

# Transform your shape

**It's your dream to look great. It's our business to make it happen. Using the latest technology, there now is an easy, ethical way to keep fit and look great.**

## Do you want all your hard work to be based on guess work?

Traditional exercise plans delivered by personal trainers focus on just one hour of training and very often, there is little or no consideration given to the other 23 hours of the day. Weight loss plans are generic with a 'one size fits all' approach. The average diet bases its total calorie content on 1,500 calories a day and provides a menu based upon the Eatwell Food Plate from the Food Standards Agency. Therefore current weight loss and exercise programmes are based upon total guess work, estimates of your 24 hour lifestyle and presumptions of your daily calorie needs.

## Let us make it happen for you

Eqvvs uses the Ki Fit device which removes all guess work and helps you to achieve results, fast! This multi-sensor armband, worn around the upper arm, records your calorie burn and consumption, sleep efficiency and sleep duration, activity levels and the number of steps you take – 24/7. This crucial, easy-to-understand data enables Eqvvs to provide you with a bespoke food menu and tailored exercise programme, guaranteeing success.

## The 6 week programme includes:

- ✓ 2 x nutritional consultations with an expert nutritionist
- ✓ Before and after body composition analysis using the BodPod to quantify your results
- ✓ Use of the Ki Fit armband for the duration of the course
- ✓ 12 x 60 minute personal training sessions (2 per week)
- ✓ Bespoke meals from Soulmate foods for the programme duration (6 days a week)
- ✓ 6 x 60 minute lymphatic drainage massages (1 per week)
- ✓ 24 hour 'Ask the Expert' function with Soulmate foods
- ✓ Individual and constant support from your Ki Fit coach
- ✓ A cookery lesson with the Soulmate chefs. This will also include a shopping trip and a kitchen cupboard detox

## Who we use?

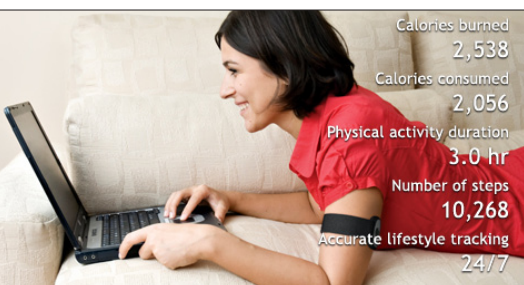
Eqvvs have appointed Soulmate food, based in Harrods, to create each bespoke 5★ menu. Creating 5 meals a day; organic, nothing frozen, no colourings, additives or preservatives direct to your door - no matter where you are in the UK! This is the only programme that utilises the data gained from the Ki Fit, ensuring that you consume the exact number of calories required to achieve healthy, consistent weight loss.

## Still not enough?

Eqvvs have teamed up with PureXP. Not content with the 'Recommended Daily Allowance (RDA)' Eqvvs have included PureXP's Superfood Elite into the Soulmate menu. Superfood Elite is a powerful raw food blend, packed with full of 29 ingredients. One teaspoon is 100% of all your RDA's! The Soulmate menu is not only tailor-made, but with the help of PureXP is bursting with incredible bio-active compounds and antioxidants.

## Soulmatefood

## π PURE-XP



## How accurate is it?

The Ki Fit is a clinically proven device and recent studies showed that people using the armband achieved 3 times greater weight loss compared to people going at it alone.

## How is weight loss guaranteed?

To lose weight, you need to use up more calories than you take in. There are about 3,500 calories in 1 pound of fat, therefore

you will lose a pound in weight every time you burn 3,500 more calories than you consume. So if you want to shed that pound in a week's time, you have to burn 500 more calories than you consume every day. The Ki Fit gives Eqvvs the power to understand precisely what that 500 calories represents. Knowing what you need to reduce and adjusting your diet and exercise accordingly will guarantee results.



“My mission three months ago was to drop down three dress sizes and lose two and a half stone. Mission accomplished”

Diane Bourne lost 3 stone in 3 months

“Accountability is the latest obsession in fitness. And nothing makes you more accountable than wearing a device that tells you how many calories you've burnt. The Ki System is a genius piece of techno-wizardry with amazing accuracy”

Vogue Magazine



Ki Fit multi-sensor arm band and display

