

Vitali - Fit

Fuel Better. Train with Purpose.

01



Who is this plan for?

For individuals who want to incorporate exercise into their routine, boost their energy, improve body composition, and find balance between nutrition and movement.

02



What's included:

Everything from the **VitaliSTART plan**, plus:

- Personalized Workout Routine adjusted to your needs
- Guide to Commonly Used Supplements
- Pre- and Post-Workout Meal Ideas Guide

03



Benefits:

- Improve your physical and mental performance
- Build a fitness routine that fits your lifestyle
- Learn to fuel your body with intention
- Enhance your body composition in a safe, effective way

Feel stronger, more energized, and more confident—inside and out!