



FixMyNutrition

go scientific & get fit



**performance
MEALS**

Crafted by a team of world-class nutritionists, chefs & health experts Superfood powered performance oriented meals which say goodbye to boring healthy meals.

Delivered in Bangalore



**GENETIC
testing**

Reveal the hidden truth within your DNA Eliminate the guess game and save your time and money.

Delivered Nation Wide



**TRANSFORM
yourself**

Gene based performance meals monitored by nutritionists, dietitians and a coach .

Delivered in Bangalore



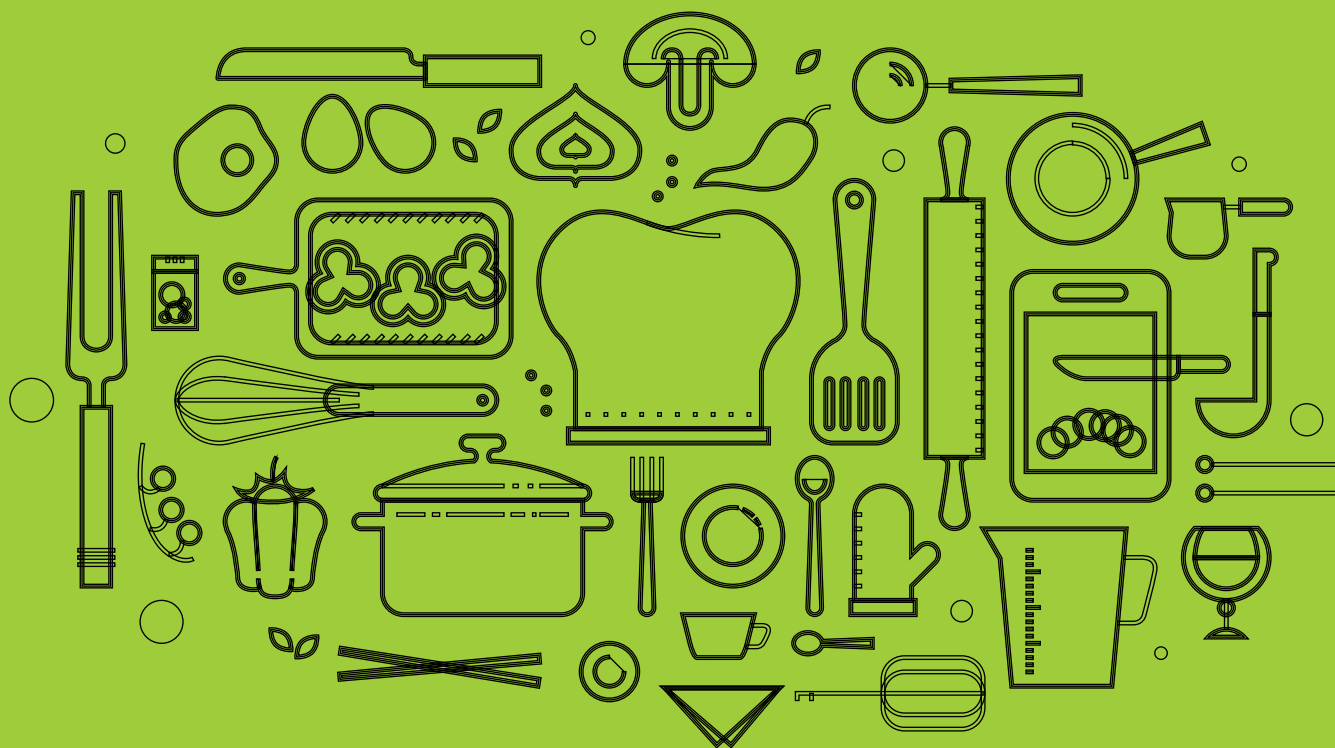
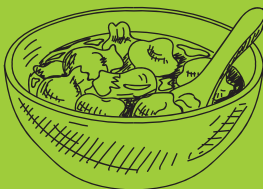
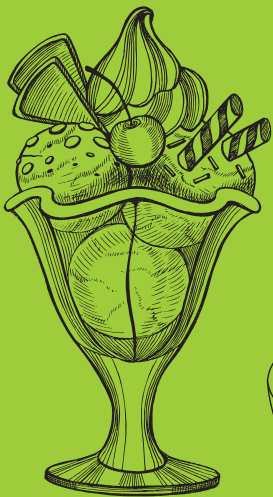
**JUICES &
desserts**

Hand crafted super nutritious cold press juices designed to enhance detox, anti aging and recovery .

Delivered in Bangalore

ABOUT US

Fix My Nutrition aims to revolutionize health and fitness by taking out the guesswork and relying on cutting-edge science to offer targeted health and fitness solutions to you. Fix My Nutrition offers super-food powered performance meals crafted around specific fitness goals with the aim to bust the myth that healthy meals have to be boring and bland. We also offer super nutritious cold pressed juices and sugar-free desserts as a part of our meal plans. Our DNA holds the body's secrets. We offer genetic testing services so that you make informed decisions when it comes to your health and fitness. Our Transformational Package is a DNA-based customized meal and workout plan that takes all the guesswork out of the equation. The package is based on your individual nutrition and fitness levels, derived from your DNA and lifestyle data. Our offerings center around the core idea that each body is unique and one should eat and train according to one's specific fitness/body goals.





Performance meals

Superfood powered performance meals crafted by world-class nutritionists, chefs & fitness coaches.

Braised Chicken Breast with Brown Rice and Garden Green Veggies



lean me

Meals to increase metabolism, pump your endurance levels and cardiovascular activity and boost your energy levels

Nutritional Facts	
Energy	255Kcal
Fat	5.1g
Carbohydrates	5.9g
Protein	40.7g
Sugar	1.7g
Fiber	2.4g



build me

Meals to boost your VO2 Max levels, improving kidney & liver functions and enhance recovery time.

Nutritional Facts	
Energy	358Kcal
Fat	5.4g
Carbohydrates	36.6g
Protein	43.5g
Sugar	1.7g
Fiber	4.4g



healthy me

Meals to improve your metabolism, aid in digestion, reduce toxins from your organs and fight-off heart diseases.

Nutritional Facts	
Energy	288Kcal
Fat	5g
Carbohydrates	14.2g
Protein	45.5g
Sugar	3.7g
Fiber	3.9g

Transform *yourself*



A new way of looking at fitness and nutrition. A complete solution to your fitness woes, no more gaps, no more mysteries about your fitness with genetic testing and superfood enabled performance meals.



GENETIC TESTING

to reveal your fitness and nutrition requirements.



WORKOUT ROUTINE

to transform the body you have



DOORSTEP DELIVERY

to home and office with premium packaging



COUNSELLING FROM EXPERTS

and nutritionists/coaches for guidance



PERFORMANCE MEALS

customised to suit your genetic body type.



Cold Pressed juices & Sugar-free Desserts

Cold pressed juices that cleanse & invigorate your body and scrumptious decadent desserts crafted with organic and sugar-free ingredients.

Juices: Our super-nutritional cold press juices are crafted with 100% pure ingredients, to cleanse, energise, relax and boost your immune system. Get the freshness and taste of fruits & veggies straight out of the bottle.

Desserts: Delicious sugar-free Desserts with organic ingredients, made by world-class chefs. Satisfy your sweettooth without derailing your nutrition goals.



Customer testimonials



FMN's performance meals have the perfect recipe for fitness.

Wanitha Ashok



Really awesome food! The Barley Boiled Chicken was amazing!

Masood Khyoom



Five-Star Quality Food. Great meal options for people who regularly work out.

Manoj



The flavors are amazing! Who knew healthy food could be delicious!

Jetsy

KRUNCH

TODAY

Powered By
LifeFitness

Vol. 05 March 2017
Issue 03 ₹ 125 • \$ 8

8

GREAT REASONS
FOR UPPER BODY

WORKOUTS

**BOOST YOUR
Testosterone
Levels**

**PUSH-UP
MISTAKES
TO AVOID**

**Food - Pain
LINK**

**HOW MUCH
FAT DO
YOU NEED
PER MEAL?**

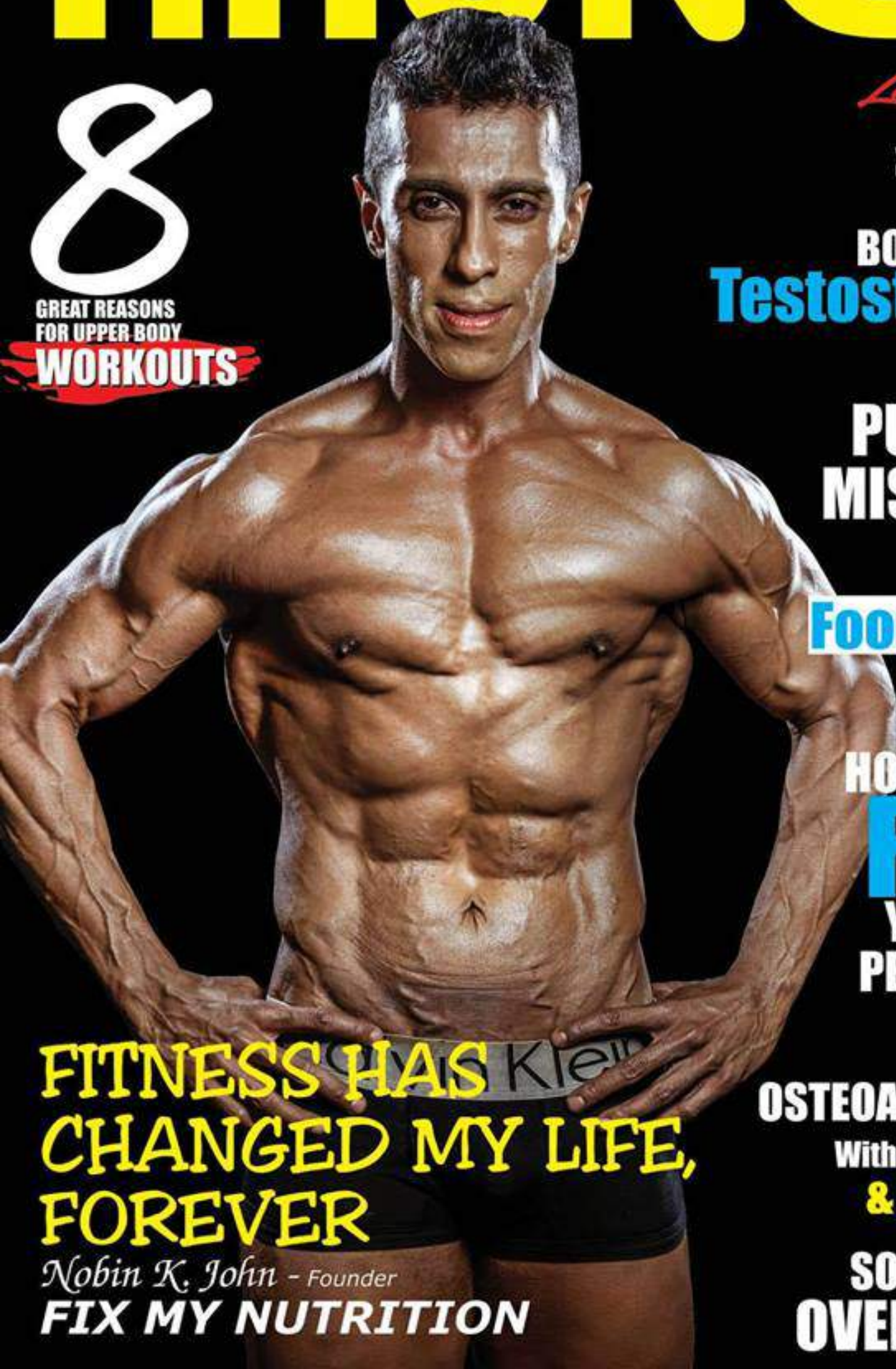
**MANAGE
OSTEOARTHRITIS
With Exercise
& Nutrition**

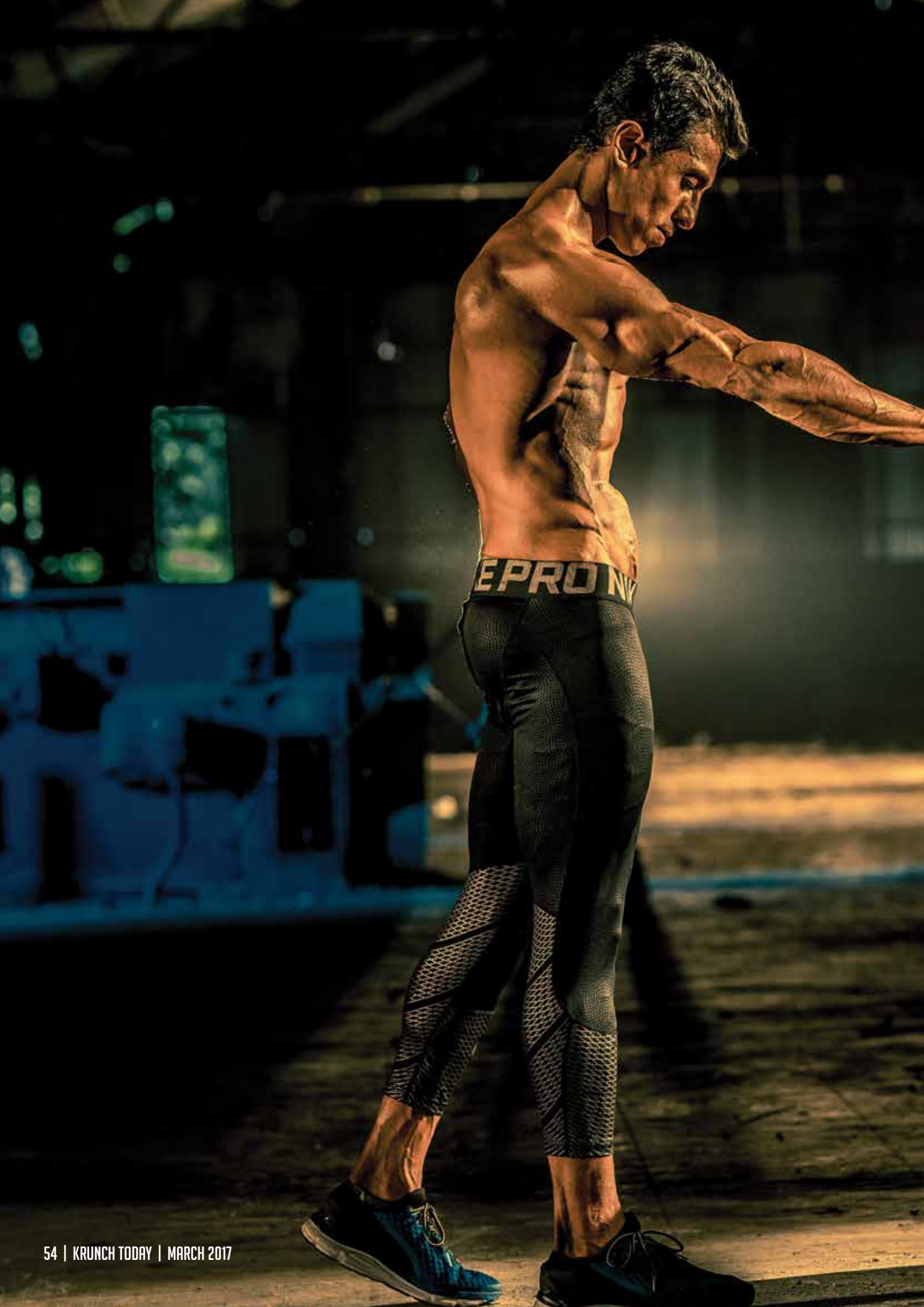
**SOY PROTEIN
OVERRATED?**

**FITNESS HAS
CHANGED MY LIFE,
FOREVER**

Nobin K. John - Founder

FIX MY NUTRITION





FITNESS HAS CHANGED MY LIFE, FOREVER

Nobin K. John
Founder-FIX MY NUTRITION

Born and raised in Oman, **Nobin John** is an airline pilot by profession and founder of **Fix My Nutrition (FMN)** and **Core Fitness Station (CFS)**.

Working out over the years, he observed the lack of good training facilities and qualified instructors in India. So he decided to address these on his own.

Being a globe trotter had allowed him to visit the best international training facilities, exposing him to the essential elements of good training. Duly inspired, he created "Core Fitness Station" (CFS) and with the help

of his business partners and buddies, Kiran Kumar and Sashwat Punjala, he launched their flagship store in Hyderabad. The brand completed 2 years this February and has over 500 active members to tell of their successful mind & body transformations.

CFS employs a skilled team of hand-picked athletes and qualified instructors and offers a vibrant and encouraging environment. To Nobin his parents are the biggest inspiration in all walks of life, and deceased fitness athlete Greg Plitt continues to be his greatest motivation.



1. Nabin, share your journey from obesity to fit bod. How long did this take?

As a kid I was extremely fascinated with planes. With age this fascination grew and by 19 I wanted to be a professional pilot. But I was obese since childhood and this was a big roadblock to my chosen career. There was no way I could pass the stringent aviation medical tests, a prerequisite for becoming a professional pilot. Extremely disappointed, I accepted failure and became resigned to my fate. I secured a degree in mechanical engineering with the hope that someday I would work in the aero industry. But it was only a compromise.

After graduation a renowned US mechanical engineering company based in India hired me. Within no time I saw myself grow and excel in a role that I could only have dreamed of. One fine day I paused and asked myself, 'What if I were to put all this energy and dedication into something that I really wanted to do, something that I had dreamt of for the first 19 years of my life?' After that there was no turning back! I had to fix myself! I challenged myself to ace the aviation medical test, GET to the GYM, EAT



FIT and GET FIT! It was not easy but I put my dream before all my challenges. After a year and a half I hit the right numbers and got the perfect BMI. From a 120 kg obese guy I had carved myself into a 75 kg lean & fit athletic person. The effort and the pain had carved out an even stronger GO GET IT attitude in me. Today I am a Professional Pilot based out of Hong Kong and working with Cathay Pacific Airways.

2. How did it cross your mind to start a company that would ascertain a diet based upon the genetic profiling of a person?

Some questions never left my mind since the earlier days of my physical training i.e. how many times a week should I work out? How many sets per routine and how many reps per set should I do? What are the best cardio exercises? What deficiencies does my genetic blueprint pose? What's the best diet for me? Should I be eating more carbs or more fats? Which are the right supplements for my body type and goals? Neither an instructor, nor coach, nor dietician could give me exact answers; it was all a guessing game which entailed wasting time, effort and money in a quest to achieve fitness goals. That's how the idea of FMN was born!

3. So what's FMN?

All of us continuously seek routines and diets to break plateaus, enhance our performance, enhance our looks. Nutrition is a key element to achieve fitness success and involves food and supplementation. As the name suggests, we aim to fix this problem in a scientific

way and help the masses. FMN is my brainchild and very dear to me! It is a result of almost two years of hard work put in by me, my business partner Akash Kumar Maurya, and a team of world class chefs, along with world renowned fitness-industry experts and athletes. FMN works with a UK-based finest genetics-testing company to understand a person's genetic make-up, strength and weaknesses; designs performance meals empowered with super foods; and curates workouts specific to individual genetic coding. The company has been working with renowned IFBB bodybuilders and sports athletes to help them better their performance onstage and on the field by tapping into their genetic framework through DNA sampling of their saliva. This format has efficiently delivered the desired results. I tried it for a year, first to put on lean muscle mass and then to shred myself. My results speak for themselves. This is the best I have ever looked and now I am doing an advanced routine.

The genetic testing transformation packs and training programmes are suitable for everyone and available all over India. The best part is their affordability for everyone, be it a new bee, fitness freak, or an enthusiast like me, an athlete or a bodybuilder. The FMN meals are available in Bangalore and will soon be offered in other locations. More information can be gathered at www.fixmynutrition.in

4. What about the Meals and Meal Plans?

FMN's meal plans are customized to an individual's need with clear differentiation between healthy meal



and performance meal. The latter will help you get your dream abs or physique without sacrificing taste and palate. The meal plans will be dished out by world class culinary experts, working in close tandem with doctors and dieticians. We want to prove that performance meals are never bland and boring. If you have a sweet tooth, fear not, diabetic friendly ice creams and desserts are also on the list.

5. What's the future look like?

At the moment it is to make FMN services and products available in every city and to every individual looking for a solution. There's more coming!

6. On the personal front, do you have a 'No gym day'?

Earlier I used to train with no planned rest days. But my genetic reports opened my eyes to the fact that in order to stay injury free and recover and build muscles better, my body type requires two days of rest per week. It was very difficult for me not to hit the gym for those two days, but the results after a month through the changes in feel and strength were absolutely phenomenal.

7. Which body part do you work out the most?

Every year I work on my weak areas. 2017 is all about Chest and Lower back.

8. What are your hobbies?

Playing music at clubs and events, and travelling.

9. Your advice to fitness enthusiasts with no fitness background?

If you dared to dream, get out of that comfort zone and start working to live that dream. Life gives you a chance once and don't take your dreams to the grave. Instead pave your legacy. Make science your friend and make sure that you don't chase shortcuts. There is no better story than the tough episodes that got you there. That's what character building is all about and it will guarantee you long-term results in every walk of life

KT



Rapid Fire

Your favourite prep food:

- MUSCLE BUILD PHASE: Zucchini-Wheat Pasta tossed in Lamb Ragu
- SHREAD PHASE : Braised Chicken Breast with Garden Green Veggies
(Both 'Fix My Nutrition' Recipes)

You look best in: My Pilot Uniform

Favourite Indian athletes: Miihier Singh, Sonali Swami, Rohit Shetty

Your favourite movie: The Pursuit of Happiness, Million Dollar Baby





FixMyNutrition

FITNESS

HAS CHANGED MY LIFE FOREVER

NOBIN K. JOHN

FOUNDER-FIX MY NUTRITION

featured in

KRUNCH

TODAY