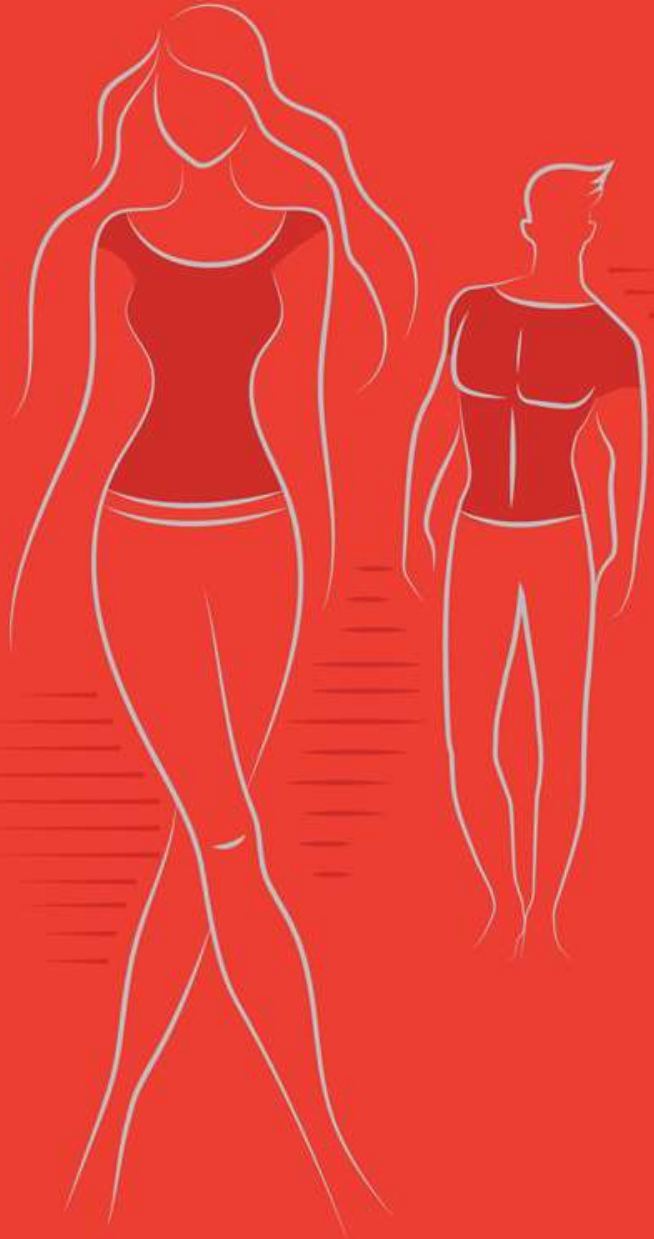




# FITNESS & DIET

VESLIM RANGE



# OBESITY



- Overweight and obesity are defined as abnormal or excessive fat accumulation that causes several health problems
- It is one of the major risk factor for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer



# FACTS ON OBESITY



- Worldwide obesity has nearly tripled between 1975 and 2016
- In 2016, more than 1.9 billion adults were overweight and over 650 million were obese
- 41 million children under the age of 5 were overweight or obese in 2016
- Worldwide, at least 2.8 million people die each year as a result of being overweight or obese
- **THE GOOD NEWS: Obesity is preventable**

# FACTORS AFFECTING FITNESS



Physical fitness is considered a measure of the body's ability to function efficiently in work and leisure activities

Factors affecting fitness:

- Diet
- Exercise
- Physical disability
- Illness and fatigue
- Intake of Drugs
- Stress
- Environment
- Lifestyle



# IMPORTANCE OF WEIGHT MANAGEMENT



- Losing weight as part of weight management is important because weighing too much is not good for health
- Being overweight increases your risk of health conditions such as heart problems, high blood pressure, type 2 diabetes, osteoarthritis, sleep problems, respiratory (breathing) problems and many others
- The best way to lose weight is to eat fewer calories (units of energy that your body gets from food) and get regular exercise
- Losing even a small amount of weight can lower your risk of health problems



# VESLIM RANGE

- Veslim range is specially designed for weight management
- This range will provide you ways to manage a healthy body weight and lead a healthier life by means of balanced nutrition



# VESLIM CAPSULES



# VESLIM CAPSULES



Veslim Capsules is a combination of four powerful herbal ingredients:

- Opuntia Vulgaris
- Garcinia Cambogia
- Coleus Forskohlii
- Piperine







These ingredients work towards suppressing the appetite without compromising on nutritional values to provide ample nourishment to the body



# COMPOSITION OF VESLIM CAPSULES



	INGREDIENTS	FUNCTIONS
	Opuntia Vulgaris	Helps in maintaining blood sugar and reduce cravings. Suppresses the appetite naturally
	Garcinia Cambogia	Helps in the blocking of enzymes which are responsible for fat synthesis. Also increases serotonin levels that prevents emotional eating
	Coleus Forskohlii	Helps in converting unused fat into energy and helps to suppress appetite
	Piperine	Helps in increasing the availability of the nutrients. It supports weight and stress management . It has anti-inflammatory properties and improves metabolism

# BENEFITS OF VESLIM CAPSULES



- These ingredients help to improve metabolism
- Helps in burning calories while increasing energy levels
- Naturally suppresses the appetite
- Increases stamina and endurance
- Strengthens immunity
- Aids in weight management



# DOSAGE OF VESLIM CAPSULES

1-2 capsules in the morning before breakfast on an empty stomach



# VESLIM SHAKE

Mango Flavour



# VESLIM SHAKE

- The simple science behind weight loss is to control calorie consumption and improve calorie burning
- Veslim Shake helps you manage calorie intake in a healthy and nutritious way
- It provides you complete nutrition of a balanced meal, without overloading with unnecessary fats and calories.
- It is ideal for people trying to lose or maintain weight in a simple and healthy way.



# COMPOSITION OF VESLIM SHAKE



Specially formulated with a unique blend of high quality protein and fiber sources, that keeps you full and reduce junk cravings without curbing your natural appetite.

1 glass of prepared Veslim Shake (30 grams shake mix in 200 ml skimmed milk) provides:

- Energy: 104 Kcal\*
- Protein: 9.78 g\*
- Fiber: 4 g\*
- And, 22 Essential Vitamins & Minerals

\*per serving values



# BENEFITS OF VESLIM SHAKE



- Helps in maintaining healthy body weight
- Gradually absorbs the glucose in the body
- Helps in keeping you fuller for a longer time
- Helps in maintaining a healthy gut flora
- Provides good amount of proteins
- Provides essential vitamins and minerals which are good for maintenance of a healthy body



# DOSAGE OF VESLIM SHAKE

Mix 30 gms of Veslim Shake in 200 ml of cold milk and enjoy it in meal time in delicious Mango Flavour





VESLIM TEA

COMING SOON...



# VESLIM TEA






- Veslim Tea is a low calorie drink that is a healthier alternative to tea, coffee, aerated/ sweetened or energy beverages
- Enriched with Green tea, Green coffee beans, and Garcinia Cambogia extracts
- It's delicious honey lemon flavour refreshes and revitalizes instantly



# COMPOSITION OF VESLIM TEA



	<b>INGREDIENTS</b>	<b>FUNCTIONS</b>
	Green Tea	It delays the signs and symptoms of ageing. It boosts the metabolism. Gives relief from stress and improves mental alertness
	Garcinia Cambogia	Helps in the blocking of those enzymes which are responsible for fat synthesis. Also increases serotonin levels thus prevents emotional eating
	Green Coffee	It has high level of antioxidants. Act as appetite suppressant. It boosts metabolism and enhances energy levels. It promotes fat burning and blocks fat production

# BENEFITS OF VESLIM TEA



- Helps in improving metabolism
- A healthy alternative against carbonated and other aerated beverages
- Helps in burning of fat
- Helps to keep the body energetic
- Aids in weight management



# DOSAGE OF VESLIM TEA

Take 1 scoop (5g) of Veslim Tea in 180 ml of hot or chilled water. Stir & Enjoy !



# VESLIM RANGE

## Veslim Shake

MRP Rs. 1500.00

DP Rs. 1350.00

BV 810

PV 45

## Veslim Capsule

MRP Rs. 1290.00

DP Rs. 1100.00

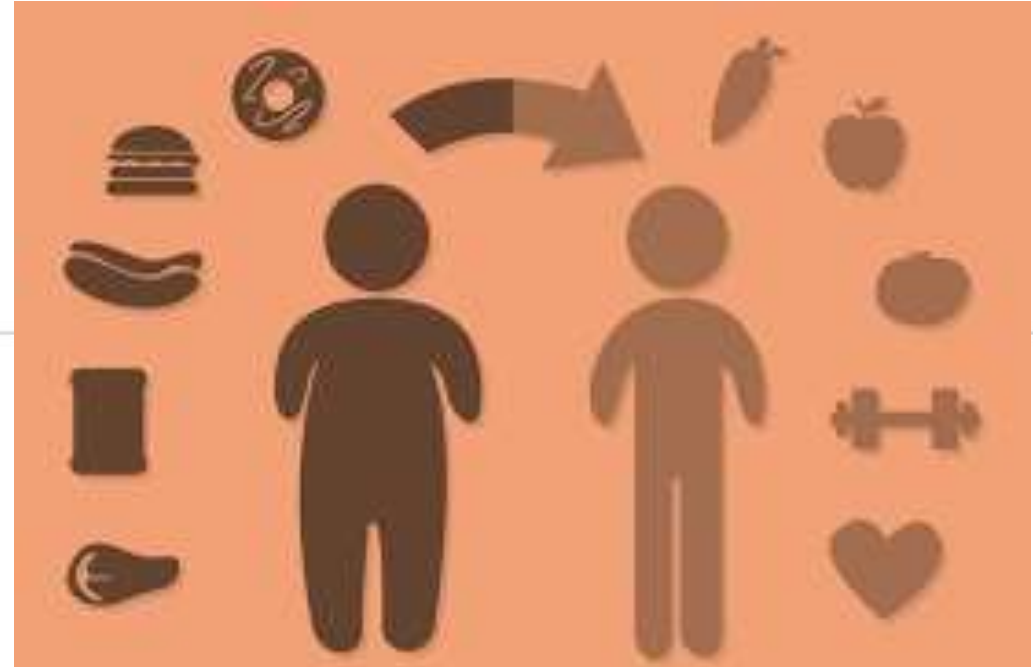
BV 660

PV 36.67



# SUGGESTED DIET PLAN

WITH BASIC EXERCISE



# SUGGESTED DIET PLAN & BASIC EXERCISE



MEALS	MENU
Early Morning	1-2 Capsules Veslim Capsules and Xtract V + 1 glass luke warm Water
Breakfast	Enerva Breakfast Cereal with 1 glass Milk/ 1 Bowl Oats Porrdige/ 1-2 Besan Cheela/ 1 Bowl Vegetable Daliya/ 2-3 pieces of Dhokla/ 1 Bowl Vegetable Uttapam/ Multi-Grain Bread with baked Omlette/ 1-2 Vegetable Sandwiches in Brown Bread/ Veslim Shake (1 scoop with 1 glass of Milk)
Mid Morning Snack	1 Bowl Sprouts/1 Bowl Bhel/ 4-5 Soaked Almonds with 1-2 Walnuts/ 1 Protein Bar With 1 Spoon Protein powder with 1 glass Water/ 1 Glass Lemonade with Stevia/ 1 Spoon Dietary Fibre with 1 glass Water/ Veslim Tea in a Cup of hot Water
Lunch	1-2 Roti + 1 Bowl Vegetable + 1 Bowl Curd + 1 Bowl Salad/ 1-2 Idli + Sambhar/ Roasted paneer with Sauted Vegetables/ Grilled Chicken with Sauted Vegetables with a piece of Multi-grain bread
Teatime	1 Cup Veslim Tea/ Xtract F / Black Zeta Tea with 2 Digestive Biscuits/ 1 bowl of Papaya / Roasted Chana / Handful of Roasted Whole Grains (unsalted)
Dinner	Veslim Shake (1 scoop with 1 glass of Milk)
Post Dinner	1 Cup of hot Water
<b>EXERCISE PLAN</b>	
Basic Exercise	Spot Jogging/ Brisk Walking- 3 times daily for 10 minutes



# WEIGHT LOSS TIPS



- Drink 3-4 liters of water daily
- Eat less amount of refined carbohydrates like white bread, pasta, etc.
- Go for smaller portions of meals
- Keep healthy food around, in case you are hungry
- Eat more of fiber rich foods
- Chew food slowly and properly
- Avoid processed foods





*Thank you*

