



THE FREQUENT TRAVELER'S LIFESTYLE PROGRAM

Are you frequently trotting across the globe? Hopping from one hotel, resort, hostel, or temporary accommodation to another? Do you live out of your suitcase and struggle to keep your health and lifestyle goals in check? Whether you are an elite professional constantly on the go for work commitments or an adventure seeker striking off destinations to visit on your bucket list, we believe you can still achieve your nutrition, health, and lifestyle goals even when traveling. Welcome to our **exclusive 1-month Frequent Traveler's Lifestyle Program.**

Duration: 1 month

Key Features

- One video call at the beginning of your program followed by a weekly review call (voice call) with your Nutritionist/Lifestyle Expert
- Chat support five days a week (Monday-Friday) from 9 AM to 7 PM
- Real-time coaching and advice on travel essentials like healthy snacks, supplements, workout gear, and so on
- Get coached on how to integrate mindful eating habits into your everyday routine
- Making the right and healthy food choices depending on your destination
- Dos and don'ts of eating out
- Suggestions on the perfect combination of local and global cuisine
- Tips to choose the right drinks and beverages
- Food log reviews
- Hacks to strike a balance during travel
- Lifestyle coaching on simple ways to get quick but effective workouts done
- Focus on maintaining harmony and balance in your gut even when traveling
- Learn tips to prevent or manage gut issues like acidity, gas, bloating, flatulence, constipation, diarrhea, stomach infections, and more when you are on the go
- Tips to manage cravings or over-eating and opting for healthy alternatives

- Guidance on essential supplements to carry, if required
- Advice on managing jet lag and sleep cycles across time zones
- Guidance on managing stress, emotional well-being, and travel anxiety

Please note: No food plans but a travel food guide will be shared. This program does not address any medical conditions.

Benefits

- Personalized nutritional guidelines
- Advice on making smart food choices
- Tips and hacks to get quick workouts done during travel
- Individualized support to address your unique needs and concerns (no medical conditions)
- Regular check-ins to monitor your progress
- Self-care recommendations tailored to your preferences and circumstances
- Handling travel fatigue and maintaining energy levels
- Establishing a routine in a new environment

Pricing

1 month: ₹16,999 + GST (₹20,059 with GST)/\$245

USD rates apply to anyone residing out of India.

Frequently Asked Questions (FAQs)

Q: What is the Frequent Traveler's Lifestyle Program?

A: The Frequent Traveler's Lifestyle Program is an exclusive 1-month personalized program designed to help individuals who frequently travel strike a balance on their nutrition, health, and lifestyle goals while on the go.

Q: How long does the program last? Can I sign up for more months?

A: The Frequent Traveler's Lifestyle Program lasts for 1 month. But you can renew it based on your requirements.

Q: Will I receive a food plan as part of the program?

A: No, the Frequent Traveler's Lifestyle Program does not provide any food plans. Instead, we help you with personalized travel food guidelines to make the right food choices based on your needs and preferences.

Q: How often will I have contact with my Nutritionist/Lifestyle Expert?

A: You will have one video call at the beginning of the program, followed by weekly review calls with a Nutritionist/Lifestyle Expert to track your progress and address any questions or concerns.

Q: Is the chat support available every day?

A: No, the chat support is available five days a week, from Monday to Friday, between 9 AM and 7 PM.

Q: Can I get advice on workout routines while traveling?

A: Yes, the program includes lifestyle coaching that provides advice on simple ways to get quick but effective workouts while traveling.

Q: Will I receive guidance on managing stress and emotional well-being during travel?

A: Yes, the Frequent Traveler's Lifestyle Program offers guidance on managing stress, maintaining emotional well-being, and dealing with travel anxiety.

Q: Can the program help me maintain sleep cycles during travel?

A: Yes, the program guides you on managing jet lag, sleep cycles across time zones, and handling travel fatigue.

Q: Will I receive recommendations for travel essentials like healthy snacks and supplements?

A: Yes, the program includes real-time coaching and advice on travel essentials, including recommendations for healthy snacks, supplements, and workout gear. We will also recommend self-care rituals that you can engage in to make the most of your travel experience.

What our clients say:

1. *“Thanks for the travel tips and all your support, Deepika. It was indeed a wonderful experience however, I have a long way to go and I will make sure I will apply GPRS rules while eating outside and will also try to focus on other tips for sure. My sleep and immunity are getting better than before. Thanks once again for all your support, I will be in touch when I am back.”*
2. *“It has helped me with my acidity, migraine, and travel sickness. Hope to continue this in the future! Thank you so very much Ami for all your time and patience with all my questions, some long, some silly. Thank you.”*
3. *“I am extremely happy with the support you have extended to me throughout the program, despite my crazy travel schedule. I have learned a lot about healthy lifestyle options and hope to carry them forward. I definitely feel better than before, and the diet plan looks sustainable, which is great! I thank you for all the follow-up you had to do to keep in touch with me while I was traveling. Your dedication to my lifestyle change program was truly commendable.”*

4. *“I was extremely satisfied with the level of professionalism and personalization that I received during my journey. Given that I had a few challenges including changing countries and my frequent travel plans - Shraddha collaborated and innovated to ensure that I stayed on track. Thanks to Shraddha and her constant encouragement and motivation, it’s been a great experience.”*

