having nutritious options on hand helps you make better choices and avoid reaching for unhealthy snacks.

## **Get Enough Sleep:**

Lack of sleep can disrupt hunger hormones and increase appetite. Aim for seven to eight hours of quality sleep each night to regulate your appetite and cravings.

## **Manage Stress:**

Stress can trigger emotional eating or mindless snacking. Find healthy ways to manage stress, such as exercise, meditation, or engaging in hobbies, to avoid turning to food for comfort.

## **Optimize Meal Timing:**

Establish regular meal times and avoid skipping meals. This helps regulate your metabolism and prevents extreme hunger, which can lead to overeating.

## **Stay Active:**

Engage in regular physical activity to help regulate appetite and manage weight. Exercise can also distract you from thoughts of hunger and promote a positive mindset towards healthy eating.

Remember, it's essential to listen to your body's signals and focus on nourishing it with wholesome foods. If you have specific dietary concerns or chronic hunger, it's advisable to consult a healthcare professional or registered dietitian for personalized guidance.



# WORKOUT OF THE MONTH

## 10 Tips to Improve Your Posture and Reduce Flat Foot

Note: Before starting any exercise routine, it's essential to warm up adequately and consult with a healthcare professional if you have any pre-existing health conditions or concerns.

### Warm-up (5 minutes):



**Jumping jacks:**  
1 set of 20 reps



**Bodyweight squats:**  
1 set of 10 reps



**Arm circles:**  
1 set of 10 reps  
(forward and backward)



**High knees:**  
1 set of 20 reps

### Isometric Plank Hold (3 sets, 30 seconds each, with 30 seconds rest between sets):



Assume a push-up position with your elbows resting on the ground and your forearms parallel to each other. Keep your body in a straight line from head to toe, engaging your core muscles. Hold this position, focusing on maintaining proper form and breathing deeply.

### Isometric Wall Sit (3 sets, 30 second each, with 30 seconds rest between sets):



Find a wall and lean your back against it. Slide down until your knees are bent at a 90-degree angle, as if sitting in an imaginary chair. Keep your back straight against the wall and engage your quadriceps and glutes. Hold this position, breathing steadily and feeling the burn in your thighs.

### Isometric Glute Bridge (3 sets, 30 seconds each, with 30 seconds rest between sets):



Lie flat on your back with your knees bent and your feet flat on the ground, hip-width apart. Engage your glutes and lift your hips off the ground, hold the bridge position, focusing on squeezing your glutes and maintaining a straight line from your knees to your shoulders. Breathe steadily throughout the exercise, and aim to engage your core muscles as well.

### Isometric Push-up Hold (3 sets, 30 seconds each, with 30 seconds rest between sets):



Start in a standard push-up position, with your hands slightly wider than shoulder-width apart. Lower your body until your chest is a few inches above the ground. Hold this halfway position with your arms bent at a 90-degree angle, engaging your chest, shoulders, and triceps. Maintain proper form and focus on your breathing.

### Isometric Bodyweight Squat Hold (3 sets, 30 seconds each, with 30 seconds rest between sets):



Stand with your feet shoulder-width apart. Lower your body into a squat position, as if sitting back into an imaginary chair, keeping your knees aligned with your toes. Hold the squat position with your thighs parallel to the ground and your weight evenly distributed through your heels. Engage your quadriceps, hamstrings, and glutes throughout the hold.

### Cool-down (5 minutes):



March in place or take a leisurely walk for 2-3 minutes to bring your heart rate down. Perform gentle stretching exercises for major muscle groups, holding each stretch for 15-30 seconds. Remember to listen to your body and modify exercises as needed. Focus on maintaining proper form and engaging the targeted muscle groups during each isometric hold. As you progress, you can gradually increase the duration of each hold or the number of sets.











Regularly practicing this workout can help improve your overall strength, stability, and muscular endurance without the need for weights or complex movements.

# Healthy Recipes

## Tuna Salad:

**1600 Kcal**

**Special Dinner**

- 
Natural tuna fish
1 can
- 
Mixed salad
1 cup
- 
Greek yogurt
1 small container
- 
Red onion
1/2 medium
- 
Carrots
1 large
- 
Squeezed lemon juice
1/2 medium
- 
Sesame seeds
2 tsp
- 
Taste spices
Salt/Pepper/Rosemary/Basil/Oregano/Thyme/ Turmeric/Parsley/Garlic
- 
ACV
2 tbsp/1 cup water
- 
Ashwaganda tea
1 tsp/1 cup before bedtime



# PERSONAL TRAINER'S SPOT LIGHT

DORINA TODEA

TRAINER  
DORINA TODEA

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

Fitness has always been a big part of my life, starting in high school. However, my true fitness journey began at age 25 and becoming a fitness trainer was my dream that came true.

## What is your philosophy when it comes to training customers?

My personal training philosophy promotes health and proper training, emphasizing balance, moderation, and consistency for sustainable progress and long-term results. My favorite way to say it is "Whatever you do in life, do it the best".

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

Intensity is a crucial ingredient for a successful EMS workout. However, it's not enough on its own. To ensure a complete and effective routine, we must understand our customers' needs and fitness levels, and provide consistent and organized training.

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

I believe that communication is key to success, especially with different customers. I always listen carefully to understand their unique needs and tailor a plan to their goals for mutual success.

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

Motivation and results are intertwined. Hard work is essential for great results, and building trust allows us to work together seamlessly.

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

Nowadays, access to information is easy, but clarity and daily effort are crucial to achieving goals. Enjoying what we do makes it easier to stay motivated and progress. I have a personal mantra - "Today, I have to do better than yesterday".

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

Working with diverse customers brings new challenges, but I learned that achieving the best version of ourselves comes down to balance, consistency, and motivation.

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

Remember, it's all about taking it step by step. You can climb that mountain and reach the top - don't give up!

## Are you happy with Fast Fit?

I'm proud to be part of Fast Fit Ems, a team committed to excellence in Ems training and health. Their efforts reflect their value for people, and I'm grateful to be part of such a great team!

## What do you think fast fit can offer to people different than the other fitness companies in the region?

I won't compare us with any other company, as Fast Fit Ems stands out. Our dedication to health and professional Ems training is impressive. We have become the number one EMS Company in Saudi Arabia, and it's all thanks to the hundreds of happy customers we have. Behind all this success is a group of hardworking and knowledgeable professionals with one goal in mind - to change the way we see fitness and promote a healthier and longer lifestyle.

#1

# Calling all fitness enthusiasts in Jeddah!

Brace yourselves for an electrifying experience at our brand-new branch, featuring state-of-the-art EMS training. **Private Ladies and Gents Branches**



 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."