

GSHAPE

---

# Health Awareness & Weight Management



GTRANCE

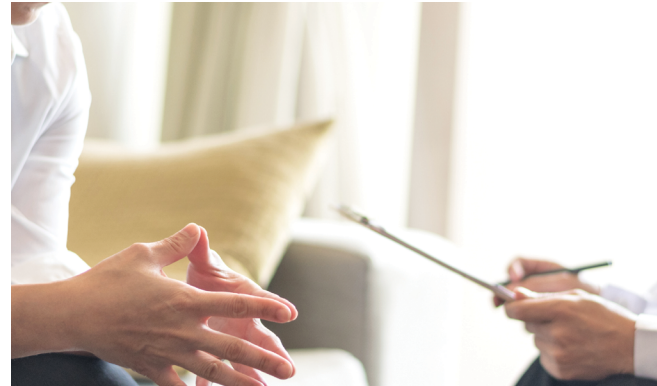
Have you ever started a diet or a weight loss program just to find yourself giving up a few days later? Have you released weight before, only to find out weeks, months or years later that you have gained it all back with interest?

Have you been endlessly trying to adopt a healthy & energetic lifestyle yet struggled to finding the key to balance it all.

What if it was not your fault that you are overweight, underweight or obese? What if you realize that the situation that you are in is because you do not really know what you do not know?

Many of our actions and the failure to see measurable results are amongst the many reasons why most people simply do not release weight.

We understand that all the fad diets and zero foods can not stop the recurring yo-yo dieting effects. At Gtrance we help you become aware of the reasons behind these failures and help you ensure they become part of your history.



# OUR METHODOLOGY

GSHAPE is all about working with you and for you, by not only preparing your body, but also your mind.

At Gtrance we apply a holistic and integrated approach to achieve effective and sustainable results. If you would really like to transform your body, starting with the mind is so important. Releasing weight and getting in shape is as much a mental exercise as it is physical one.

Our carefully structured GSHAPE programs are tailored specifically for you. They help you maintain focus and dedication whilst constantly providing you with the right support and advice.

Our team of experienced consultants are highly specialized in gut and hormonal health, understand the psychology behind emotional eating, and are geared to support and care for you based on your own unique requirements.

Our Health Coaches will do a full consultation before you start any GSHAPE program. All our programs are bio-individual and take into account each person's unique body requirement, mental-psychological state, fitness level, and preference.

Our programs are unique because they are centered around your own specific pace.

Once the dedicated health consultant has gained a thorough understanding of you and your body, they will advise you on how to listen to your body and gut, help you find the root cause of the recurring symptom of weight gain, and they will provide you with a lifelong solution for weight loss. They will support you in making the best food choices as well as empower you to consider health factors that will encourage you to adopt a well-balanced diet and maintain a healthy lifestyle. You will see your body transform with every passing week.

Our GSHAPE members, will be supported by the Grance team every step of their journey. We set weekly targets and will work on time bound sessions

with the team that yield life changing results. We help you revise your food diary, monitor your progress, and help you stay on track towards your desired health and weight goal.

At Grance we provide a strong support network and create a community of people always happy to help and willing to listen.

The GSHAPE Programs include a wide range of solutions to best suit your physical and psychological needs, some of which include:

- Focus, motivation and confidence to release weight & preserve your weight release efforts.
- Ability to see, monitor, & control your food intake.
- Ability to embark on introducing physical activity into your life and stick to it with measurable progress and improvement.
- A personal review from our professional personal fitness instructors & health coaches with advice on which foods you should consume throughout the program based on your individual needs.
- Forums, so you can share your success with others.
- Ability to find the root cause of your weight management issues.



# OUR MEMBERSHIPS

Choose GSHAPE® Health Awareness and Weight Management Program and start working towards your dream body now!

To make sure you stay on track and to guarantee your success, GSHAPE® has three precious & effective memberships: Silver, Gold and Platinum.

## GSHAPE® Silver Release Weight

Clients will embark on their journey with an extensive consultation with Gtrance Health Coach for the purpose of assessing, understanding, and gathering all the required information. The clients' target weight will be discussed in this consultation and accordingly, a minimum duration will be determined.

The silver tier consists of three phases; releasing body weight, stabilising new body weight, and maintenance tools and techniques.

### GSHAPE® Silver package includes:



Weekly personalised session with a health coach



Weekly diet plan that is customised for your unique body type



2-3 personal training sessions a week based on a customised activity plan designed for your specific goal









Weekly fat burning & toning massage

## GSHAPE® Gold Release Weight Unconsciously

The GSHAPE® Gold Membership involves three phases to achieve a sustainable & long lasting weight release. You will become a member of a community of likeminded individuals and gain access to specialized classes. These group classes may consist of Yoga, Stretching, Meditation, Gtrance Movement®, Sound yoga, Face yoga, etc.

Additionally, the GSHAPE® Gold membership gives you access to the “Wellness System”, the only one in the UAE that combines seven recognized forms of therapy, ranging from music and relaxation therapy to note, tonal vibration therapy and to magnetic resonance therapy and massage. In as little as 12 minutes, you can achieve utmost relaxation, which in turn will help you in the healing process.

### GSHAPE® Gold package includes:

-  Weekly personalised session with a health coach
-  Weekly diet plan that is customised for your unique body type
-  2-3 personal training sessions a week based on a customised activity plan designed for your specific goal
-  Weekly fat burning & toning massage
-  Access to all group classes/sessions
-  Bi-weekly access to The Wellness System; a unique Gtrance offering

## GSHAPE® Platinum Find the Root Cause







The Gtrance signature weight management package is GSHAPE® Platinum.

This package has all the benefits of the Gold package however all consultations will take place with the founder of Gtrance.

As a platinum member you will have unlimited access to all of the Gtrance solutions and facilities. We will address all the different facets of your life and help you get clarity on your values and goals.

The aim of this tier is to help you experience a more fulfilling life. We will be there to listen, help you enhance your thinking, and provide you with greater perspective and guidance.

### GSHAPE® Platinum package includes:

-  Weekly personalised session with the Gtrance founder
-  Weekly diet plan that is customised for your unique body type
-  2-3 personal training sessions a week based on a customised activity plan designed for your specific goal
-  Weekly fat burning & toning massage
-  Unlimited access to all group classes/sessions
-  Bi-weekly access to The Wellness System; a unique Gtrance offering



**“YOUR BODY IS YOUR TEMPLE, KEEP IT CLEAN FOR  
THE SOUL TO RESIDE IN...”**

## OUR DETAILS

For more information please visit  
our website at [gtrance.com](https://gtrance.com)

or speak to one of our team members  
on [800gtrance](tel:800gtrance).



G T R A N C E