

Saudi National Day Offer

Celebrate
Strength with
Fast Fit

Avocado Egg Toast

A Power
Packed
Breakfast



Fuel Your Day

The Best
Morning Drink
Schedule

How to Stay Committed to

Your Diet for
Fast Fit
Success

Fast Fit Academy

Empowering
the Next
Generation of
Certified
Trainers

Maintain Your Power

Maintain Your Power

Discover how to sustain your peak energy and results through smart morning habits, disciplined nutrition, National Day offers, and accredited academy certifications.

In This Issue:

2

Saudi National Day Offer:
Celebrate Strength with Fast Fit

3

Fuel Your Day:
The Best Morning Drink Schedule

4

Avocado Egg Toast:
A Power-Packed Breakfast

5

How to Stay Committed to Your Diet:
for Fast Fit Success

6

Fast Fit Academy:
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Saudi National Day Offer

Celebrate Strength with Fast Fit

Celebrate Saudi National Day by taking your fitness journey to the next level with Fast Fit's upcoming exclusive offers, valid from September 10 to 30. Under the banner of national pride, Fast Fit will give you the ultimate opportunity to double your loyalty points on new memberships and renewals.



When you join or renew, you will be able to instantly upgrade your tier status to unlock premium benefits. You will enjoy up to 15% off renewals, up to 50% off your EMS suit, and complimentary monthly Fast Shape sessions. Current members will also earn double bonus points by referring friends, giving both you and your friend extra rewards upon signing up.

Don't miss this chance to invest in your health, boost your fitness performance, and maximize your rewards.

Visit fastfit-ems.com to claim your National Day offer!

For more information, feel free to contact us via WhatsApp at +966558373376.

Fuel Your Day

The Best Morning Drink Schedule

According to findings from the European Food Safety Authority , Nutritional Neuroscience, the Journal of Clinical Sleep Medicine, and Planta Medica, optimizing your beverage timing effectively balances your circadian rhythm, protects stomach acid, and prevents caffeine crashes.



Morning Drinks Timeline:

8:00 AM
Digestive Boost



1 cup warm water mixed with 2 tbsp apple cider vinegar and 1/2 tsp chili pepper.

Drink with a straw to protect tooth enamel and kick start your metabolism.

8:30 AM
Anti-Inflammatory



1 cup turmeric tea (1 tsp turmeric).

Calms digestion; add a pinch of black pepper for maximum absorption.

10:00 AM
Focused Energy



1 cup Green Tea or Matcha for sustained focus without jitters.

1:00 PM
Pre-Workout



Espresso (2-1 shots), taken 3 hours after matcha, to beat afternoon fatigue.

Stop all caffeine after 2:00 PM for deep sleep.

Throughout The Day



Drink water between each beverage to prevent dehydration.

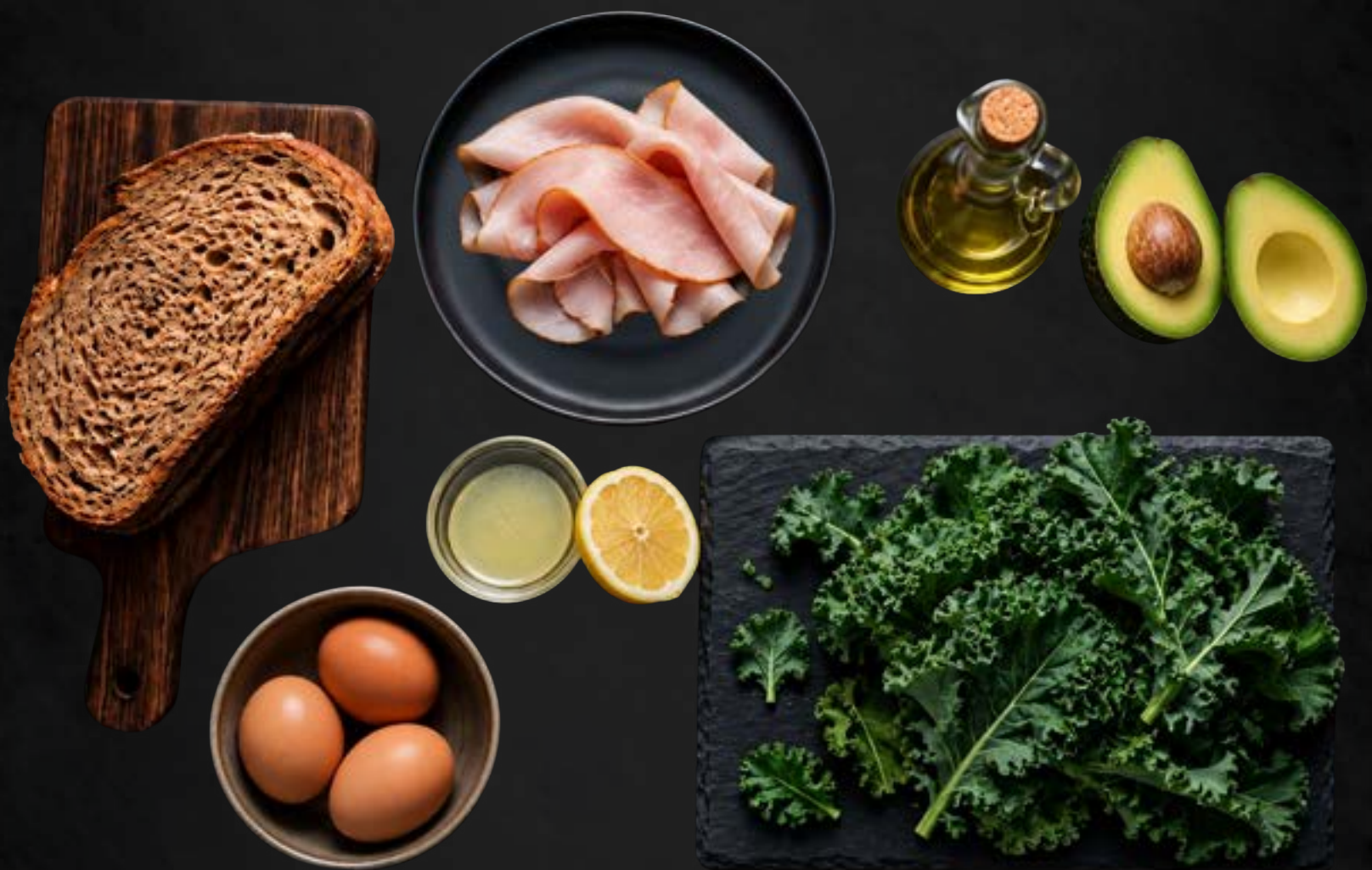


For more detailed information, follow the customized diet plan provided by your trainer in the Fast Fit app.

Avocado Egg Toast

A Power-Packed Breakfast

Start your day with this nutrient-dense Avocado Egg Toast, designed for a balanced daily plan. Made with protein or wholemeal bread as a base, prepared with organic avocado or olive oil, and topped with chicken ham, eggs, fresh avocado, kale leaves, a squeeze of lemon juice, and aromatic spices, it delivers the ideal combination of protein, healthy fats, and rich antioxidants to power your morning.



This is just one of many healthy recipes featured in our diet plan. If you want to know the exact grams, quantities, and portion sizes, check the plan on the Fast Fit app or consult your personal trainer!

How to Stay Committed to Your Diet for Fast Fit Success

Achieving top-tier results from your Fast Fit sessions relies heavily on what happens outside the gym. While high-intensity training triggers fat loss, your nutrition controls your ultimate transformation.



How to Stay Consistent:

- 1 Buy All Grocery Essentials:** Purchase every ingredient listed in your plan ahead of time so your kitchen is always fully prepared.
- 2 Weigh Ingredients Accurately:** Measure your food portions using a scale exactly as specified in your plan to maintain correct caloric intake.
- 3 Prep Meals in Advance:** Preparing your food early prevents impulse eating and keeps you aligned with your daily goals.
- 4 Handle Social Gatherings Smartly:** When offered sweets or hospitality food, politely decline or limit yourself to just a tiny bite without ruining your progress.

Consistency is key.

🔑 Respect your hard work, trust your trainer, and protect your fitness investment.

📱 For more detailed information, follow the customized diet plan provided by your trainer in the Fast Fit app.

A New Milestone in the EMS Fitness Industry



Fast Fit Academy is a leading institution dedicated to advancing fitness education and cutting-edge exercise technologies in Saudi Arabia. The academy offers accredited certification programs approved by the **Leaders Development Institute (LDI)** under the Saudi Ministry of Sport, equipping fitness professionals with recognized credentials and industry leading skills.

A standout achievement of **Fast Fit Academy** is its exclusive EMS Certification (Become a Certified EMS Trainer) the first and only accredited program of its kind in Saudi Arabia and the Gulf region.

This intensive 50 Continuing Professional Development (CPD) hours program is designed to help trainers master Electro Muscle Stimulation, the groundbreaking technology reshaping the fitness landscape across the region.

In addition to its flagship EMS program, **Fast Fit Academy** offers a comprehensive range of specialized tracks, including its Certified Personal Trainer (CPT) program and other advanced fitness certifications.

By delivering diverse certifications backed by a high performance curriculum, **Fast Fit Academy** empowers trainers to build successful, accredited careers in the modern fitness industry.

 To register or learn more about our certification programs, visit our website or contact us via WhatsApp at +966558373376.



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Riyadh



Al Wurud Branch
(Men & Women)



Al Waha Branch
(Men Only)



Al Rabiah Branch
(Men & Women)



Al Narjis Branch
(Men & Women)

Jeddah



Al Khalidiyyah Branch
(Men & Women)

Khobar



Rakah Branch
(Men & Women)



Best EMS Fitness Company
in Saudi Arabia 2025



Excellence in Biohacking &
Longevity Innovation Saudi
Arabia 2026 award



Top EMS Center in
Saudi Arabia 2025



Largest EMS Fitness
Provider in Middle East
2025



Real Results. 20 Minutes.

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