

# ANSWER VAULT

- How much weight loss will I see in 1 month?

I never focus on weight loss but inch loss. Please understand there is a huge difference between weight loss and fat loss. Weight loss can be water/ muscle/ bone mineral density loss. So, weight checking is a very outdated method to check your health. I really don't want you to lose any of that but only fat- which is inch loss more than weight loss. You can read my article in detail to understand the concept of losing fats vs weight <<Click here

- How much Inch loss will I see in me in a month?

Every individual has different metabolism, fitness levels and eating habits. Depending up your age, the amount of diets your have done before and the above factors, would decide the fat loss progress. On an average, my members lose 5-10 inches overall body.

- How many times will you counsel in a month?

As mentioned in the program details, it's a monthly program where we do counseling over video call once in 15 days. This makes it 3 counselings in a month.

- Do we not get to see you in between the counseling time?

We constantly stay in touch with each other over whatsapp or emails. I would be doing follow up from my side and expect you too to keep me posted.

- Do I need to enroll the 2 months enrolment together?

If you enroll 2 months together, it would cost you less as compared to 1 month.

- I don't like gyming, what is the other option?

Workout is a science and not something we can decide on what to do with it. Most people want to stay in their comfort zones and that's why never see results or see temporary changes. Home exercises will give you temporary result (only initially). As body increases strength with every workout we do, the need to increase the intensity becomes extremely important. To improve the intensity (weights) we need to buy equipments, machines and much more stuff at home. This goes way too expensive. It's best to train ourselves in a place where things are already set for us. Therefore, gym would be the best place to join.

- Is walking not okay?

Fitness has 3 major components- strength that can be improves with weight training, cardio- which improves only heart rate and flexibility which improves the stretching capacity of the muscles.

Out of which cardio (walking) gives only limited fat loss and more muscles loss where as weight training, BURNS FAT FOR 48HOURS post workout. You will see a huge difference in the fitness levels, skin, toning and inch loss. A combination exercise is important if your goal is big and not just limited to losing weight. You may read my article on fitness component (<<click here) for more detail.

You may go for walking, but along with that doing weight training at least 3 days in a week is a must.

- How about yoga? Will I lose weight with that?

In most cases, yoga is only restricted to breathing exercises and normal free floor exercises. One can lose fat with yoga but unfortunately, there are very few professionals who teach advanced yoga asans. Plus mastering those forms takes way too long (like 3-4-5yrs). Therefore, weight training becomes easiest and quicker way to burn fat.

- Do I need to hire a trainer in the gym?

Not at all! I don't want you too. I would be providing the workout plan, explain in detail about how to do it, what intensity to work on and send workout videos too.

- Do I need to go to gym every day?

Not every day but at least 3 days in a week.

- Will I put on weight after I leave gyming?

Any physical activity when we leave, we do put on weight (fat). Let's not blame only gym for that. Even when we aren't working out we are gaining weight right? In fact you leave any physical activity, you will gain fat. Body is designed to train/ exercise, so let's not be lazy bums. You won't put on double the weight.

- Diet works 70% and exercise works only 30% on our body. So can I just diet and not exercise?

This is the biggest misconception in your head. Both the things are equally important. Exercise builds muscle mass and loses fat whereas nutrition supplies all the material to reconstruct the muscle mass. Both are extremely important for fat loss.

- I would be travelling in between the program. How can I maintain my meal and workout plan?

I would sit with you in the session and help you plan your meals and workouts according to your travelling schedule. We will try and figure out ways to solve those issues.

- After I leave the program, how will I be able to maintain my weight?

As mentioned in the program details, the plan is very details and training based. I'll make sure, you understand all the details well and incorporate that in your lifestyle permanently without my help.

- What if I feel the need after 2 month of completion?

We stay in touch through emails and whatsapp. Also, I would also follow up with you after 1 month on email (twice) about your consistency. If you still feel the need to see me, we shall take up single counseling enrolment.

- My other friend lost weight with only normal diet and walking. Why can't I do the same way?

As I explained, weight loss can be water or muscle loss too. We don't want to lose any of that because in long term it would affect our health in a bad way. Especially, poor bone health- knees and back.

- But she is able to maintain her weight and has no complains about any pain in knee or back?

It won't show up now indeed. But it would definitely be in future. Also, we do not know what the person is experiencing with the diet and walking. How are their energy levels? Do they wear corset to tighten their tummy? Do they have more hair fall? Do they look duller now? Everything matters and shows some symptoms on losing weight in the wrong way.

- I have lots of fat around belly/ thighs/ arms. How can we tackle this? Spot reduction s a myth. Losing fat from a particular area is never going to happen. With right workouts, we will target fat loss and with time you will see a slow reduction is the problem area. You can read my article on Spot reduction (<<Click here) for more details.

- I have knee pain/ back pain/done surgery before. Then how can I do weight training?

Don't worry, I would guide you through on how to work out in the right fashion which would improve your knee/ back problem. Did you know weight training improves knee and back problem? We will slowly take steps to build our bone health. Don't worry, I'll take into consideration your problem.

- Do you suggest supplements? They are harmful isn't?

Supplements are natural. They are the bridging gap between the need and the requirement unlike steroids and medicine which has side effects. Supplements are made up of natural foods like milk, nuts and oilseeds. That's why even a pregnant woman is given a calcium and folic acid supplement right? Read my article for more details on supplements <<[click here](#)

- I'm not looking for weight loss but improve my diabetes, thyroid problem, PCOS/ metabolic problem. Does this program include these things too?

This program is designed as per members need. I change, modify things according to your need. There is no fixed plan for anyone here. It's individualistic and problem specific. So, go for it!