

Fat 2 Fit Shimla - Residential Weight Loss

India's 1st High altitude Weightloss & Detox Camp.

THIS IS FOR WEIGHT LOSS & STAMINA

You are here because you are stuck. Not lazy. Not incapable. Just stuck in a loop that hasn't been broken yet. At Fat2Fit, we don't sell shortcuts. We sell discipline, routine, and consistency—the three things that actually change bodies and lives. No distractions. No indulgence. No escape routes. Just structure, effort, and results.

Basic



**Non AC
Tent Style Cottage**



14-Day

30-Day

Rs 60,000 INR
+ 18% Gst

Rs 90,000 INR
+ 18% Gst

Premium



**Non AC
Wooden Cottage**



Rs 70,000 INR
+ 18% Gst

Rs 125,000 INR
+ 18% Gst

Luxury



AC Cottage



Rs 100,000 INR
+ 18% Gst

Rs 150,000 INR
+ 18% Gst (Non-Bath-Tub)
Rs 175,000 INR
+ 18% Gst (Bath-tub)

**If room is shared Discount of 10% on Grand Total with activities
If room is shared Discount of 25% on Grand Total without activities**

WHAT THE PROGRAM INCLUDES

- Fixed daily routine
- Controlled, timed meals
- Guided, beginner-friendly movement
- Supervision and accountability

Inclusions ✓ **Workout & Walks** ✓ **Learnings**

✓ **Resort Stay** ✓ **Breakfast, Lunch & Dinner (Pure Veg)**

Facilities ✓ **Wifi** ✓ **Swimming Pool**

✓ **Batminton** ✓ **Cafe** ✓ **Sun Set Point**

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|---------------------|---------------------------|
| ✗ No Discounts | ✗ No use of foul language |
| ✗ No Transportation | ✗ No collaborations |
| ✗ No non-vegetarian | ✗ No disrespect to anyone |
| ✗ No alcohol | ✗ No smoking |
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DAILY SCHEDULE

- 7:30 am - Walk Compulsory
 - 9:30 am - Breakfast
 - 11:00 am - Stamina Workout
 - 1:30 pm - Lunch
 - 5:00 pm - Strength Training
 - 7:30 pm - Dinner
 - 8 pm - Walk
 - 9:30 pm - Lights Out
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PAID SERVICES

- Car Parking
- Massages
- Laundry
- Blood test
- Dr Visit
- Local cab service
- Anything not mentioned in inclusions.





To book please contact on +91-9873420987

Process of booking

- 1. Date & Stay selection**
- 2. 50% payment online to book your slot. Remaining amount to be paid on arrival.**
- 3. You will receive an email from us with all details like - packing guidebook, locations etc.**

To Speak with Aditya sir there is consultation charges of Rs 1,000.