

## SHRED FIX

F.A.Q (Frequently Asked Questions)	
<b>What is the Payment Terms ?</b>	<p><u>One time Payment :</u>          ( 60-70 % Coaching Happens in first month, Where we need to write and customise your original plan, and make you- understand and follow it- This process is bit hard with beginners. As they say it takes 21 days to create a habit, and 90 days to create a lifestyle ) as a coach most of our scope of work falls in first month, From Second month client is positive and happy to grind further), if you have some budget issues you can directly contact me to talk about payment terms)</p>
<b>Is it Mandatory to Share Pictures ?</b>	<p>No its Not Mandatory , I just have to check your posture and body type before recommending a workout plan and diet plan- and pics will help me to do that. and this details will be kept confidential. If someone is trying to Get Aesthetic Physique scale and Measurements wont tell real pictures, I need to see proper symmetry to guide you and customise your program ( The Transformation pictures you see in my profile is just 5 % of my actual work (They are my best clients, who conveyed there gratitude with testimonial and pics to help me and I also help them back whenever they are in need , I owe it to them), 95 % of my succesful transformations are not shared there due to confidential terms agreed with clients. (That's the reason 80 %of my clients comes from mouth of word publicity, I don't need to rely on advertisements) Refer : Instagram account @kiran_sagar_fitness @shred.fix</p>
<b>How Much time it takes to reach my goal weight ?</b>	<p>Depends on your goals and Which Stage you Start- if your highly obese it might take more than 6 months, You may need to renew the plan if you have more weight to lose. (Go through the Blueprint to Transformation Plan File)</p>
<b>Do I need to do Health Check-up (Get it Done by Local Laboratories) ?</b>	<p>Recommended but not mandatory for healthy individuals : It will be helpful to assess the health condition, And medical reports helps to identify the diffiency and causes for your weight gain, and also helps to assess your HBA1C,FBS,Blood Profile-CBC,Lipid Profile,LIVER FUNCTION TEST,KIDNEY FUNCTION TEST and Thyroid Function (TSH,T3,T4) and IRON DEFICIENCY PROFILE, and we can recommend supplements and Diet to cover the diffiency with your doctors advice(For Example : Vitamin D Diffiency, B 12 Difficiency)</p>
<b>Ho to get Started ?</b>	<p>1. Contact me Via- Whatsapp or Directly Message me through instagram and Facebook, Send me a detailed Enquiry- with your height and weight and age- and History of Exercise. And Any details you would like to share (Health issues, Injury, Trauma,Stress etc). (Avoid sending 'Hi' 'How are you" Hey dude" "help me" "Pls give tips"- I recieve this types of 50+ time pass texts a day- i dont reply them- if you are serious go through my package and website send detailed enquiries with the package your interested to sign up.          2. I will assess your text and reply you to connect through introduction call for assessing your lifestyle and i will guide you accordingly)          3. After our Introduction call : I will send you a Questionnaire Email - where you need to fill details about yourself (This is very simple basic form which consists of all your statistics and details)</p>
<b>How to Pay your Fee ?</b>	<p>My Questionnaire Email will have details fo my Indian Bank Account/UAE Bank Account/ And Western Union/Paytm/Paypal details- you can Process your payment through any one of this channels.</p>
<b>How long it takes to get started ?</b>	<p>I will start writing your plan once you process the payment and I need 24 Hours to assess your Questionnaire and Lifestyle and Reports</p>

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<b>How does this online coaching works ?</b> <b>How do you transform someone with virtual coaching ?</b> <b>Is this keto diet ?</b> <b>What's your experience ?</b>	<p>I am a ISSA Certified Fitness Nutrition Specialist and I have done My Diploma in Personal training and Fitness instructing from Active IQ, UK, and I have worked as online nutrition coach and part time freelance Elite trainer in Dubai for 10 years - working with 1000s of clients I have realised that - to succeed in long term we have to focus on balanced nutrition- the diet which nourishes and enrich your body with enough Macro and Micro nutrients and the diets have to be sustainable in long term, I customise meal plans according to your needs, I am not a keto coach I do not recommend keto for beginners as its not sustainable (80 % of the people who follow long term keto and lose through it will gain it back in years), and if client is mentally strong and prefers to go on aggressive fat loss mode- i can customise it according to clients needs. I can customise over 100 types of different diets according to clients needs and goals (Vegan/Vegetarian, Atkins, High protein, Low carb, Intermittent Fasting, Carb cycling, Warrior diet) and my very own SHRED-FIX DIET - All of this diet has different principles but every diet works on calorie restriction and activity, hormone balance management. this is not one size fit everyone approach, We change and guide everyone differently depends on their body type, age, height, weight, workout times, work schedules, habits, lifestyle, food preferences, travelling schedules, holidays, party, family dinners, events etc..)</p>
<b>I need to build Six pack Aesthetic Physique Naturally, Can you help me out ?</b>	<p>I am known in fitness industry for transforming my clients naturally without any fat burners or drugs, All my approach is natural- we focus more on whole foods and natural fat burning foods (This requires a lot of knowledge and experiments and research' dont expect your local gym trainers to do this for you ), I have accumulated lots of knowledge over the years to surpass human potential and to achieve great performance without any chemical substances. You can find 90 % enhanced coaches in industry- but its very hard to find natural coach there are just 5 to 10 % natural coaches who are excelling in this industry. and i am one in that 5 % natural coaches. Ethically- I have a principle to never entertain or use any kind of drugs in fitness industry.</p>
<b>Is it necessary to have supplements ?</b>	<p>Its your choice, its called supplement for a reason- 80 to 90 % of your food intake should come from whole food sources, if your vegan or vegetarian you may need some food supplements like protein and vitamins to cover deficiencies, Sometimes we may use basic food supplements like whey and proteins and some vitamin and minerals (its not mandatory- its a luxury if you can afford it- i will not restrict you from using it ). According to me if you buy supplements from right sources it wont do any harm. we have to be aware of duplicate supplements in market which is the main reason you hear some horrific stories of supplement causing allergies</p>
<b>I want to lose weight very fast can you help ?</b>	<p>I provide 3 options- Balanced and Sustainable Program (Recommended) and Aggressive Program - in Aggressive program you can lose fat very fast but this diet is very hard to follow - if your mentally strong you can choose it, suits someone preparing for events like marriages etc, but you must be aware of rebound - you need to follow a back up plan to sustain the lost weight. you cant get back to old eating habits immediately after losing weights, it takes some time to create new body weight memory to your brain. if you want to sustain the lost weight you need to increase your muscles and strength and metabolism and this process requires some time.</p>
<b>Disclaimer:</b>	<p>In the details above, we will be presenting our opinions and we do not, in any way, shape or form use, encourage, nor condone the use of any supplements/drugs or controlled substances of any kind. "Nothing contained herein is to be construed as Medical Advice. Use of any supplements/drugs and exercise regiment should only be done under the directions and auspices of a licensed physician. The writer does not claim to be a medical doctor nor does he purport to issue medical advice."</p>