



WELCOME PACKAGE

HEY,

Thanks a bunch for selecting me as your trainer! I'm stoked to get this fitness journey rolling with you, and I'm dedicated to ensuring you have an awesome ride. I'm confident we'll make a killer team, and you'll witness some stellar results!

Our partnership isn't just about hitting the gym or sticking to a routine. We're in this together to help you seize control of your body and health, form habits that stick, and forge a lifestyle that suits you.

Here's the game plan:

EMBRACING FITNESS AS A LIFESTYLE: We're seamlessly integrating fitness into your life, making it a positive addition rather than a chore.

WORKING SMART: We're putting in the sweat, but we're doing it wisely and healthily, steering clear of burnout.

EMPOWERING YOU: No more guilt trips. You're going to feel awesome about your progress, no matter what's going down. It's all about crafting a fresh, positive lifestyle.

Before we dive in, check out this info pack! It lays out the details of your program, what to anticipate, and some pointers for extra support. You'll also find details on how the workouts will be structured and an explanation of the variables.

Thanks once again for choosing me to be a part of your fitness journey. I'm here for you every step of the way!

To your continued success and health, Coach Ron

Ron George

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WHO IS COACH RON

My name is Ron George, your dedicated personal trainer and nutrition coach! With over 15 years of experience in the fitness industry, I specialize in empowering busy professionals over 40 to prioritize their health and well-being. Here's why you should choose me as your guide on your journey to a healthier lifestyle:

Personalized Approach: I understand that every individual is unique, which is why I tailor workout plans and meal plans specifically to your needs and goals. No cookie-cutter programs here!

Holistic Focus: I take into account not just your exercise routine, but also your nutrition, lifestyle, and overall well-being. It's about creating sustainable habits for long-term success.

Supportive Environment: Expect a motivating and encouraging atmosphere with me as your coach! I'm here to provide the guidance, accountability, and knowledge you need to stay on track and reach your goals.

Results-Driven: Whether you want to lose weight, gain strength, boost energy, or simply feel better in your own skin, I am committed to helping you achieve tangible results. Don't let age or a busy schedule hold you back from becoming the best version of yourself!

Take the first step towards a healthier, happier you by contacting me today to schedule your consultation. Let's make your transformation happen!



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HOW NOVUS FIT WORKS?

In order to give you the direction, accountability and support that you need there are a couple different facets to this program.

How workouts are delivered:

Workouts will be delivered via the Novus Fit App.

Novus Fit App:

- Once your account has been set up you will receive a welcome email.
- You will then be prompted to create a login and password.
- Once you have logged in, you will then be prompted to fill out an initial consultation intake form.
- Once you complete your consultation intake form, you will have full access to the Novus Fit App.
- Your training program will be uploaded to your app instantly after completing your intake form so make sure you fill it out as soon as you can! Once your program is uploaded you will see your workouts on your calendar within the Novus Fit App. You can also click on the kettlebell icon at the bottom of your screen and you will be able to scroll through all of the available workouts.
- In the Novus Fit App, you will see a tab labelled as calendar. Click on the calendar tab and you will have access to your personal program. You can move your workouts to whatever day fits your schedule best by just pressing down on that workout and moving it to the day you wish to work out on.
- Once you click on the workout, you will be guided and led throughout the entire workout. You will receive constant prompting and timing throughout the workout. You will be able to pause the workout at any time should you need an additional break or if you need to review the accompanied video demonstration attached to each exercise in the workout.
- If you have an Apple Watch, you may also access the workout directly from your watch. This will enable you to track your heart rate and your caloric expenditure throughout the entire workout!
- Training routines, check-ins, progress stats, pictures, orientation, nutrition and everything related to your fitness program will be delivered through the Novus Fit App.
- If you experience any problems logging in or accessing your account, please email me at ron@novusfit.ca.

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NOVUS FIT APP



Welcome to the ultimate platform for online coaching. Every single thing you need to keep track of your fitness progress. Take your time and enjoy the app. Go over all of the features available, familiarize yourself with the app and have fun! Remember that progress comes in many forms.

***The scale will not and should not be the only method to track results and progress!

Weight: Record your starting weight in your profile at the start of your program.

Inches: Record your inch measurements under your profile.

Visual Tracking: Take pictures from a front, side and back view and upload them into the app.

Commitment/Accountability: Every time you complete a workout, mark it as complete in the app. Rate the difficulty of the workout and take a moment to leave a comment about how it felt and how you feel. Start slow and gradually build up your fitness level.

Strength: Record the weight used for every workout. Every few weeks assess whether you are comfortable staying at the same weight or decide if you are ready to increase your weight. It is recommended to gradually increase your weight every 2-3 weeks by 2-5 lbs.

Share: I highly encourage you to share your accomplishments with family and friends and feel free to tag me on any of your posts. [@coachronnovus](#)



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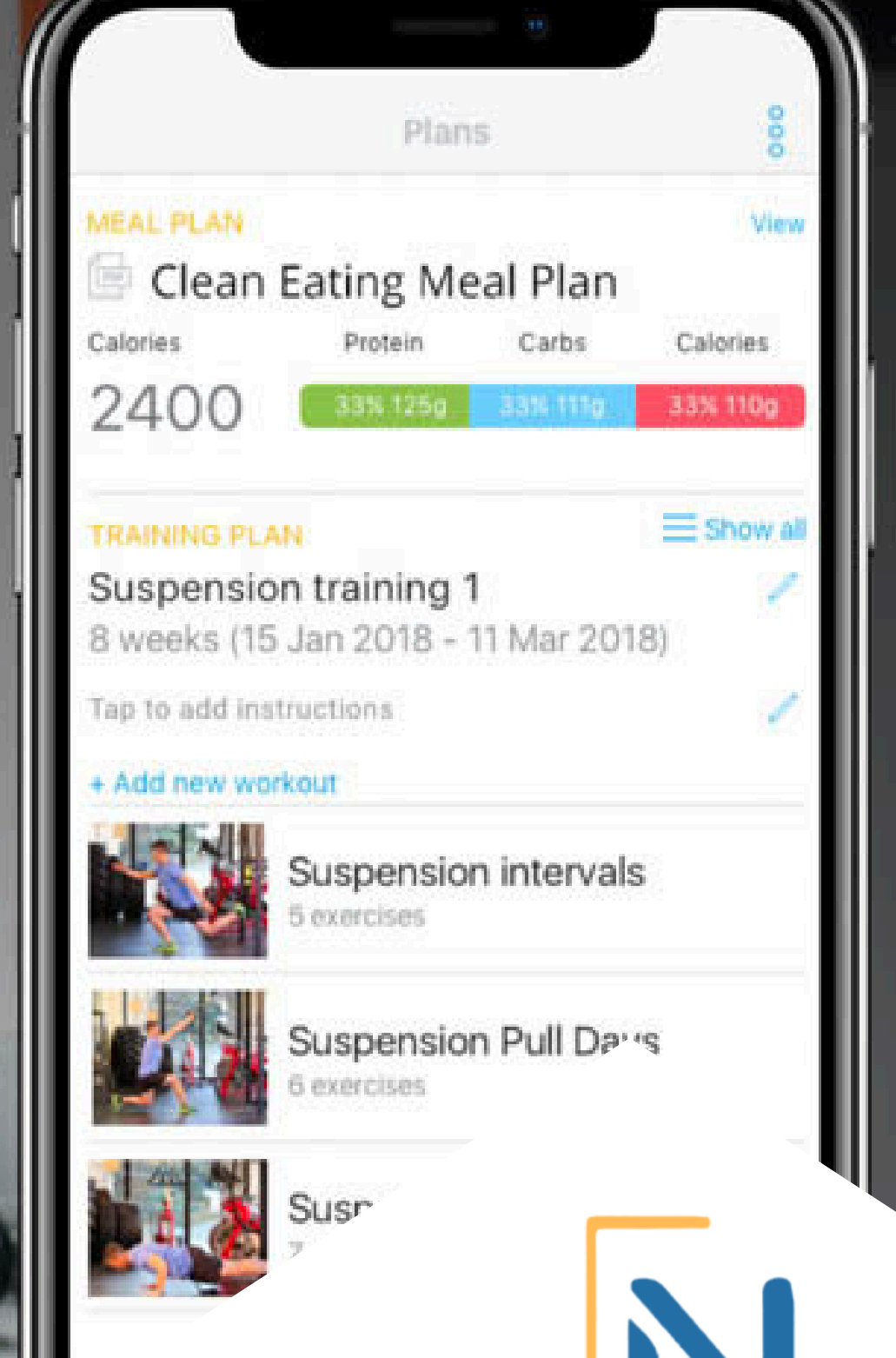
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SUPPORT

- Correspondence will be generated through the Novus Fit App and through email from ron@novusfit.ca
- Ensure that you mark this email as safe in your inbox to limit any chance of you not receiving any emails.
- You will have access to instant messaging within the app. Feel free to send me messages via instant messaging in the Novus Fit App or by email at ron@novusfit.ca. I will be regularly checking messages throughout the day during business hours and will get back to you within 48 hours Monday to Friday!
- Any emails or messages that are received outside of business hours will be promptly responded to on the following business day.





WORKOUT TERMINOLOGY

Rep: One performance of a single exercise. E.g, 12 reps would mean repeating the exercise 12 times consecutively.

Set: A set is the amount of times you are required to repeat the rep range. E.g, 3 sets of 12 implies that you are to complete 3 rounds of said exercise for 12 reps each.

Tempo: Speed at which one repetition is performed. It is denoted with 4 numbers, 1:0:1:0. Each number describes the specific speed at a specific time during the movement.

- **First number:** This number describes the eccentric portion of the exercises which means the part of the exercise where the muscle is returning to its initial position. This number is often between 1-5 and they represent the amount of seconds it should take you to return to the initial position.
- **Second number:** This number describes the hold portion of the exercise which means the amount of time you are going to stay in that position. This number is often between 0-5 and they represent the amount of seconds it should take to stay in that position.
- **Third number:** This number describes the concentric portion of the exercises which means the part of the exercise where the muscle is contracting or flexing. This number is often between 1-5 and they represent the amount of seconds it should take you to reach the full contracted state of the muscle.
- **Fourth Number:** This number describes the hold portion of the exercise which means the amount of time you are going to stay in that position. This number is often between 0-5 and they represent the amount of seconds it should take to stay in that position.

Rest: Time in seconds between reps.

Superset: Combined exercises. This means you will complete the first set of an exercise and without rest and immediately begin the second set of a different exercise. This enables you to do two different exercises interchangeably throughout the workout.

HIIT: High Intensity Interval Training. This is an enhanced form of interval training, an exercise strategy alternating periods of short intense anaerobic exercise with less-intense recovery periods. HIIT is a form of cardiovascular exercises. HIIT workouts provide improved athletic capacity and condition, improved glucose metabolism, improved fat burning and helps to preserve and prevent the loss of lean muscle mass. The Novus Fit program has HIIT cardio embedded in majority of it's workouts.

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CANCELLATION POLICY

You may request to freeze or cancel your account for any reason, any time. Log into your portal at novusfit.ca and you will be able to freeze or cancel your account directly. You can freeze your account from 1- 3 months and all of your progress info and stats will be saved for the duration of the freeze period. After the duration of the freeze is done, your account will be billed and you will immediately have access to your program. Should you wish to cancel your account after your freeze term is done, you can log into your portal and cancel directly there.

Should you have any issues or account concerns, please email info@novusfit.ca and I will respond within 48 hours.



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TIPS FOR SUCCESS

Maintain contact with your coach: I am your personal coach and therefore dedicated to your success! Stay in contact with your me via direct messaging within the Novus Fit app. I will help to customize your program according to your needs, lifestyle, schedule, etc. Maintaining contact and providing feedback is important to ensure your success! Need help with a certain exercise or need a modification for an injury? Send me a direct message and receive customized personal support.

You must hold yourself accountable: I am here to help hold you accountable and to help you reach your goals but ultimately YOU are responsible for completing the workouts. Set concise, measurable goals and write them down before starting your program. For example: I want to lose 5% body fat. Setting goals will help you stay on track.

***As indicated in your PARQ form, make sure you are cleared to perform the exercises by a medical professional. Do not perform them if you currently have or have any history of cardiac, respiratory, spinal or injury based problems.**



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GOAL SETTING

S.M.A.R.T Goals:

Goal setting using the S.M.A.R.T. principle is a powerful method to ensure your objectives are clear, achievable, and well-defined. Here's a guide to help you set S.M.A.R.T. goals:

S.M.A.R.T. Goal Setting Guide:

1. Specific (S):

- Clearly define your goal. Be specific about what you want to achieve.
- Ask yourself: What exactly do I want to accomplish? Why is losing weight and becoming healthier important?

Example: Instead of saying "I want to get fit," say "I want to lose 10 pounds and lower my cholesterol level by 20 points."

2. Measurable (M):

- Establish concrete criteria for measuring progress toward your goal.
- Ask yourself: How will I track my progress? How will I know when the goal is achieved?

Example: Instead of "I want to be healthier," say "I will exercise for 30 minutes five times a week and track my daily caloric intake."

3. Achievable (A):

- Ensure that your goal is realistic and attainable.
- Ask yourself: Is this goal reachable given my constraints? Do I have the necessary resources?

Example: Instead of "I want to lose 50 pounds in a month," say "I will aim to lose 1-2 pounds per week through a combination of diet and exercise."

4. Relevant (R):

- Align your goal with your values and long-term objectives.
- Ask yourself: Is losing weight and becoming healthier worthwhile? Does it contribute to my overall well-being?

Example: Instead of "I want to follow the latest fad diet," say "I want to adopt a balanced and sustainable lifestyle to improve my overall health."

5. Time-Bound (T):

- Set a realistic timeframe for achieving your goal.
- Ask yourself: By when do I want to achieve this goal? What can I do today, this week, this month to move closer to my goal?

Example: Instead of "I want to lose weight eventually," say "I will lose 10 pounds within the next three months by following a structured diet and exercise plan."



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GOAL SETTING

Tips for Success:

- **Write It Down:** Document your S.M.A.R.T. goals. Putting them on paper adds a level of commitment.
- **Break It Down:** If your goal is significant, break it into smaller, manageable tasks.
- **Review Regularly:** Check your progress regularly. Adjust the goal or the plan if needed.
- **Celebrate Milestones:** Celebrate small achievements along the way to stay motivated.
- **Stay Flexible:** Life can throw curveballs. Be open to adjusting your goals as circumstances change.

By following the S.M.A.R.T. principle, you create a roadmap that enhances your chances of success and provides clarity throughout your journey to lose weight and become healthier.





STRENGTH TRAINING

In the realm of fitness, strength training and progressive overload stand as formidable pillars, offering a multitude of benefits that extend far beyond the pursuit of bulging muscles. Whether you're a seasoned athlete or a fitness novice, incorporating these principles into your routine can usher in a transformative journey towards improved health and vitality.

- 1. Building Stronger Muscles:** Strength training is synonymous with muscle development. Engaging in resistance exercises such as weightlifting stimulates muscle fibers, prompting them to adapt and grow stronger. This not only enhances physical appearance but also boosts functional strength, contributing to improved daily activities and overall athleticism.
- 2. Enhancing Metabolism:** Progressive overload, a key component of strength training, involves gradually increasing the stress placed on muscles. This, in turn, elevates your metabolic rate, leading to more efficient calorie burning even during periods of rest. The result is not only increased muscle mass but also enhanced fat loss and improved body composition.
- 3. Bone Health and Joint Stability:** Beyond the visible gains, strength training fortifies your skeletal system. The stress applied to bones during resistance exercises encourages bone density, reducing the risk of osteoporosis and fractures. Additionally, the improved muscle strength around joints provides stability, reducing the likelihood of injuries.
- 4. Functional Fitness for Daily Life:** Strength training goes beyond the gym, facilitating better performance in everyday tasks. Whether it's carrying groceries, lifting a child, or climbing stairs, the increased strength and endurance acquired through progressive overload make daily activities feel more manageable.



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STRENGTH TRAINING

5. Mental Well-being: The benefits extend beyond the physical realm. Strength training and progressive overload have been linked to improved mental health. Regular exercise releases endorphins, the body's natural mood lifters, helping combat stress, anxiety, and depression. The discipline and focus required in strength training also contribute to enhanced cognitive function.

6. Long-term Weight Management: Muscle is more metabolically active than fat, meaning the more muscle you have, the more calories your body burns at rest. This makes strength training a powerful ally in long-term weight management. Combined with a balanced diet, it creates a sustainable approach to achieving and maintaining a healthy weight.

7. Injury Prevention: Strength training not only strengthens muscles but also the connective tissues surrounding them. This added resilience reduces the risk of injuries, especially for those engaged in other physical activities or sports. It serves as a preventive measure, safeguarding against strains, sprains, and other common injuries.

In conclusion, the benefits of incorporating strength training and progressive overload into your fitness routine are undeniable. From physical strength and endurance to mental well-being and long-term health, these principles offer a holistic approach to fitness that can be tailored to suit individuals of all fitness levels. So, whether you're aiming for a sculpted physique or simply seeking a healthier lifestyle, the path to wellness begins with embracing the transformative power of strength training and progressive overload.



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NUTRITION

Nutrition is a vital component to any healthy lifestyle. As important as it is to integrate working out into your life, it is equally as important to incorporate a healthy and nutritious diet. This doesn't mean that you can't have your cake and eat it too, it just means that it should be all part of a well balanced diet.

Once you have successfully downloaded the Novus Fit app you will automatically have your macros uploaded to the Novus Fit Nutrition tracker. Here you will be able to track everything you eat and track your calories, carbohydrate, protein and fat intake. If you have been already tracking your macros and you are currently using either My Fitness Pal or the Fit Bit app you will be able to link Novus Fit directly to the My Fitness Pal app and the Fit Bit app. All of your entries will sync up directly with Novus Fit and will allow you to track everything in one place. We will be able to see all of your entries and will be able to coach you directly on all of your nutritional needs in addition to your training.

Once you have downloaded the Novus Fit App you will be asked to fill out an initial nutrition intake form that will enable us to calculate a macronutrient profile for you. We will be giving you a specific caloric requirement as well as a specific amount of protein, carbohydrates and fat that you will need each day to achieve your desired goal. Your macro profile will be uploaded directly to the Novus Fit app and you will be able to view it directly from your dash board. You will also receive a macro tracking guide that will walk you through how to properly track your macros.

If you have any questions, issues and/or concerns regarding your macros, please send me a direct message through the app and they will be able to assist you directly.

A good diet is the one you can follow and in fact not following a "diet" is a great start. A common mistake people make is NOT EATING ENOUGH!

If you are attempting to lose weight then you need to create a caloric deficit by reducing your calorie intake slightly. If you go too far below your maintenance calories, your body goes into starvation mode. You shed muscle and store calories as fat for a future energy source. Not eating enough supportive foods also lowers the amount of calories you burn- less thermic meals equals less body fat burned. This can lead to metabolic damage and thyroid issues. Now depending on your situation and your past experience with "dieting", you may need to begin a reverse diet and maintenance before entering a calorie deficit to repair damage from chronic undereating. This is something I specialize in and will be happy to create a tailor made program specific to your needs. Send me a DM in the Novus Fit App if this sounds like it might be right for you.

Macronutrient breakdown: All three macronutrients are important when it comes to losing weight and building lean muscle.

1. Protein is essential for repair, rebuilding, and putting on muscle.
2. Carbohydrates will help fuel workouts, stimulate glycogen, replenishment and insulin for nutrient delivery, and protein synthesis. Glycogen is like a storage form of energy in your body, particularly in your liver and muscles. Think of it as a reserve fuel tank. When you eat carbohydrates (like rice, bread, or pasta), your body converts them into a molecule called glucose, which is then linked together to form glycogen. Later, when your body needs quick energy—such as during exercise or between meals—it breaks down glycogen back into glucose to fuel your cells. So, glycogen is a way your body stores and taps into energy when needed.
3. Healthy fats are needed for hormone development, joint and intestinal lubrication, organ health and brain function.



NUTRITION

1. Protein:

- Strength training will place an increased amount of stress on your body, making your muscles starved for protein.
- Since the focus is to build lean muscle, it is very important to replenish your body with adequate and wholesome protein sources.
- Common sources of protein include chicken, fish, lean red meat, and eggs.

2. Carbohydrates:

- It is very important to consume a sufficient amount of glycogen for energy and recovery.
- Select complex carbs such as whole grains, sweet potatoes, oats, quinoa, brown rice, green veggies, berries, apples etc.

3. Healthy Fats:

- Healthy fats in healthy doses can lead to an increase in lean mass and strength.
- Sources include fish, coconut oil, avocado, cashews, almonds, and olive oil.

Hydrate:

- Try to drink minimum 2.7 liters (8-12 cups or 3 quarts) of water each day.





GYM ETIQUETTE

Let me first start by saying that **YOU DO NOT NEED TO STEP FOOT IN A GYM**. The Novus Fit program is specifically designed to give you the choice to work out at home, outside or in the gym and you will have a multitude of workouts to satisfy whichever choice you make!

If you should choose to workout in a gym, then great! I want to ensure you have the best possible time there! If you are new to the gym scene or are unfamiliar with how it works, then you will likely want to read through the list of the "Unwritten Rules On Gym Etiquette".

Considering that I won't be beside you navigating the potential faux pas you may encounter, I wanted to prepare a list of things that I feel is extremely important to ensure that you don't unwittingly break any of these rules. You may, or definitely will, witness others breaking these unwritten rules but I want you to get as comfortable in the gym as possible as quickly as possible.

Here are the five most important rules to consider throughout your workout.

1. Respect the no-lift zone

Don't ever lift a weight within 5 feet of the dumbbell rack. It doesn't matter if you're doing shoulder press, split squat, biceps curls, or goblet squats or anything else. Pick up your weights and take 5 giant steps back.

2. Avoid the "Abs Zone".

Most gyms have a designated area for mats, balls, bosu balls etc. Don't bring heavy weights into that area. It's designated for stretching and abdominal work. By taking up their space, you force them to take up your space (see the next point).

3. Keep your mats out of the way.

Don't set up a mat in between two benches in the free weight zone and do crunches unless you want a weight dropped on your head (trust me, you don't want that). Even if the gym is empty, set up your mat out of the way. Either stick to the "abs zone" or place your mat in a corner out of the way. Think proactively. Where might somebody want to workout over the course of your set? Don't set up there.

4. Avoid walking in front of somebody else in the middle of a set.

If somebody is in the middle of their set, do **NOT** cross their field of vision. Take the long way around if you have to. If you can't take the long way around, wait for them to finish their set before walking in front.

5. Put your weights away and don't drop them on the floor.

Follow these steps and make your experience at the gym as fun and safe as possible! If you have any questions regarding gym etiquette, don't hesitate to send me a message.

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GUIDELINES

Training sessions must be short

Long training sessions (anything over 90 minutes, not including the warm-up and cool down) are ineffective for rapid fat loss. Workouts over 90 minutes are a recipe for overtraining, stagnation, and boredom. From what I've observed with clients, performance starts dropping after 45 minutes. A shorter session means pinpoint focus and higher intensity. For each workout, you'll know exactly what to do and how. It's important to execute efficiently, like a machine. For some people, caffeine before a workout helps and it's enough for a pre workout (but not after 4 pm). If you are interested in supplements to enhance your performance, send me a message and we can discuss what's the best options for your goals. If you are pregnant or breastfeeding, send me a message PRIOR taking any supplements and contact your doctor for more information.

Training sessions must be intense

Intensity is the most important variable for fat loss. The simplest way to increase your intensity is to shorten rest periods. Don't make yourself throw up. You should not be able to carry on a conversation between sets or play Angry Birds on your cell phone. Keeping the rest period short and sweet makes your workout short and effective (and a little painful).

Training must be consistent

If you want to see results, you must do the work and do it often. You can have the best training sessions in the world, but they will be rendered ineffective without consistency. The high level of frequency ensures a consistently elevated metabolic rate, and a tremendous surge of EPOC (excess post-exercise oxygen consumption), which means you'll be burning calories well after your body stops working out. We like to call this the afterburn effect. Any activity is better than no activity - if there are days where you think you have no time to workout, ask yourself if you are being 100% honest and also let me know and I will create a quick workout for busy days.

Your body must recover

You must ensure that you are giving your body ample amounts of time to recover. Novus Fit workouts are designed to focus on isolated body parts during each workout which will enable you to recover your other body parts that may be sore and in need of recovery. It is very important to not over train as well. Making sure that you have at least 2 rest days a week is vital for proper recovery and for overall results.

Cardio you may see in your program that you have steps per day programmed rather than cardio. while cardio can be important to incorporate, it may not be right for you, it depends on many factors, an important one being your metabolism and eating history. Steps can be just as good because walking can:

- strengthen your immune system
- improves balance and coordination
- improves mood, cognition, memory, sleep
- increases energy levels
- Strengthens bones and muscles
- improves muscle endurance
- improves cardio fitness (it's cardio without being cardio)
- Can prevent or help manage various medical conditions
- maintains healthy weight and helps reduce body fat

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SAFETY

Since I'm not physically there with you, it's important you build upon the skill of listening to your body. If something doesn't feel right, don't push it - your body is usually trying to tell you something. If you are feeling like something is wrong or that you may have injured yourself, it will be best for you to stop what you are doing and assess whether it is safe to continue. If you feel like you want to continue, then ensure to exercise caution while you continue. Listen to your body and don't do any exercises that exacerbates the pain or makes you feel uncomfortable.

If you need any guidance or help through this, send us a message right away and we will guide you through it.

Good Pain vs. Bad Pain

- Mild discomfort is part of the exercise process and is necessary for the improvement of performance and physique.
- **The burn** is good pain. It should be short-lived and felt only during the exercise and a few moments after.
- **Fatigue** after a workout should leave you exhilarated but not exhausted. Fatigue that lasts days means you have been excessively challenged and your muscles and energy stores are not being replenished properly. Chronic fatigue is referred to as over-training and is not good.
- **Soreness** is common, especially for muscles that have not been exercised for long periods of time - or when you perform an exercise that you are not accustomed to. Soreness typically begins within a few hours but peaks two days after exercise. This is referred to as delayed onset muscle soreness and is normal when beginning a new fitness program.
- **Bad pain** is usually caused by the improper execution of an exercise. Nothing should really hurt. Immediately notify me and/or a physician of any sharp or sudden pains, swelling, or any unnatural feelings in your joints or ligaments.
- It is recommended to perform each exercise with **NO WEIGHT** to familiarize yourself with the movement pattern, and to mentally and physically prepare you for the tasks ahead. Warming up is a crucial part of injury prevention and prepares your body for exercise by lubricating your joints.

Notify your coach of any extreme soreness that may occur. It is counter-productive to train through soreness.

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SLEEP

There are countless studies of why sleep is important for you, your appetite, your mental health, your happiness, and especially your fat loss. In order to reap the benefits of a healthy amount of sleep, please ensure you practice the following:

- Get 6-8 hours of quality sleep every night. I can't stress how important this is for both fat loss and muscle gain, especially when you're in workout mode.
- Have trouble falling asleep early? Form a sleep ritual: two hours before you want to go to bed, dim the lights, and unplug from all electronics. Try sleeping with your cell phone in another room. Replace watching TV with some light reading.
- If you're still having trouble, try drinking chamomile tea or your favourite non caffeinated herbal tea before bed.
- If you notice that you are still struggling with your sleep, send me a message and we can discuss some possible supplements.

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F.A.Q.

[How do I check in with you?](#)

As a member of Novus Fit you will have access to in app messaging and you will be able to contact me anytime through our in app messaging program and I will respond directly within 48 hours Monday-Friday. If you happen to message your me outside of business hours then I will respond at my earliest convenience the next business day.

[How do Payments Work?](#)

Your membership payment will be withdrawn upon signing up for your Novus Fit membership. Subsequent payments will be withdrawn each month on the same date.

[What if I don't know how to perform a specific exercise?](#)

If you are unaware how to perform a specific exercise you can click on the video attached to the exercise name. A video will then pop up demonstrating exactly how to perform the exercise. You can also contact me directly via the instant messenger in the app in case you need any additional clarification.

[Do I need to purchase any equipment?](#)

If you have a gym membership you will not need to purchase any additional equipment. If you are planning on working out at home, it is suggested to purchase a few pairs of dumbbells and a few different resistance bands. Remember to start light and allow yourself to naturally progress.

If you are able and willing to purchase equipment, then great! There will be even more workouts available to you.

If you are a member at a gym, you will be able to use every workout in the Novus Fit app directly in the facility.

The options are endless for you and nothing will get in your way of having an incredible workout!

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F.A.Q.

[Can I still drink alcohol?](#)

Of course you can! Restriction is the key to failure. It's not about eliminating all the "bad" things from your diet and completely restricting yourself. It's about understanding that balance is key. As long as you maintain a caloric deficit, then you will inevitably lose weight. We take the saying, have your cake and eat it too, very seriously.

[Can I still eat my favorite foods?](#)

Still a yes! No food is off limits. Moderation is key and it's important to be very aware of your caloric intake. Eating a surplus of calories will always lead to weight gain but ensuring that what you eat doesn't put you over your caloric requirements will ensure that you will not only lose weight but you will also be able to enjoy a wide and endless assortment of different food.

[How do I track my food Intake?](#)

The Novus Fit App houses an incredible food tracker that enables you to track anything and everything you eat. You can seamlessly take pictures of your food, scan barcodes and/or manually enter your food directly. All while monitoring your daily caloric and macro intake. The Novus Fit app also integrates seamlessly with the My Fitness Pal app and the Fit Bit app. Both My Fitness Pal and Fit bit will allow you to enter all of your food consumed each day. Once your food has been entered in either app, it will automatically be sent to the Novus Fit app.

The Novus Fit app will enable you to see how consistent you are with your eating and will graph all of your progress in regards to your calories, protein, fat and carbohydrate intake.

[Are there refunds or a cancellation policy?](#)

There are no refunds once you have purchased access to the Novus Fit app. Each payment will give you full access for the subsequent month. Should you wish to cancel your membership, you may do so at any time and your membership will be cancelled prior to your next billing date.

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