



Portfolio Book

August 2014



Amenities





Personal Training





Group Exercices





Diet Consulation



Eat right. Stay healthy

Get your Diet plan in your Inbox!

Basic Package For:

- Students
- Working professionals
- House wives
- Senior Citizens

Advance Package For:

- Weight management
- Diabetes
- Blood pressure
- Pregnancy
- Hypertension
- Cardiovascular diseases
- Renal disorders
- Gastrointestinal disorders
- Cancer
- Ketogenic diets
- General surgeries






**Diet plan
Packages**



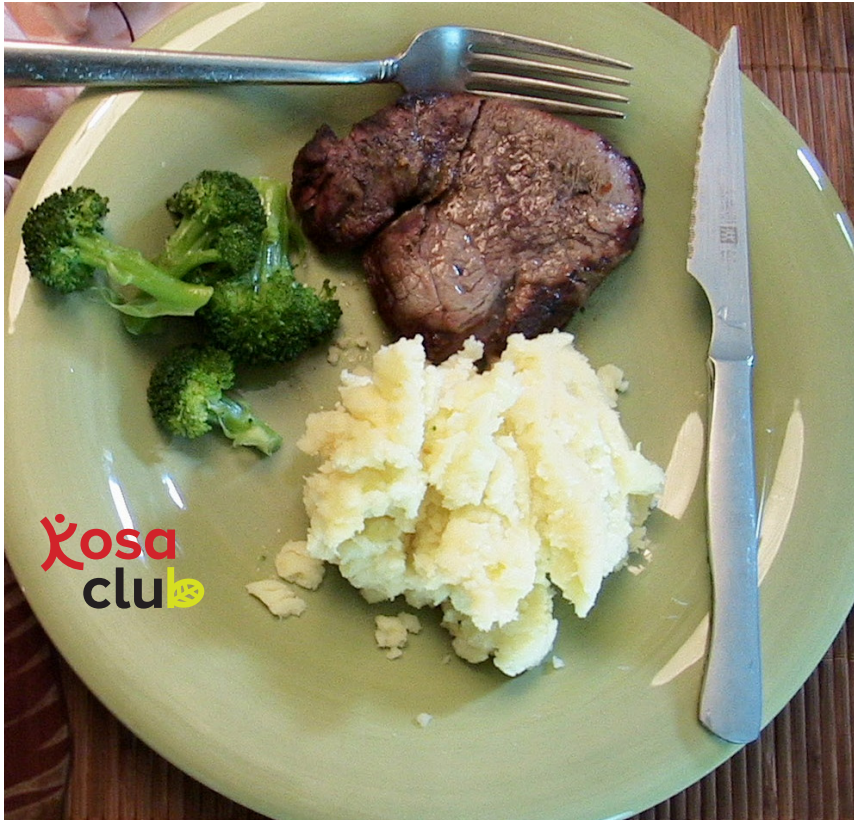
Nutritionists



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B-fast							
<i>Snack</i>							
Lunch							
<i>Snack</i>							
Dinner							
<i>Snack</i>							
Water							
							
Notes:							



Healthy Meal Planner



Healthy Meal

SUN	MON	TUE	WED	THU	FRI	SAT
30 min B/walk S: 3.2-4.0	40 min B/walk S: 3.4-4.2	Free check Moment 30 min Moderate walk	30 min B/walk S: 3.2-4.1	Free check time 30 min Moderate or 30 min Step machine	40 min B/walk S: 3.4-4.3	45 min B/walk S: 3.1-4.1
30 min Elliptical	20 Min Step Machine	30 min Elliptical (BASIC)	30 min Elliptical	30 min Step machine	20 min Elliptical Moderate or Step machine	15 min Step machine

Kosa club

Exercise Plan for individuals

Healthy diet:

Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat milk products. Includes lean meats, poultry, fish, beans, eggs, and nuts.

Low in saturated fats, trans fats, cholesterol, salt, and added sugars.

Obtains the calories from fruits and vegetables, beverages with calories, and through physical activities to maintain a healthy weight.



Club Shirt for Men 1



Club Shirt for Men 2



Club Shirt for Women 1



**Club Shirt
for Women 2**

If you ever have additional questions or need consultation, don't hesitate and feel free to call us at **951 - 834 - KOSA (5672)** or visit our website at **www.kosaclub.org**