



The Good Weight

# The Good Start

Sustainable Weight Loss & Metabolic  
Health for Busy Professionals



[www.thegoodweight.com](http://www.thegoodweight.com)



## Move Beyond Generic Weight Loss.

You've tried diets before. Maybe you lost a few kilos, then gained them back—and more. Your body fat percentage, visceral fat, and metabolic markers keep creeping up, despite your best efforts.

Between long work hours, stress eating, and conflicting advice online, it's hard to know what actually works for your body.

Generic meal plans and extreme workouts don't work for busy professionals with early metabolic issues like insulin resistance, PCOS, or prediabetes.

Your body needs a different approach—one that's designed specifically for *you*.

## Choose a Personalized System: Designed for Your Real Life, Not a Perfect One.



### Work Schedule

We work with your demanding work schedule, not against it. Your plan fits seamlessly into your professional life.



### Your Biology

Understanding your unique metabolism, hormones, and cravings to create lasting change.



### Eating Patterns

Addressing stress eating, social meals, and travel without extreme restrictions.



**The Good Start is a personalised, real-life system that fits your work schedule, biology, and eating patterns—no fad diets, no exhausting gym routine.**

# We Don't Guess. We Assess.

## Your Journey Begins with a 360° Assessment

### Root Cause Assessment

Identify why your body is resisting weight loss—insulin resistance, hormonal imbalances, metabolic slowdown.

### Clinical Insights

Analyse your blood work for red flags, deficiencies, and metabolic markers that affect weight, energy, and cravings.

### Lifestyle Insights

Map your real work schedule, stress patterns, sleep quality, and eating habits to design a plan that fits your life.

## Personalised Plan. 100% Online Delivery.

Your Good Weight program is built around your unique data, schedule, and health profile for sustainable success. No generic meal plans. No cookie-cutter routines.

1

### Doctor Oversight

Medical review of your clinical data and a personalised action plan based on root causes.

2

### Personalised Diet Plan

Customised for your food preferences, work schedule, and eating patterns.

3

### Tailored Activity Plan

Exercise recommendations based on your fitness level, time and health needs—no 2-hour gym sessions required.

4

### Nutrition Optimisation

Guidance on protein, carbs, fats, micronutrients, and meal timing to support fat loss and metabolic health.

5

### Lifestyle Integration Protocols

Support for sleep, stress management, habit formation, and any lifestyle challenge you face.

6

### Practical Resources

Pantry guides, grocery lists, meal ideas, and travel tips for real-world eating.

# Your 3-Month Transformation Journey



## Month 1: Stabilisation

Establish realistic routines, correct your diet, and improve sleep, digestion, and energy—designed to fit a busy work schedule.

## Month 2: Scale Up

Intensify nutrition and activity for fat loss and better metabolic health, without extreme diets or unrealistic workouts.

## Month 3: Sustainability

Consolidate improvements and build habits you can maintain even during peak work periods and travel.

## You're Not Doing This Alone

You're never alone on this journey. We offer unwavering support, ensuring your plan dynamically adapts to every shift in your work and life. Our expert multidisciplinary team – including specialist doctors, nutritionists, and health and fitness coaches – collaborates seamlessly to craft and refine your personalized strategy.



### Medical Oversight

Doctor reviews to identify root causes and address any health concerns that emerge.



### Weekly Plan Delivery

Fresh, updated plans based on your progress and evolving needs.



### Weekly 1:1 Reviews

30-minute consultations to fine-tune your approach and address challenges.

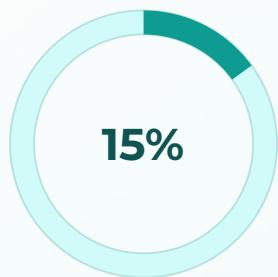


### On Demand Support

Daily support for questions on food, travel, recipes, cravings, and motivation.

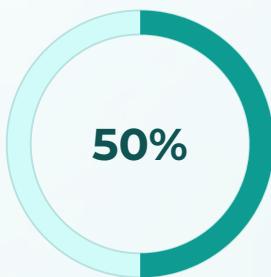
# What You Can Expect in 3 Months

With consistency, many clients see remarkable improvements across multiple health markers.



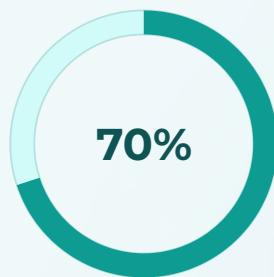
## Healthy Weight Loss

Body weight reduction over 3 months with program adherence.



## Improved Body Composition

Decreased body fat, increased lean muscle, reduced visceral fat.



## Better Metabolic Health

Enhanced energy, better sleep, improved blood sugar, and metabolic markers.

**Important Disclaimer:** Results vary; some may need up to 6 months to achieve their goals. We focus on **safe, healthy, and sustainable progress**—not rapid weight loss.

# Why Trust The Good Weight

Our multidisciplinary team brings over **20 years of expertise in obesity and metabolic health**, **transforming over 10,000 lives** with trusted, evidence-based care. Our founders are:



**Dr. Neha Shah**

- MBBS, MS, FIAGES, FAIS, FMAS, FMIS, FALS
- Fellow in Metabolic Surgery (Taiwan)
- Fellow in Bariatric Surgery (U.S.A)
- Robotic and Laparoscopic Surgeon
- Trained 1000+ surgeons on Laparoscopy
- Ex. Apollo Hospitals, Global Hospital, Lifeline



**Govind Lohia**

- Metabolic Health Coach (UK CPD)
- B.Tech in Biotechnology (NIT, Warangal)
- Stem Cell Research (Gottingen, Germany)
- MBA in Marketing (SPJIMR, Mumbai)
- 2x Medtech Founder
- Ex. JnJ Medical, Cipla, Wipro

# Invest in Your Health Today

Program	Standard Price	Special Price	You Save
3-Month Program	₹30,000	₹21,000	30%
6-Month Program	₹60,000	₹36,000	40%

## 3-Month Program Includes:

- 12-week structured program
- Doctor oversight
- Personalised diet & activity plans
- Weekly plan updates

## 6-Month Program Bonus:

- 30-day pause option
- Free Smart Scale (₹3,000 value)
- 10% more savings

## What's Not Included:

- Blood tests for root cause evaluation
- Nutraceuticals, supplements, or devices

## Ready to Take the Next Step?

01

### Book Consultation

Detailed health consultation (30–45 mins).

02

### Complete Blood Work

Share reports or undertake blood work (if needed).

03

### Begin Your Program

Receive your personalised Good Weight plan and start your transformation.

**Don't wait for the "perfect time." Start now.**



[Call / WhatsApp: +91 93 6301 6300](tel:+919363016300)

## The Good Weight

📍 No 330A Pilliyar Kovil Street, Thoraipakkam, OMR, Chennai, Tamil Nadu - 600097

✉️ [support@thegoodweight.com](mailto:support@thegoodweight.com) | 🌐 [www.thegoodweight.com](http://www.thegoodweight.com) | ☎ +91 93 6301 6300