

**TRAILBLAZER**

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## **Fall In Love With Healthy Eating And Get Fit At Home With ProjectFit.**

Imagine a life where being fit and healthy is not a chore. Instead, it's an automatic and enjoyable part of your day. A form of self-care that boosts your energy, gives peace, and strengthens your resistance to disease and aging. Oh and, it makes you look and feel great too.

Welcome to the ProjectFit Lifestyle! A sustainable solution for losing weight and staying fit.

Allow us to explain...

In a world of commitments, time restraints, and distractions, it's easy to lose sight of a fit and healthy lifestyle. Before you know it, you feel sluggish and spend way too much time sitting down.

It's also easy to fall into the trap of fad diets and quick fix fitness plans to get back on track.

Often, these traps are unsustainable, leaving you hungry, exhausted, and back to old habits.

At ProjectFit, we run from temporary results. Instead, we nurture deep, lasting change.

We give health-conscious people like you the mindset and tools to transform your body and diet permanently, one day at a time.



**GET FIT NOW**

30-Day Money Back Guarantee

# Why Choose Us?

**We're mad about health and fitness and know the benefits of a healthy body radiate out to all other areas of life.**

**Our team is made of seasoned fitness trainers, lifestyle coaches, doctors, and nutritionists.**

**Together, we have 253 years of experience in helping our clients lose weight, get fit, and eat healthily. We pooled our experience and discovered what really works — and discarded what doesn't.**

**The result? The ProjectFit Lifestyle! A strategy for eating well and working out that sticks.**

**You'll relax into the journey and see healthy eating and exercise as dear, lifelong friends.**

**You'll realise that fitness is fun.**

**With our intuitive eating approach to dieting, you'll end up craving healthy foods AND losing weight.**

**And as for time and convenience?**

**We understand that not everybody has the time or means to get to the gym or a sports club. Many people also don't have to the expertise to devise powerful training programs.**

**That's why we created hundreds of fun, expert-led workout plans you can do at home in as little as 25 minutes a day and with minimal equipment.**

**Living in your dream body DOES NOT have to be an elusive dream.**

**Join thousands of happy customers who have achieved their fitness with the ProjectFit Lifestyle.**

# Enrich Your life with ProjectFit

Eating well and working out with us will revitalise your life in ways you never imagined.

Get ready to:

- Make your heart stronger, your body more resistant to disease — and your sex life better.
- Gain stamina, energy, and confidence to tackle any challenge.
- Lose weight and sculpt a killer body that won't fade with the seasons.
- Slow aging.
- Boost your physical and mental powers.
- Hang out with endorphins - the darling neurotransmitters released by the brain during exercise. They fight stress and depression and make you feel happy.
- Make healthy living effortless, freeing you up to focus on other things.

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# Unleash Your Best Self With Powerful Home Workouts



Imagine the satisfaction of finishing your first program, and noticing how much faster, stronger, and leaner you have become.

Lots of our customers have reported that they ended up craving our workouts because they make them feel so good!

With 76 engaging programs and 10–20 workouts per program, there is something for everyone.

We cater to all experience levels, from advanced to beginner.

- Melt off fat with high-intensity interval training.
- Express yourself through dance.
- Build muscle with strength training.
- Feel unstoppable with kickboxing workouts.

...and much more.

Stream workouts directly to your smart TV, smartphone, tablet, or computer.

There is no longer an excuse not to workout!

Just press play.



# Master The Secrets Of Healthy Eating

Long term healthy eating does not have to depend on iron willpower. With the right approach, knowledge, and experience, it becomes instinctual.

With the ProjectFit Lifestyle approach, you will:

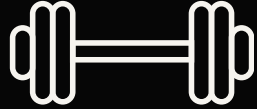
- Learn about the addictive and damaging qualities of processed foods.
- Get off the refined sugar rollercoaster.
- Never starve yourself.
- Stop yo-yo dieting.
- Learn to listen to your body and eat only what you need.
- Crave the goodness of whole, healthy, unprocessed foods.
- Gain a stable, natural, and powerful energy source.



# Our Package

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## EXPERT-LED WORKOUT PROGRAMS

Each juicy workout is designed by top fitness trainers to be fun and efficient. We cover 14 categories, including yoga, HIIT, weight training and dancing.



## WORKOUT AT HOME

Get fit at home, in your hotel room, or even at the park, by streaming our workouts onto your electronic device. You can temporarily download workouts to watch offline if you don't have internet.



## TAILOURED NUTRITION PLANS

Log your health goals into our diet planner to create a personalised nutrition plan. Make minor changes every week — watch as they compound into a new way of living.





## PROJECTFIT LIFESTYLE ONLINE COURSE

The “LiveFit” online course was written by veteran fitness trainers, nutritionists, and life coaches. Delve into the nitty gritty of diet, intuitive eating, and fitness with video lessons. Build a health-conscious mindset for life.

**GET FIT NOW**



## PROJECTFIT LIFESTYLE ONLINE COMMUNITY

The “LiveFit” community is our social space for discussion with thousands of fellow members. Plus, our work out buddy finder lets you to team up with others for extra motivation.

30-Day Money Back Guarantee



## ONLINE PROGRESS TRACKING TOOLS

Track your workouts, steps, calories and more. Earn different badges, share your results, and see your efforts mapped out in real time. This is one powerful motivator.

# We Have 308,678 Monthly Users. Here's What They Have To Say:



"I've seen fire results with the BodyD HIIT program from ProjectFit. The workouts are really well thought out and leave no muscle group un-torched. I've never been this muscular in my life and I feel great. I love the ProjectFit community too. I've met a couple of lads there who are now workout buddies."

**Mattie, 32, Doctor**



"I lost 12kg in 15 weeks! But that's not all. The best part about ProjectFit is that you learn to have so much respect for your body and to fuel it with the good stuff. Eating well has been a breeze after the ProjectFit Lifestyle course and I don't even want to eat sugary foods anymore."

**Maya, 23, Research Analyst**



"WHAT A DIFFERENCE. I used to hate my body and everything to do with working out. But the ProjectFit workouts are fun as well as challenging. I replaced fat with muscle in a way that was sustainable. I did it WITHOUT starving myself. 2 years later, I've achieved my dream body with the ProjectFit Lifestyle and still love the workouts."

**Mandy 29, Logistics Manager**



# Don't Miss Out On The Transformative Potential Of ProjectFit. Pick One Of Our Plans And Get Started Today.

## BASIC PLAN

\$15 A MONTH

- All workout programs.
- ProjectFit Lifestyle online course.
- Projectfit online community.
- Personalised nutrition plan.
- Online progress tracking tools.
- Tailoured nutrition plans.

## SILVER PLAN

\$20 A MONTH

Everything in the Basic Plan +

- You can ask for advice from our fitness trainers, lifestyle coaches and nutritionists on our forum.
- Exclusive access to bonus workouts, livestream workouts, and workshops from top trainers and coaches every week.

## PREMIUM PLAN

\$30 A MONTH

Everything in the Silver Plan +

- Your own personal trainer to keep you accountable, give advice, and guide you through the ProjectFit Lifestyle Course.

## Like Us, Or Your Money Back.

We believe in the outstanding value of ProjectFit. But if you are not satisfied after 30 days, we will refund you. No fuss, no risk.

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## **Exclusive Discount! 40% Off Your Next Order From Master Sports.**

We've teamed up with sportswear retailer Master Sports.

Join ProjectFit before the end of April and get a whopping 40% your next order at Master Sports.

Master Sports sell a dazzling array of workout clothes, trainers, accessories, and sports supplements. Buy online or in-store.

Join now and treat yourself to some shiny new workout gear to kick start your fitness journey!

**GET YOUR DISCOUNT  
TODAY**

