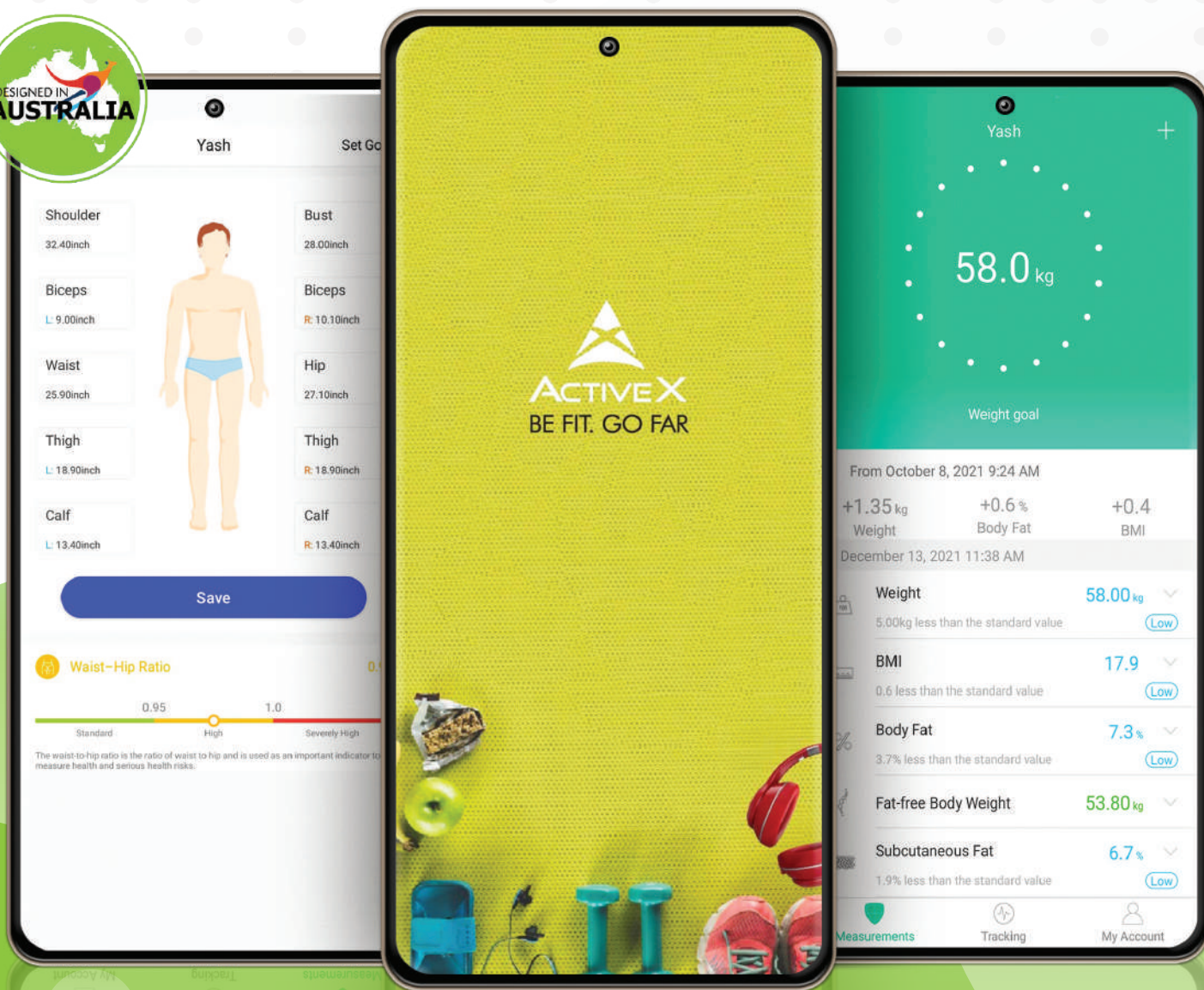




# ActiveX Savvy Plus Set-up Guide



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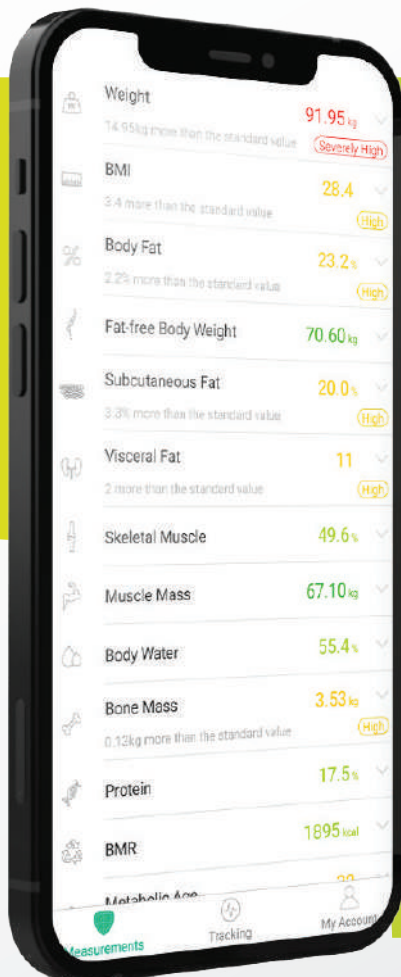




# Introduction: ActiveX App

ActiveX is on a mission to empower you to achieve your desired fitness goal. We know you have embarked on a fitness journey and have set a fitness goal for yourself.

The ActiveX app is designed to serve as your lighthouse, guiding you toward your fitness goals. Whether you want to lose weight, gain muscle, or build strength, just set your goal in the ActiveX app and keep a track of your progress.

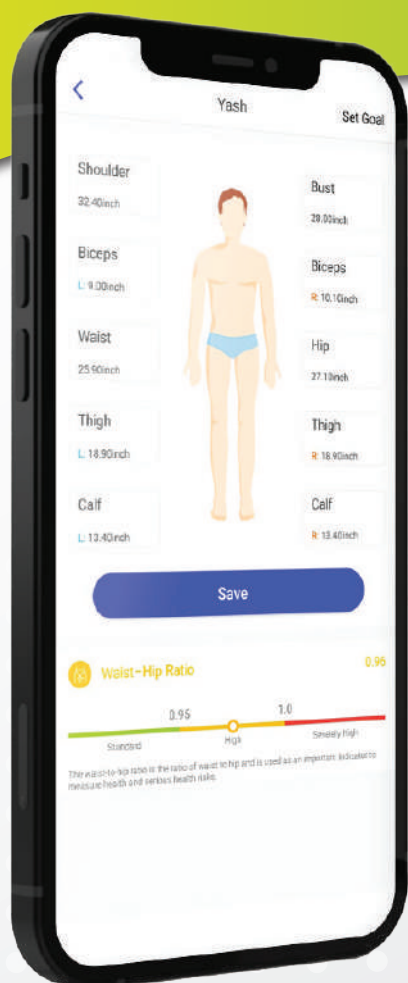
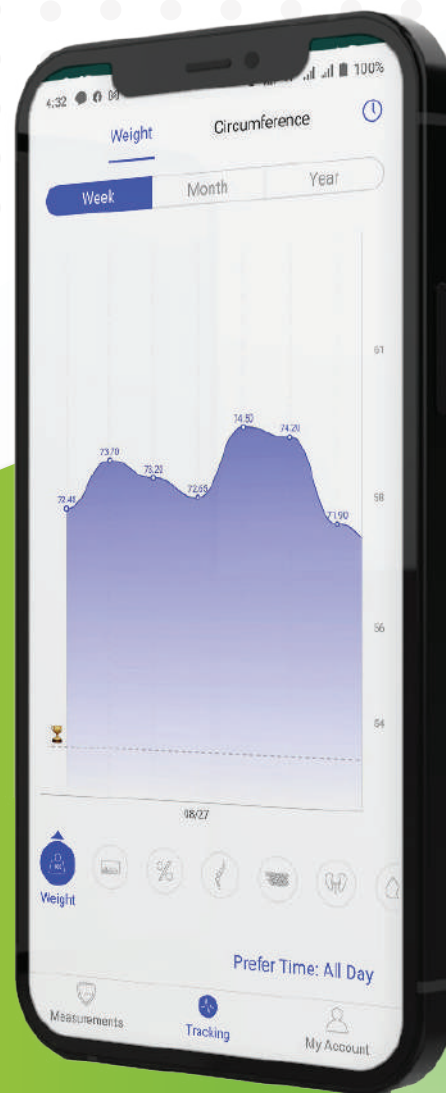


ActiveX app is designed to show you more than just your body weight. It gives you a detailed analysis of your 13 essential body parameters, which are necessary to track no matter where you are in your fitness journey. You will be getting detailed description of each of the body parameters further in the guide.

Our ActiveX app is simple to set up and sync with the ActiveX Savvy Plus Body Composition scale. You can also sync it to your Google Fit, Apple Health, or Fitbit app.

The interface is kept simple and vibrant, allowing you to focus on the details without being sidetracked. We all know that numbers are easier to grasp when presented in simple charts and graphs, so the app offers you a complete analysis of your daily reading in the form of simple charts and graphs.

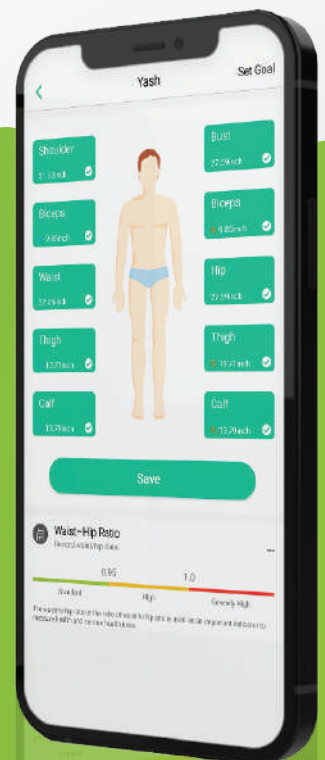
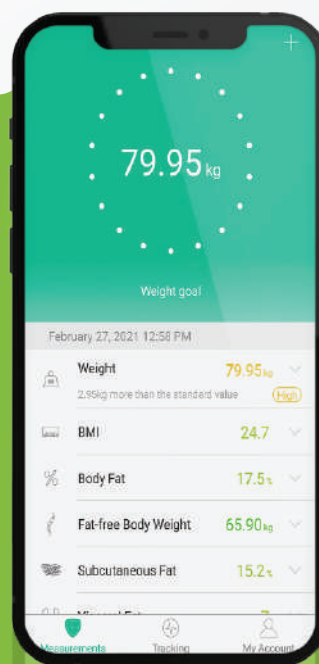
One of the most suggested frameworks for achieving fitness goals while enjoying the process is to follow a buddy system. Hence, the ActiveX app allows you to invite your friends and families to become a part of each other's fitness journey.



Apart from this, the app provides an additional feature that allows you to track your progress by manually entering your body circumference in the app. Keeping a track on your Body circumference measurements would keep you motivated. It is also an important indicator of diseases like heart disease, diabetes and many more. It is also an optimal way to track a more comprehensive summary of the body.

We have also given our best to ensure that the privacy and security of your data are not compromised. While more body fat scale providers offer Chinese app with Chinese server which is vulnerable to data threat, we provide a US-based secure server for our ActiveX app.

Now that we've established the significance of the ActiveX app in your fitness journey, let's dig deeper into the app and how you can use it to track your progress.

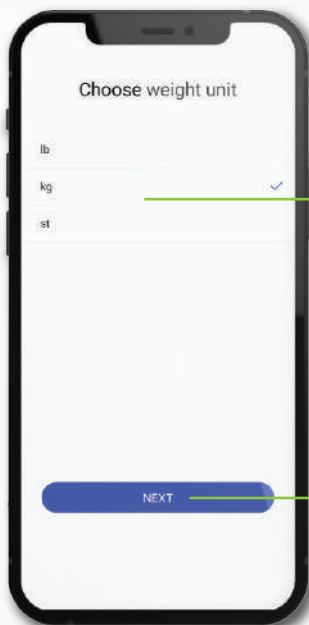




# Setting up profile

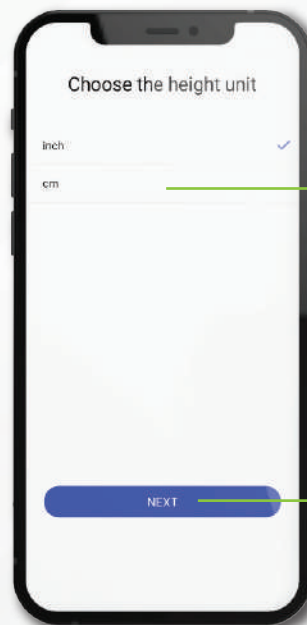
Setting up your profile is the first step you need to follow after downloading the app so that it can give you the readings basis your age, height, &, etc. This step is also required for another important reason: our algorithms are based on your vitals such as your age, height, and gender to give you a more customized and personal experience while using the app.

To set up your profile in the app all you need to do is, follow these simple steps after you open the app:



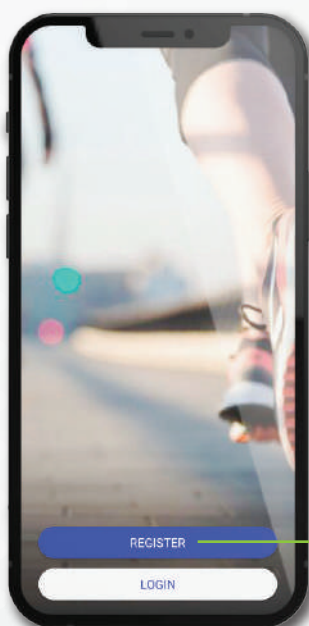
**Step 1:**  
Select a unit to  
measure your  
weight (you can  
select lbs, kg, & st)

& click on "NEXT"

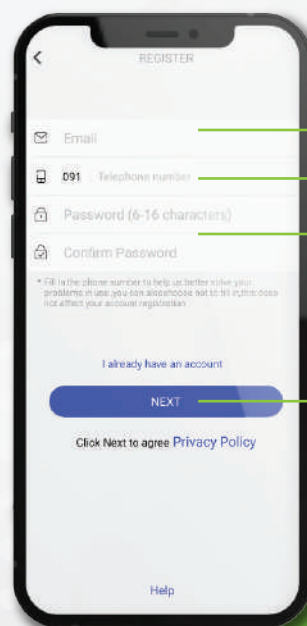


**Step 2:**  
Select a unit to enter  
your height in inches  
or cm

& click on "NEXT"

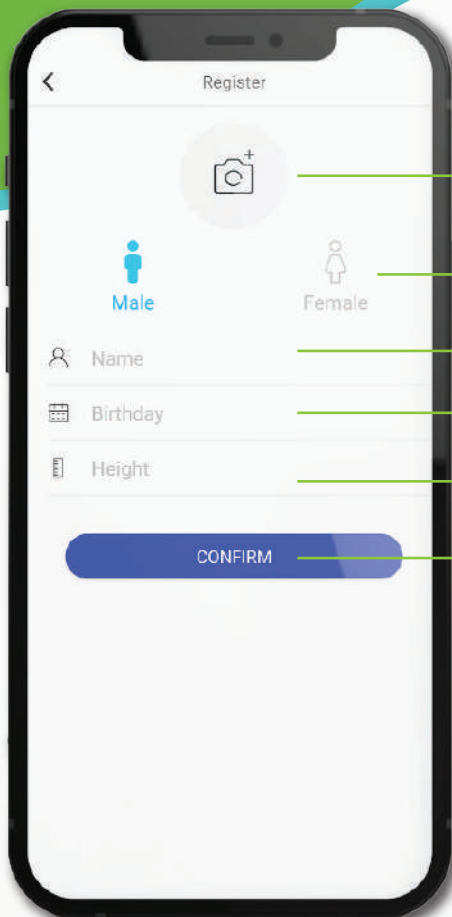


**Step 3:**  
Now click on register  
to create a new user  
profile:



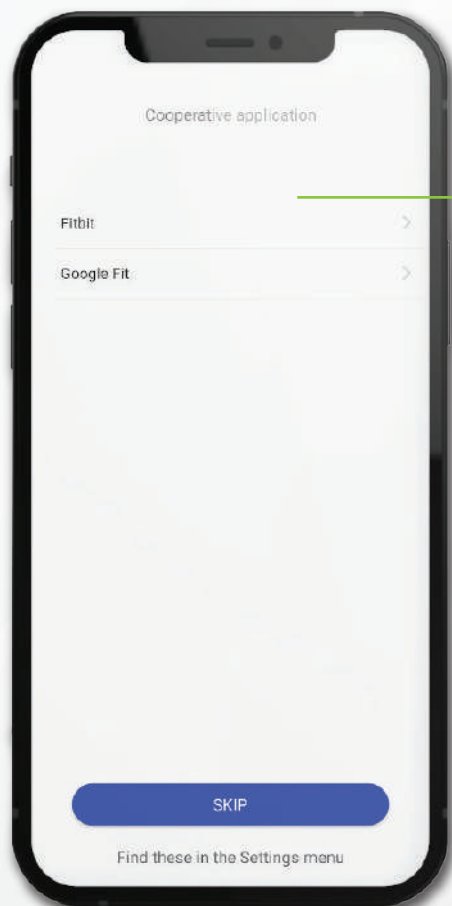
Enter Email address  
Enter Mobile number  
Create a new password,  
enter it again to verify the  
password

& click on NEXT



**Step 4:**  
Add your basic details:

- Add your photo
- Select your gender
- Enter your full name
- Enter your birthdate
- Enter your height in the selected unit
- & click on “CONFIRM”



**Step 4:**  
Choose the app you want to cooperate with (Fitbit or Google fit)

*\*You can also skip this step.*

# Calibrating & Syncing the Scale with App:

Now that you have successfully completed the first step, let's move to the next step which is calibrating the scale and syncing it with the app.

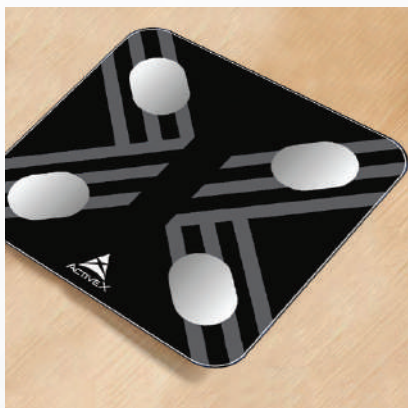
Do not skip this step because failing to do so may result in inaccurate or fluctuating results, which will only confuse you. Also, make sure your weighing scale is on a hard and flat surface with no carpet underneath it while calibrating it or whenever you take a reading.

*A few more points to remember :*

- 1. Calibrate the scale every time you move it from one place to another.*
- 2. Don't step on the scale while wearing socks or any other footwear.*
- 3. Don't step on the weighing scale with wet feet.*

## Step 1. Scale Calibration

To calibrate ActiveX Savvy plus scale by following these steps:



1. Place it on a flat and hard surface. (There should be no carpet)



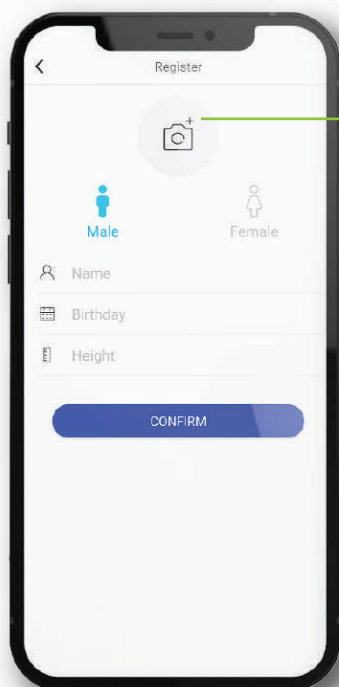
2. Activate the weighing scale by pressing it gently either with your hand or feet.



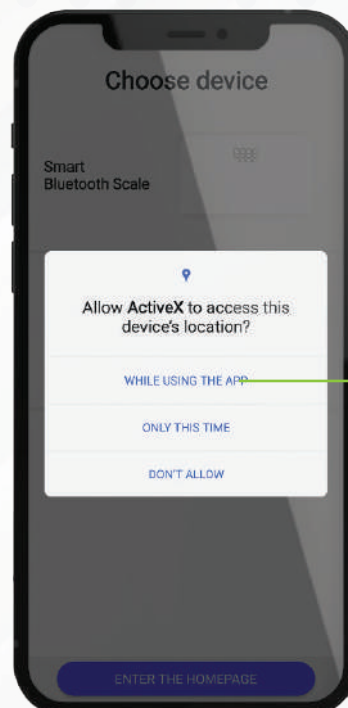
3. Wait for it to show CAL on the display screen. Let it switch off.



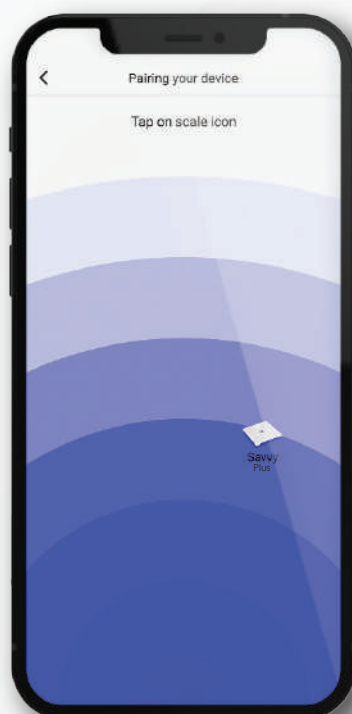
## Step 2. Sync the app with weighing scale



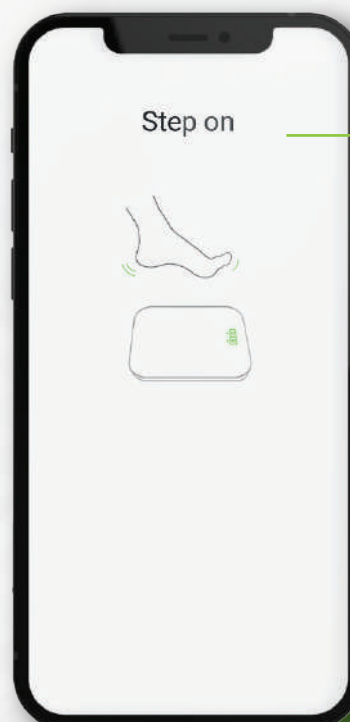
**Step 1:**  
Select your device  
(Smart Bluetooth  
Scale or Bathroom  
Scale)



**Step 2:**  
Allow the device to  
use location while  
using the app.



**Step 3:**  
Click on the scale  
you want to sync on  
the radar visible on  
your mobile screen

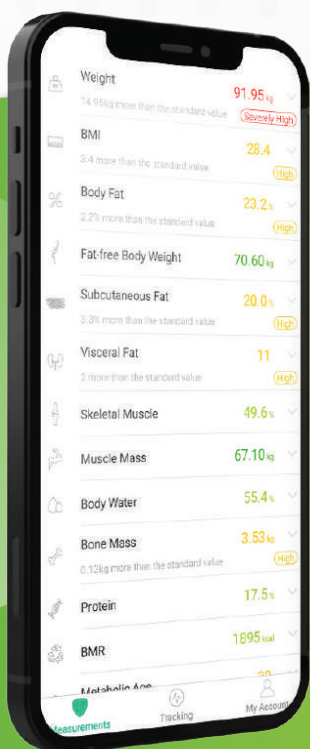


**Step 4:**  
Step on the scale  
with both your feet  
evenly placed on the  
four sensors of the  
scale to get your  
first reading. You'll  
be able to see the  
readings on your  
mobile screen.

# Understanding your first result:



Before we proceed to understand your first reading and what each parameter means, let's relook once again what is Body Composition Analysis. It's a way of defining the composition of our body, distinguishing between fat, protein, minerals, and bodily water. In a nutshell, determining your body composition will reveal your body's main factors and assist you in identifying areas that you need to work on to improve your overall health and wellness.



Now that you have taken your first reading on the scale, the results displayed on the app can surely be a bit overwhelming. You might not know what to make of it entirely. So to make things easy to understand for you, we have shared the average standards of the crucial body health parameters. You can compare your results with these standards and determine where you stand in your fitness journey and plan your workout and nutrition plan accordingly.

# 1. Body Weight:

The body weight is the total weight of everything your body is made of like body fat, bone mass and even hydration rate. It is a good starting point for your fitness journey but remember you don't shouldn't define your fitness by this one metric on the scale.

Your bodyweight should be calculated as a combination of other body parameters like muscle mass, bone mass, and body fat percentage. Your body will change during your fitness journey, and simply tracking your weight will not reveal whether you are shedding fat or building muscle. It would keep you more informed, allowing you to set fitness objectives that are unique to your needs.



Increasing or decreasing body weight is determined by the calorie you consumed compared to the calorie you burn. Calories that you burn are the combination of multiple things like your BMR and calories burned during performing physical activities.



BMR (Basal Metabolic Rate) is the number of calories your body needs for basic functioning while it is at rest. The calories you consume are the overall food you eat during the day you can track this count by using our ActiveX nutrition app. (You can get more information on our nutrition app by replying to this message.)



ActiveX Savvy helps to determine your BMR (Basic Metabolism Rate) which in addition to calories burnt during workouts gives you your ideal calorie intake. Using our nutrition app to keep track of your food consumption can help identifying your daily calorie intake. To determine if you are in a caloric surplus or deficit, subtract the calories you burn from the calories you consume. You can adjust your calorie intake by 500 calories per day to gain or lose weight. This could serve as a starting point for you whenever you desire to gain or lose weight.

ActiveX offers a free app that allows you to keep track of your calorie intake. If you'd like to learn more about this app, simply reply to this message with "Nutrition app" and we'll be happy to help you.

## If your body weight above average range then consider following these tips:



**Be More Active:** Increase the level of physical activity in your day-to-day life, it will help you burn more calories and also drop a few pounds. Performing short circuits of HIIT (High Intensity Interval Training), 5mins of cardio post workouts, and body weight workouts like pull-up, push-up & squat help in weight loss.

**Decrease your calorie intake:** Being in a state of caloric deficit or decreasing calorie intake will help you lose those few pounds and more. You can remain to be in caloric deficit until you achieve your weight loss goal.

## If your body weight is below average range then consider following these tips:

**Increase calorie intake:** To gain weight it is important to stay in a calorie surplus mode, which means a slight increase of calories in your daily diet (You can increase your calorie intake by 500 per day). But remember you should only choose food items that are high in quality nutrients.

**Lifting Weights:** It's been proven that lifting weights helps in gaining good quality body mass. It also eliminates unnecessary fats stored in the body giving us a better shape.





**If your body weight falls within the average range then consider following these tips:**

**Decrease your body fat percentage:** Even if your body weight falls under the normal range, you can give it a more toned look by dropping your body fat percentage by a notch. Following a quality diet plan which includes all nutrients and good fats will help you in losing body fat. Also doing cardio post lifting sessions is known as the optimal fat burner method.



**Focus on building muscle mass:** Your body gains structure when you develop muscle. To gain muscle you can pump up the protein in your diet and perform heavy lifting with a mix of calisthenics. It will help you develop your muscle faster.



## 2. BMR:

BMR (Basal Metabolic Rate) is the minimum daily calories your body requires to function while at rest. Whether you desire to lose, maintain, or gain weight, this metric will assist you in achieving your fitness goals. Consider it a starting point for determining your daily caloric goals: once you know how many calories you burn at rest, you can start planning how many calories you should consume throughout the day based on your activity levels.



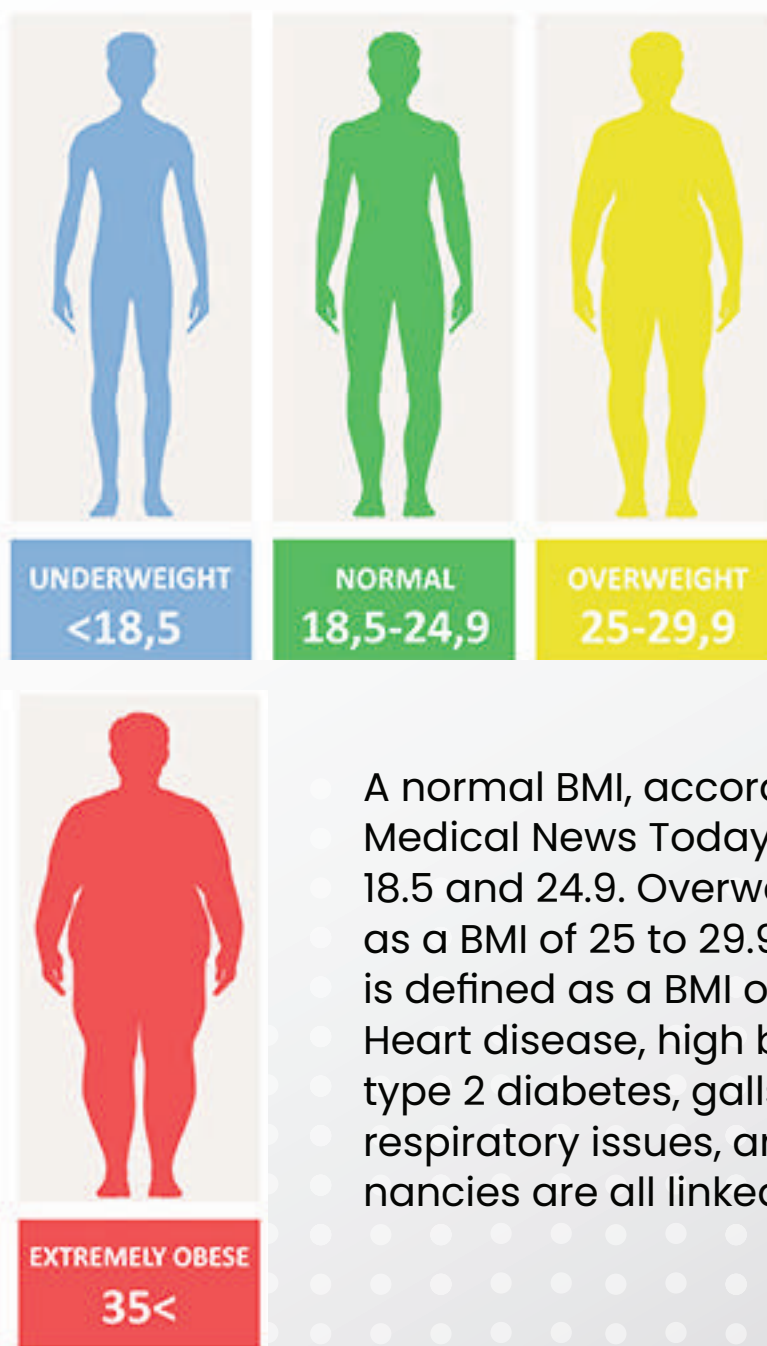
The ActiveX app shows your BMR level based on your gender and age. To improve your BMR score consider the below things:

1. Increase Your Daily Activity Level: In case you are on a weight loss goal, the more you move more calories you would burn
2. Increase Your Muscle Mass: Try increasing your muscle mass as more muscles mass means more calories are burned during post work out recovery period.
3. Consistent and Proper Nutrition: To improve your BMR you need to ensure you are consuming the required calorie daily. Try not to exceed or decrease your calorie consumption. To improve BMR, try moderate to High-Intensity workouts at least 3/5 times a week. This may include Jogging/Sprints, weight training, or HIIT Training.

### 3. BMI (Body Mass Index):

BMI is a standard metric that is calculated using your height and weight. It's a good place to start if you want to acquire a rapid improvement in your physical well-being. However, BMI alone should be used to determine whether you are overweight or underweight. It should always be considered along with age, gender, muscle mass, and bone mass.

#### BODY MASS INDEX



A normal BMI, according to the Medical News Today, is between 18.5 and 24.9. Overweight is defined as a BMI of 25 to 29.9, while obesity is defined as a BMI of 30 or higher. Heart disease, high blood pressure, type 2 diabetes, gallstones, respiratory issues, and some malignancies are all linked to a high BMI.



## Tips for maintaining a healthy BMI:

**Exercise Daily:** Even though your lifestyle or work keeps you busy, try and find 25–30 mins of your daytime to dedicate to exercise. Choose the exercise according to the goal you have set and be disciplined enough to achieve it.

Try improvising on it 1% a day. Remember consistency is the key to achieving your goals.



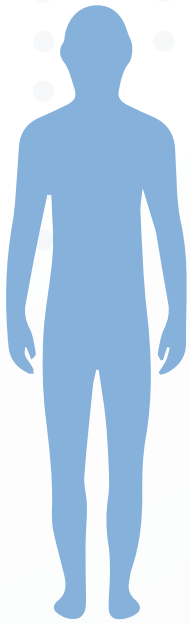
**Eat Clean Consistently:** Clean up your diet and make sure what you eat is working for you. Preferably avoid eating food items like fried chips, processed meats, red meat, and sugary beverages. To improve BMI, include fruits, veggies, whole grains, nuts, and yogurt in your diet.



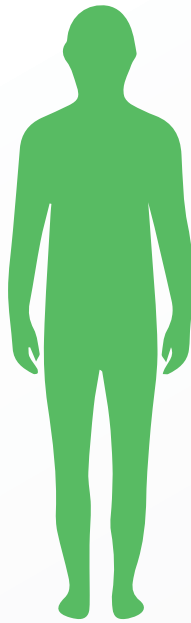


## 4. Body Fat Percentage:

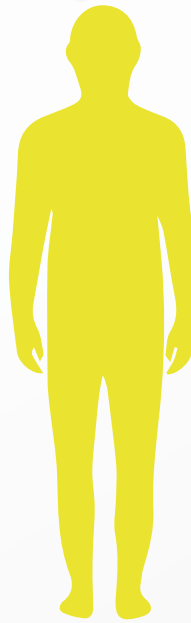
The Body Fat Percentage is the proportion of fat to your total body weight. Knowing your body fat percentage can help you figure out what steps to take to enhance your health. It can assist you in analysing and better managing your routine, as well as determining whether or not you need to change your diet or exercise habits.



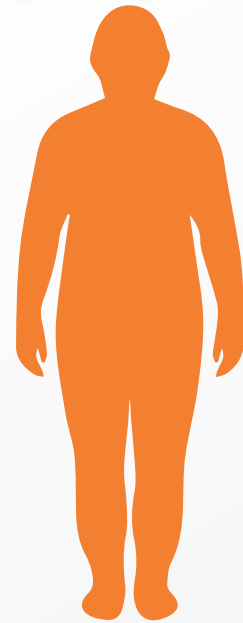
**10%**



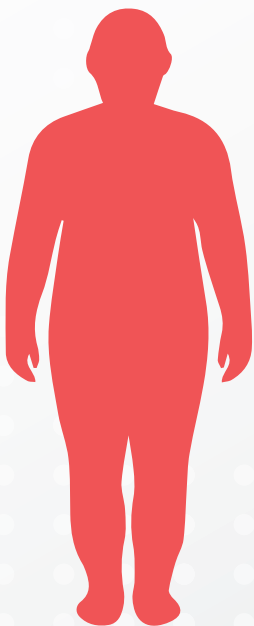
**20%**



**30%**



**40%**

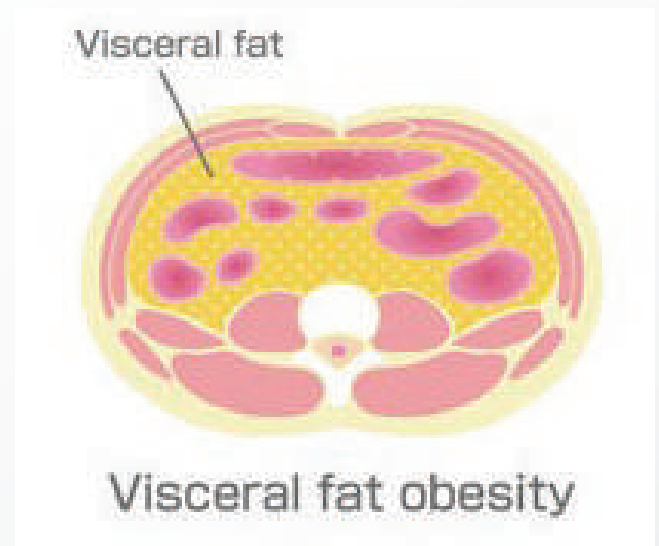
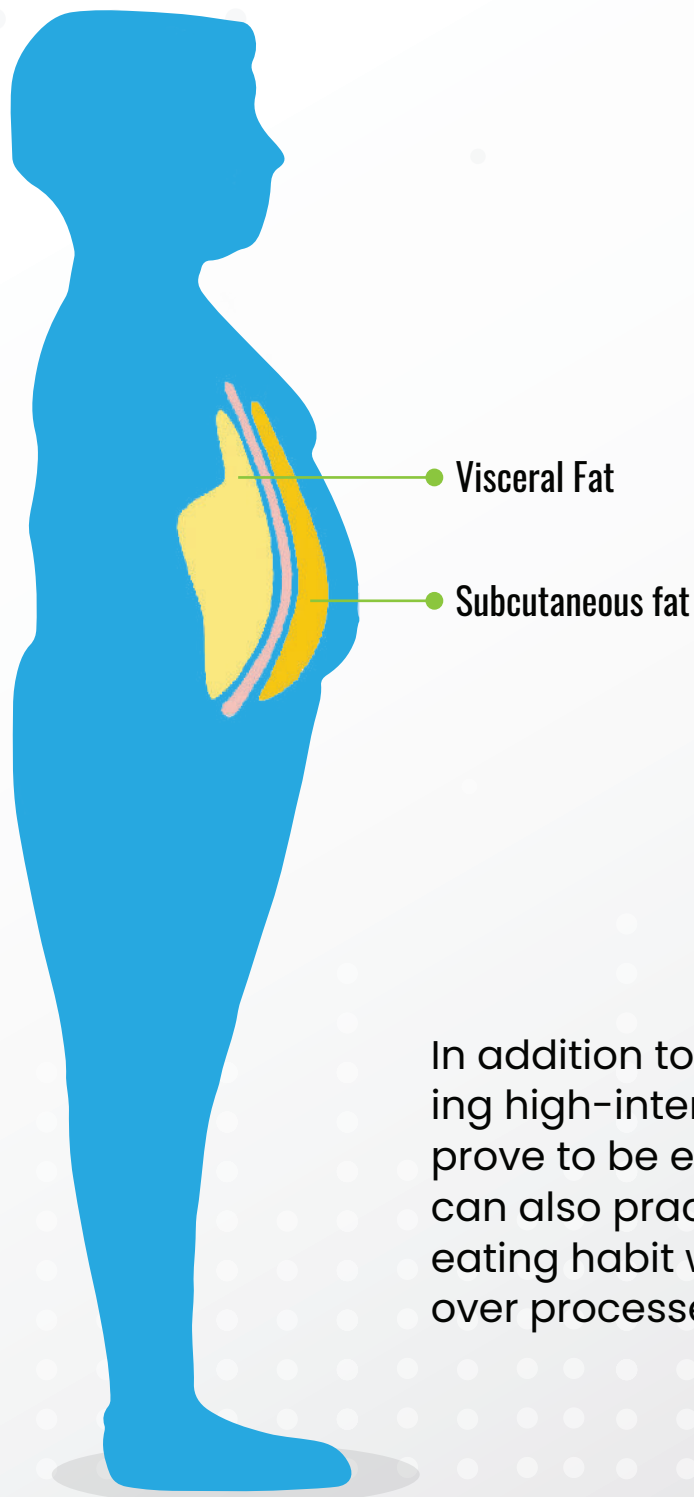


**50%**

If your body fat percentage is high consider eating a high-protein diet, along with strength training at least three times a week and if your body fat percentage is low consider eating food items rich in good fats(fish, cheese, and eggs) and also prioritize quality rest time.

## 5. Visceral Fat:

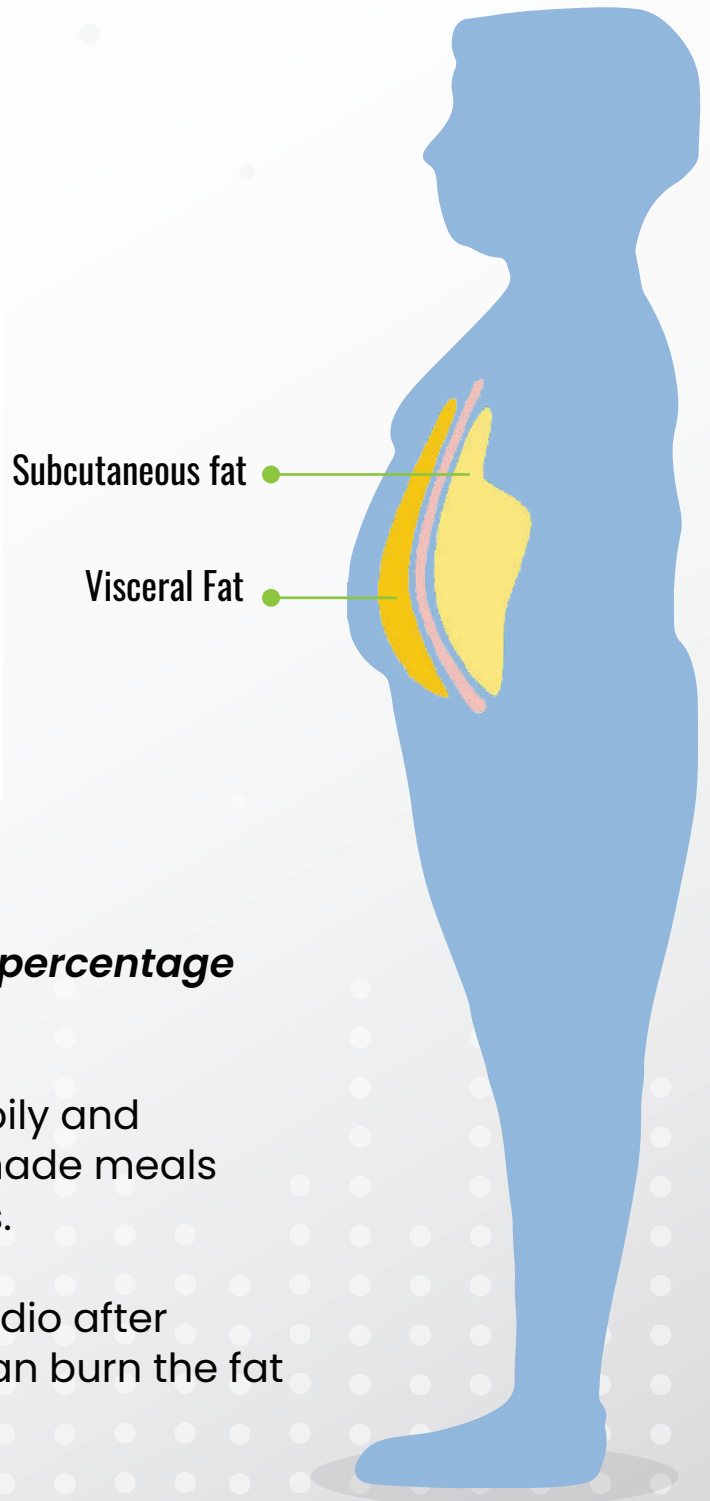
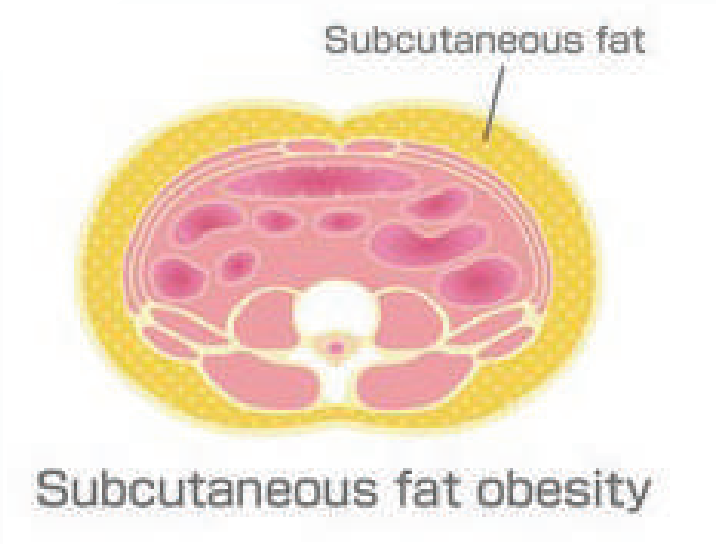
Visceral Fat is the type of fat that surrounds the organs and is located deep in the abdominal cavity. Having a healthy amount of visceral fat lowers your risk of diseases including stroke, high blood pressure, and heart attack. This metric is crucial for figuring out what's going on within your body and what changes you might need to make to improve your health.



In addition to your other physical activity, including high-intensity resistance training can also prove to be effective way to lose visceral fat. You can also practice portion control and clean eating habit which means choosing organic food over processed food items to reduce visceral fat.

## 6. Subcutaneous fat:

Subcutaneous fat is fat that can be seen in the mirror and is stored beneath the skin. Subcutaneous fat is less risky than visceral fat and is dubbed "stubborn" fat since it is more difficult to eliminate. Knowing the distinction between visceral and subcutaneous fat allows you to gain insight into your body's fat distribution, which can assist you predict any potential health issues



***For maintaining a healthy body fat percentage consider following below tips:***

**Prioritize Nutrition:** Stay away from oily and unhealthy food items. Prefer homemade meals which are rich in all sorts of nutrients.

**Cardio Post Workouts:** Minimum cardio after you've finished your lifting session can burn the fat stored in your body cells.



## 7. Protein:

This metric determines the total content of protein in your body expressed as a percentage of your total body weight. Protein is essential for both your physical and mental well-being. Protein is used by your body to generate enzymes, hormones, and other biological activities. Protein is required for the formation of bones, muscles, cartilage, skin, and blood.

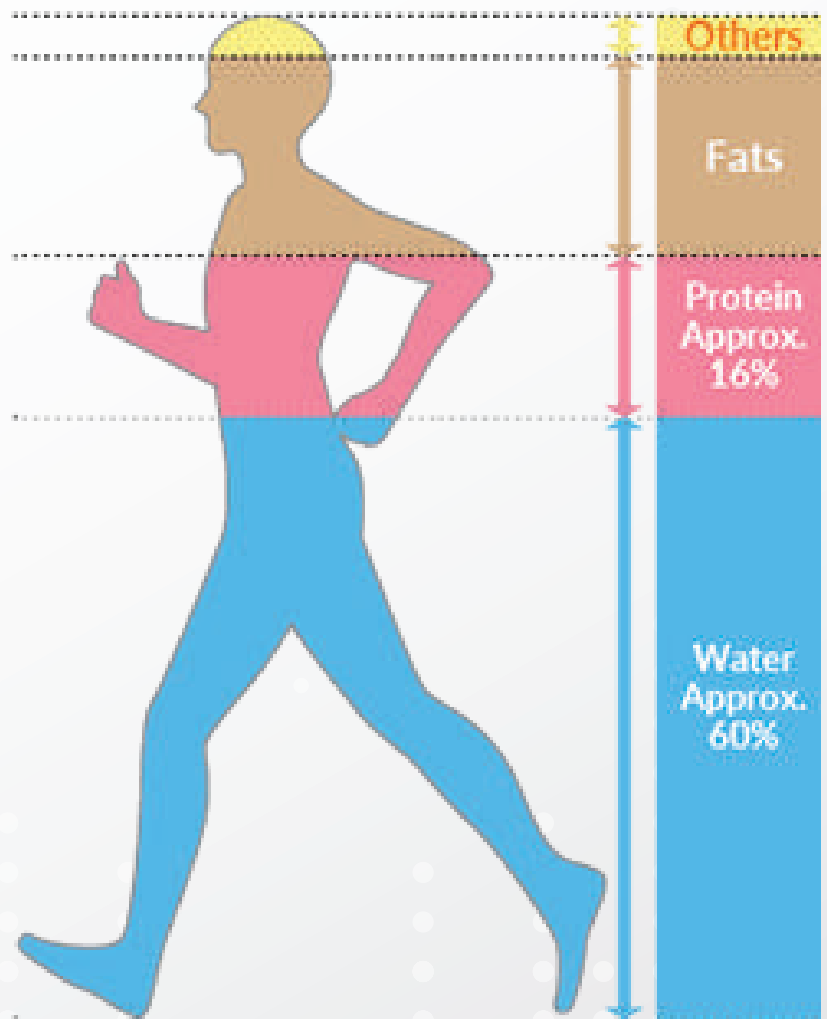
***Follow these tips to hit your daily protein intake mark:***

### **Make Protein Your First Meal:**

To ensure you hit your daily protein intake goal, the best you can do is have a high-protein breakfast. Eating protein first can help keep your blood sugar and insulin levels from rising too high after a meal.

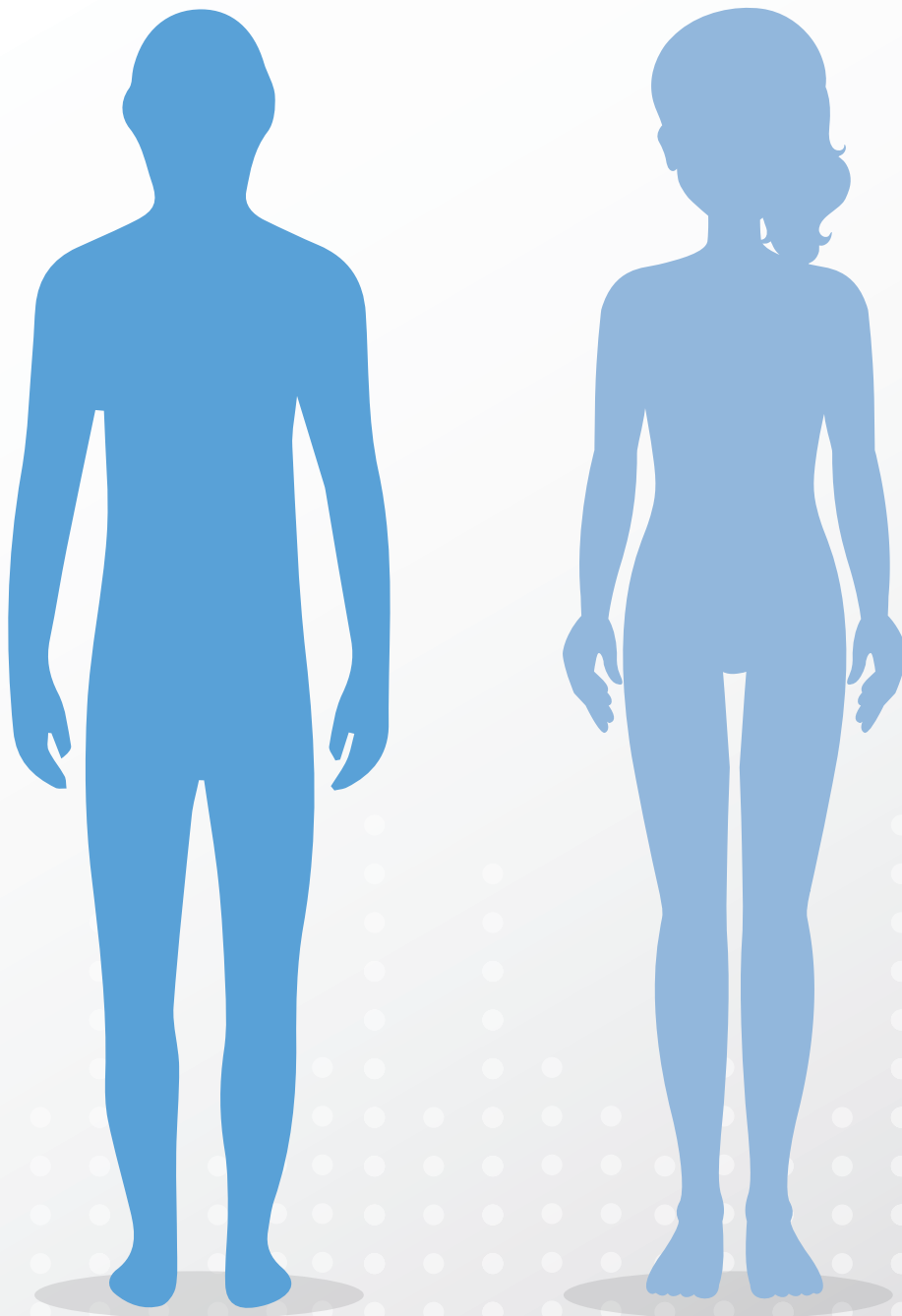
### **Snack on Protein:**

Many snacks are low in protein content, so you can replace them with items like eggs, almonds, peanuts, and other dry fruits. These snacking options will not only give you protein but will also fulfill your other nutrient requirement.



## 8. Lean Mass:

Lean mass is your body weight without your body fat. This metric displays your weight without fat, which can be a helpful indicator for people who are trying to lose weight. It can also serve as a useful standard for setting goals, but keep in mind that every healthy body requires some fat to function properly.



# 9. Muscle Mass:

Muscle Mass is a great indicator of health because your muscle mass naturally decline as you age. You can accurately assess how healthy your body is ageing by regularly monitoring muscle mass. A lower body fat percentage indicates a higher percentage of muscle mass. This metric is essential for everyone who wants to gain muscle, enhance fitness, and reduce the chance of injury or illness.

Muscle Mass Percentage Chart					
Gender	Age	Low(-)	Normal(0)	High(+)	Very High
Female	18-40	<24.4	24.4 - 30.2	30.3 - 35.2	≥35.3
	41-60	<24.2	24.2 - 30.3	30.4 - 35.3	≥35.4
	61-80	<24.0	24.0 - 29.8	29.9 - 34.8	≥34.9
Male	18-40	<33.4	33.4 - 39.4	39.5 - 44.1	≥44.2
	41-60	<33.2	33.2 - 39.2	39.3 - 43.9	≥44.0
	61-80	<33.0	33.0 - 38.7	38.8 - 43.4	≥43.5

***For building and maintaining strong & lean muscle mass consider following below tips:***

## **High Protein Diet:**

Including food items that are high in protein content will help, as protein is essential for muscle development.

## **Progressive Overload:**

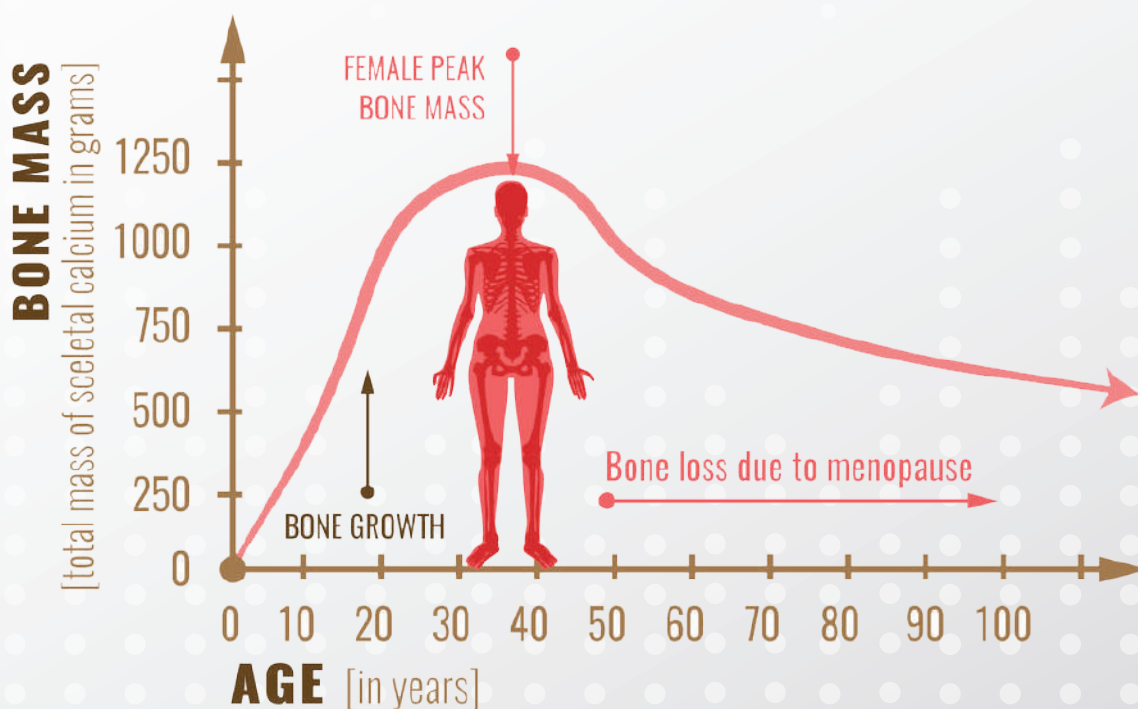
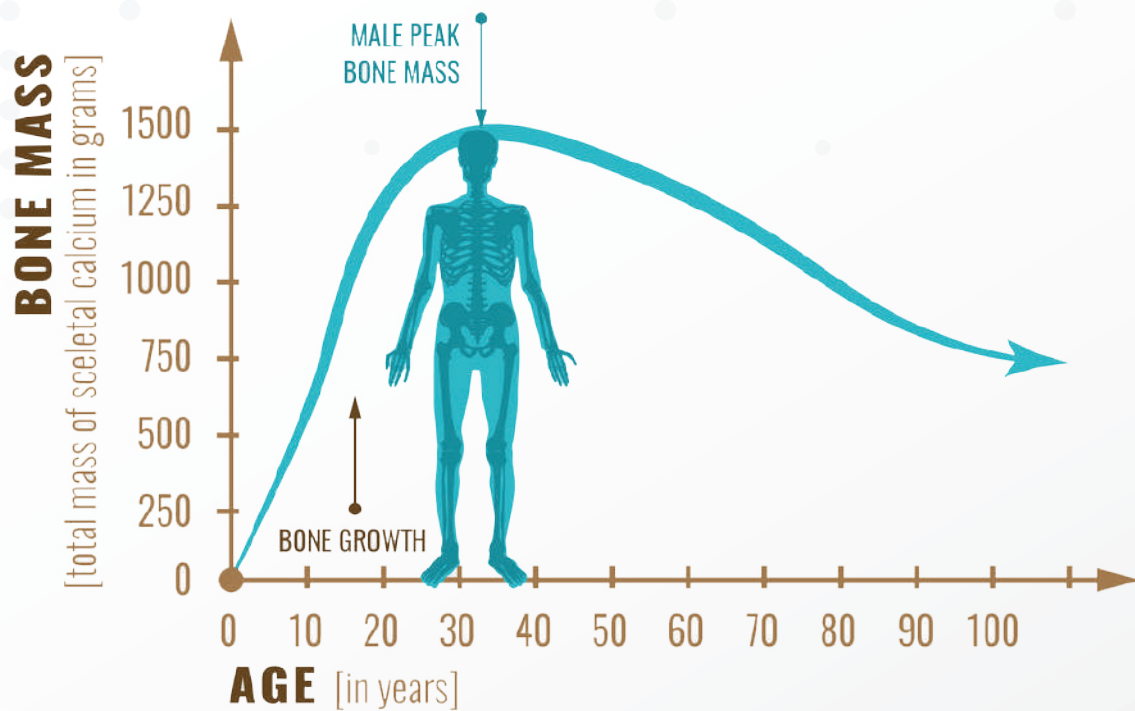
Focus on progressive overload which means increasing the weight or the intensity during your workouts if you want to build or maintain your muscle mass. Inactive muscles lose strength and hence perish over time, so it's crucial to give your muscles some intense work.





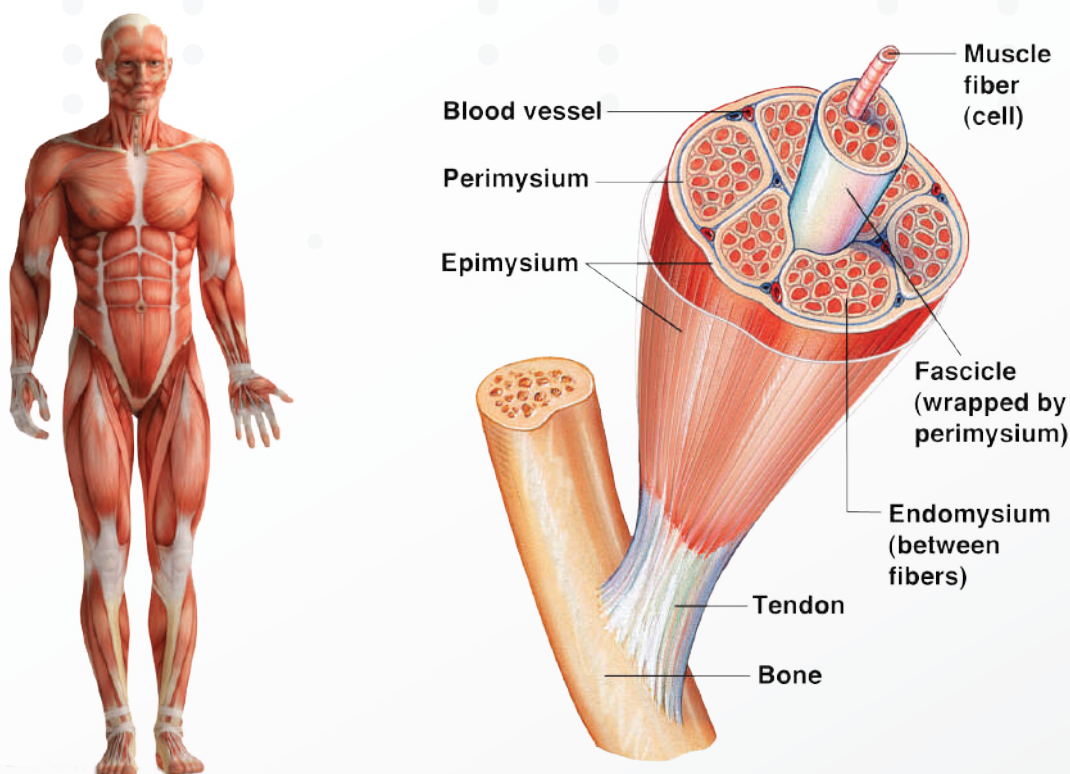
## 10. Bone Mass:

Your Bone Mass is the predicted weight of bone mineral in your body. Since bone mass diminishes slowly with age, it's crucial to keep track of it to avoid any health problems. A low bone mass may raise the risk of injury or provide information about the risk of osteoporosis. Bone mass provides a variety of functions in the body, including structural support, protecting organs, attaching muscles, and storing calcium.



# 11. Skeletal Muscle:

Skeletal muscles are connective tissues that connect the bones, joints, blood vessels, tendons, and nerves in our bodies. Skeletal muscle gives us the ability to move and control our bodies. We can move and exercise effectively if we have a healthy level of skeletal muscle. This metric is important to measure as it indicates risk of injuries.



**Consider following below tips for maintaining bone mass and skeletal muscles:**

**Nutrient rich diet:** One simple strategy to keep your skeletal muscles in good shape is to get the required nutrients through your diet. Although multivitamins can help, your body absorbs nutrients best from fruits, veggies, and dairy products. For skeletal muscular improvement, vitamins B, D, and K are very necessary.

**Include Calcium:** Calcium is an essential mineral that helps to maintain a good bone density over a long period of time. Dairy items and green leafy vegetables are high in calcium content.

**Strength Training:** Performing strength training will help you maintain bone density and will increase your endurance level. Only 3-4 sessions of strength training per week can prove to be sufficient.

## 12. Body Water Percentage:

The Body Water Percentage is the proportion of water found in your body. This parameter is crucial for avoiding dehydration and ensuring that your body has what it requires to function properly. Exercise, drugs, coffee, alcohol intake, and even bathing can cause hydration levels to fluctuate throughout the day and night. However, most individuals do not drink enough water, so aim for at least eight glasses per day.



### ***Tips for maintaining hydration:***

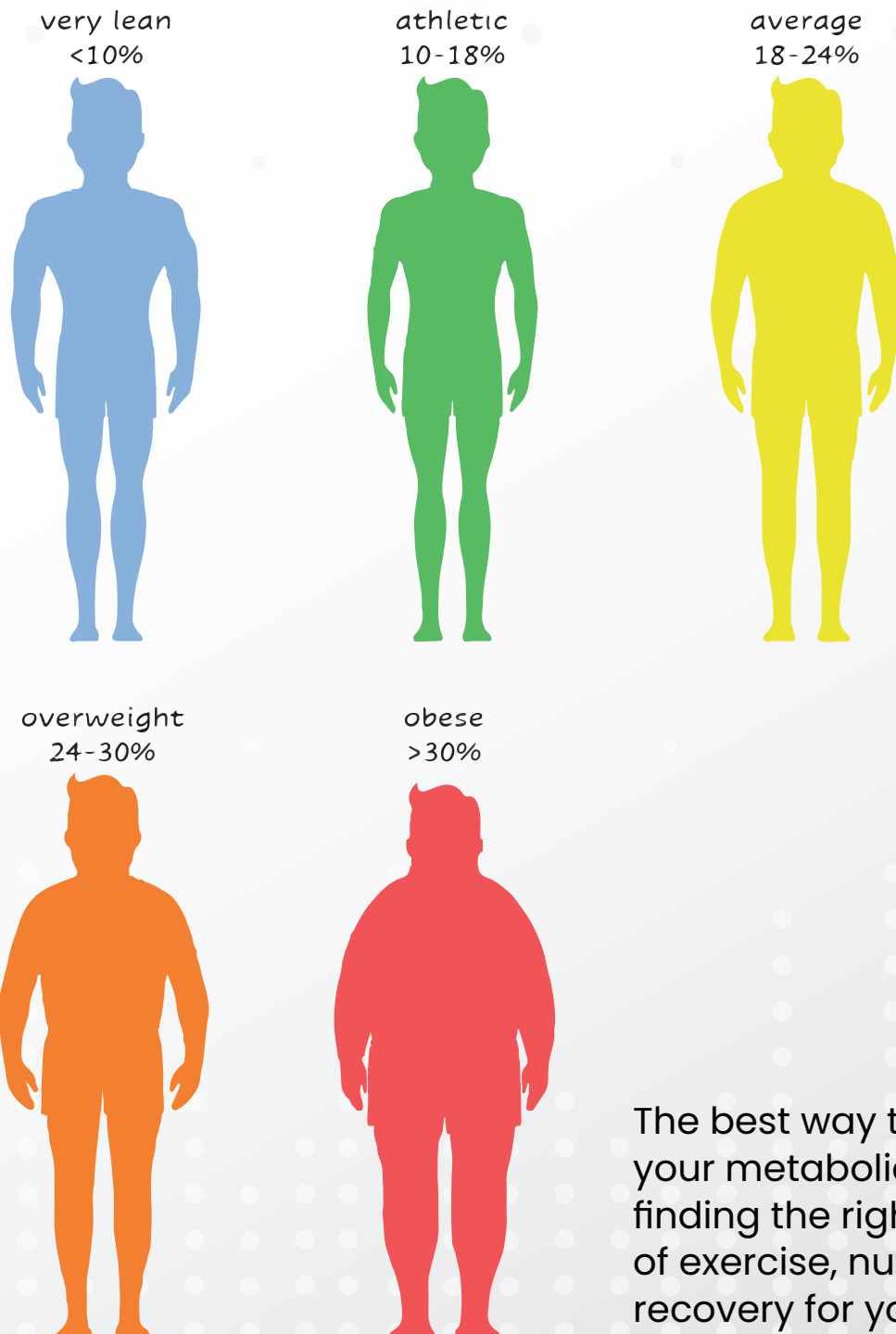
**Don't wait till you're thirsty:** If you drink water only when you are thirsty, then your body has already reached dehydration, instead prefer drinking water every 2 hours during the day.

**Eat water-rich fruits:** Consuming water-rich fruits like watermelon and papaya will not provide you with essential nutrients but will also keep you hydrated.



## 13. Metabolic Age:

There's a difference between how old you are and how old your body is and it's called Metabolic Age. This metric takes into account your body structure, BMR, fat, and muscle mass to provide you with an accurate image of how healthy your body is by comparing your body's age to your actual age. This value should be lower or at least equal to your actual age.



The best way to decrease your metabolic age is finding the right balance of exercise, nutrition and recovery for you.

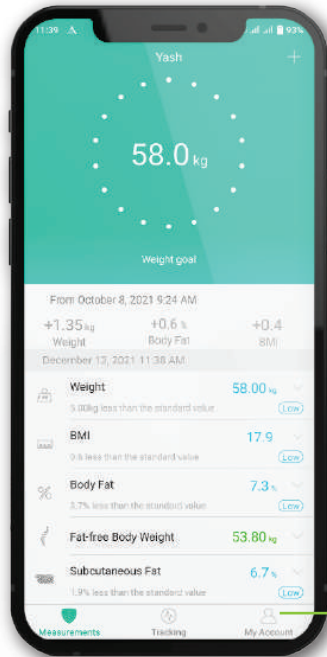
# Unique App Features to help you stay on track:

The ActiveX app is loaded with unique features designed to assist you in achieving your desired fitness goals. Setting goals and keeping track of your progress becomes very smooth with the ActiveX app.

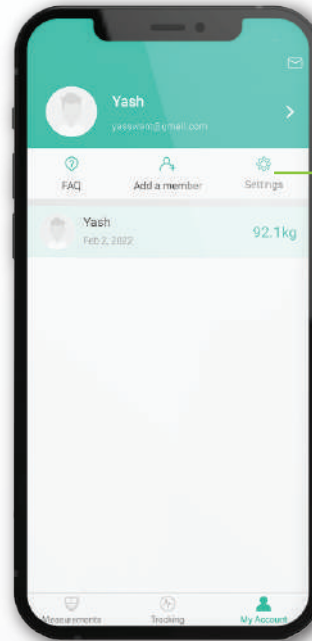


# 1. Setting a goal:

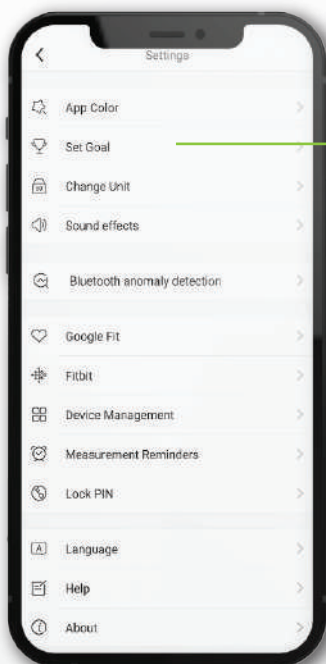
Setting goals for your target body weight is an essential step that is made much easier with the ActiveX app. Follow these simple steps to set a goal for your desired body weight:



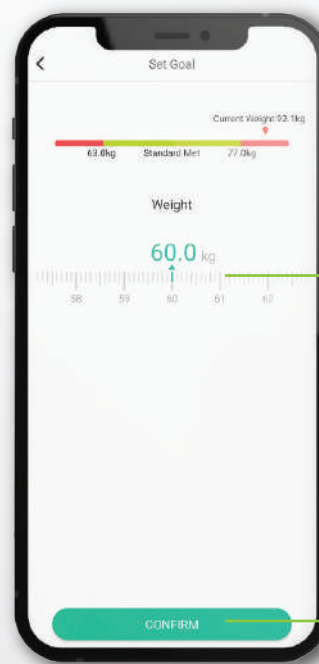
**Step 1:**  
Go to “My Account”  
page.



**Step 2:**  
Click on setting.



**Step 3:**  
Select “Set Goal”.



**Step 4:**  
Use the scale to set  
your desired body  
weight.

**Step 5:**  
Click on “Confirm”

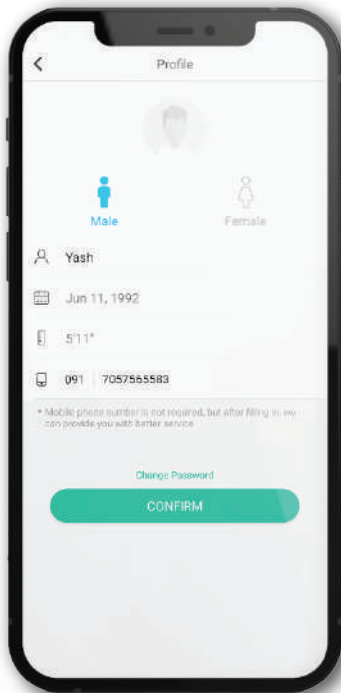
\*Your Goal would reflect on Main Screen.



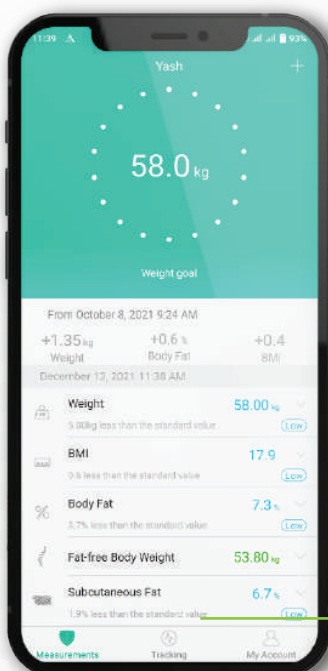
## 2. Tracking your readings:

Tracking your body composition allows you to stick to a healthier diet, and exercise accordingly. The ActiveX app allows you to keep track of your daily body composition readings.

Follow these simple steps to track your body composition reading:



**Step 1:**  
You can see your Tracking details only after you complete your profile settings.



**Step 2:**  
Just click on "Tracking" at the bottom to check the progress.

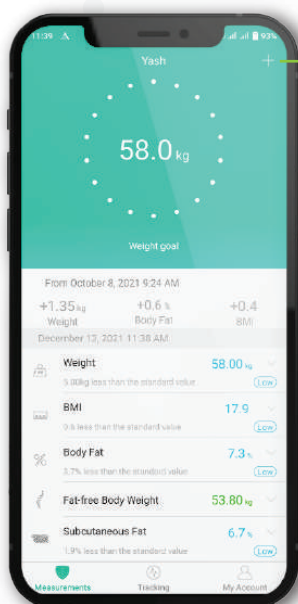


**Step 3:**  
Select Each Parameter to see the trend (Video should show clicking on each parameter one by one and show the details)

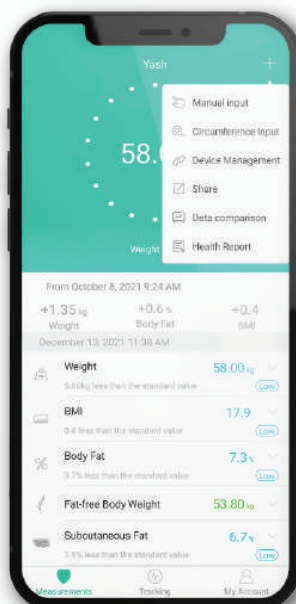
### 3. Add your Body circumference:

Body circumference measurements are crucial when it comes to tracking your body's progress. Tracking your body circumference is the first step toward losing a few inches from your waistline, and keeping a healthy waistline is critical for preventing ailments like heart disease, diabetes, and others.

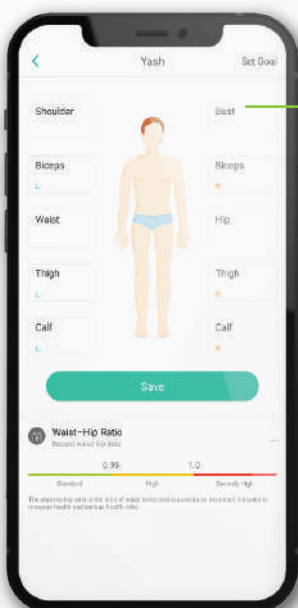
Waist-to-hip ratio is very crucial indicator of risk related to cardiovascular diseases. So you can input your body circumference details to derive your waist-to-hip ratio. Follow the steps mentioned below to enter the body circumference details:



**Step 1:**  
Tap on the + sign on the top-right section of the page



**Step 2:**  
Select “Circumference Input” to enter your body circumference input.

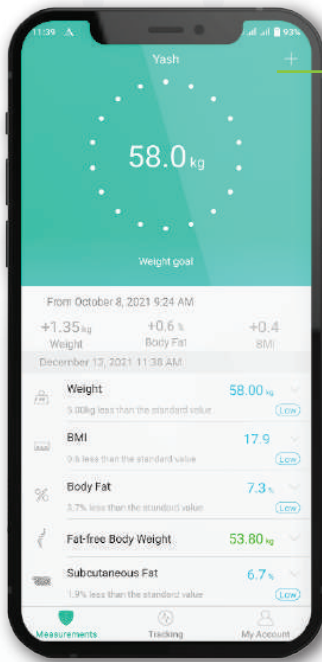


**Step 3:**  
Enter all the measurements precisely using a measuring tape: Shoulder, Bust, Biceps (Left & Right), Waist, Hip, Thigh (Left & Right), & Calf (Left & Right).

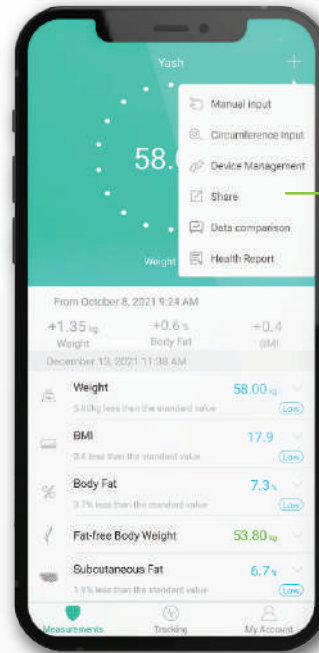
\*After you enter your body measurements you can see your Waist-to-Hip ratio with a scale displaying whether you are in Standard, High, or Severely High range of health risks.

## 4. Sharing your Record :

Sharing your fitness goals and progress with your trainers and nutritionists helps you stay motivated & disciplined for longer period. And you can use the ActiveX app to share your fitness data record with your trainers and nutritionist. You can share the data in image format or as well as excel sheet format.



**Step 1:**  
Click on the “+” sign  
on the top right



**Step 2:**  
Select “Share” corner



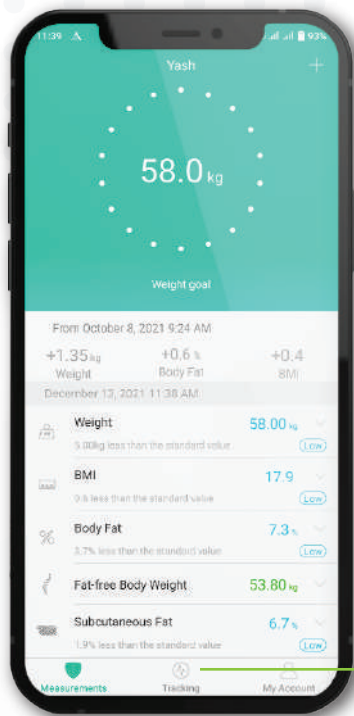
**Step 3:**  
Before sharing click  
on download to save  
the filecorner



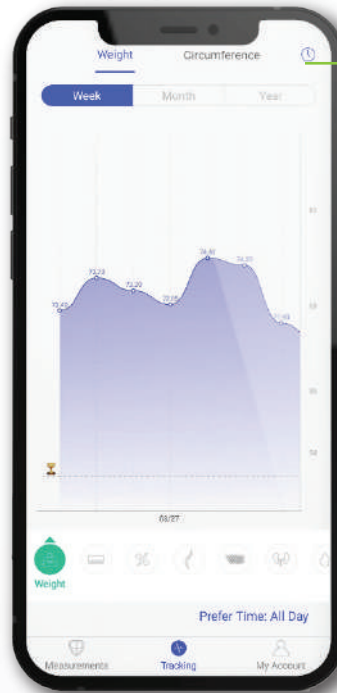
**Step 4:**  
Tap on share to  
select the medium  
you want to choose  
to share the file



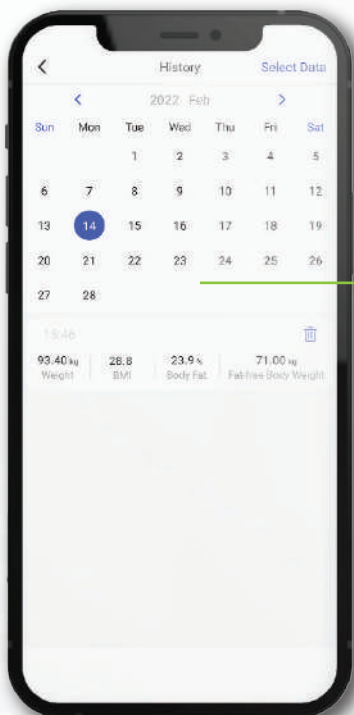
# Steps to share data in excel sheet file format:



**Step 1:**  
Click on  
“Tracking”  
corner



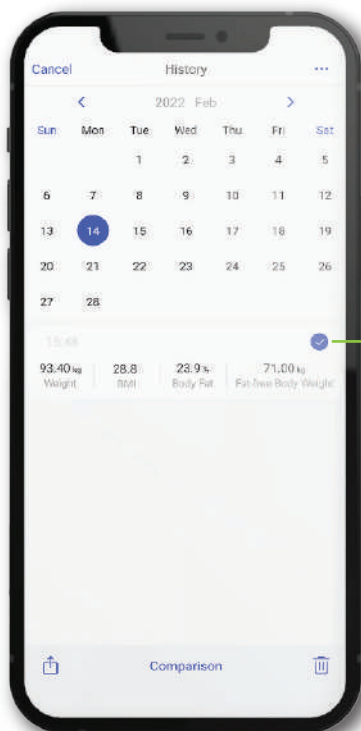
**Step 2:**  
Click on the  
“Clock” icon on  
the top right  
corner



**Step 3:**  
Select your  
preferred  
“Date”



**Step 4:**  
Click on  
“Select  
Data” on  
the top  
right corner



**Step 5:**  
For multiple  
dates select  
dates and  
readings



**Step 6:**  
Click on the  
“Upload”  
icon on  
Bottom Left  
Corner

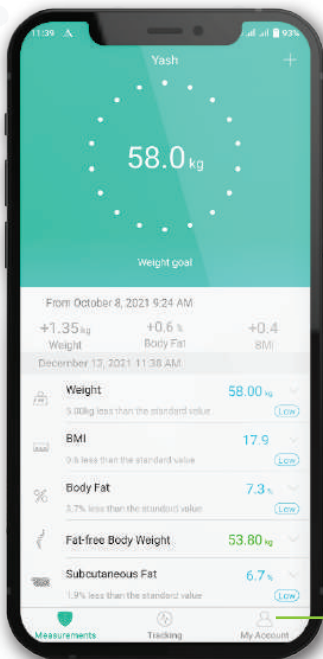


Select your  
preferred  
medium  
option to  
share & it's  
done

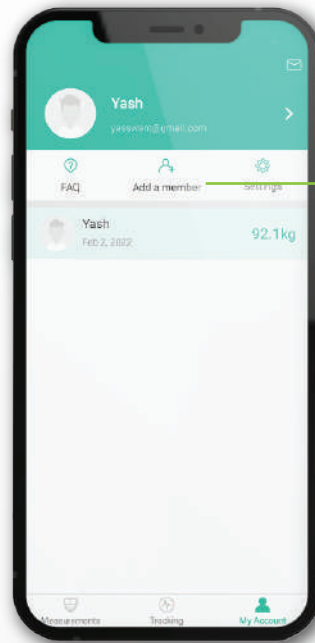
## 5. Add multiple user profile:

The ActiveX Savvy scale is a device designed to track the fitness of an entire family and hence the ActiveX app allows you to create multiple profiles in the app.

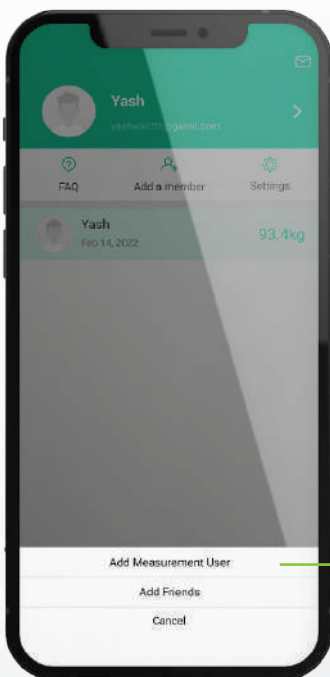
You can add multiple profiles of your family & friends in the ActiveX app by following these simple steps:



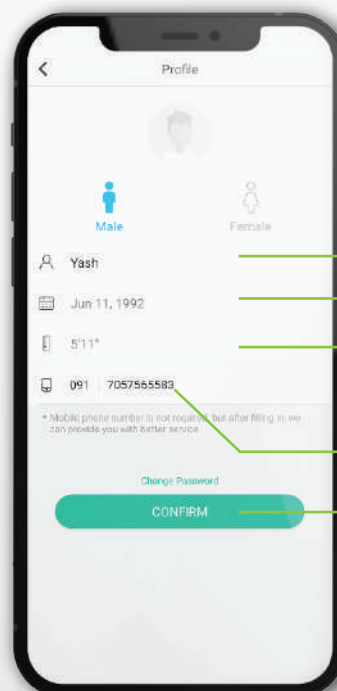
**Step 1:**  
Open the app and  
go to my account



**Step 2:**  
Click on  
“Add a Member”



**Step 3:**  
select  
“Add Measurement  
User”pagecorner



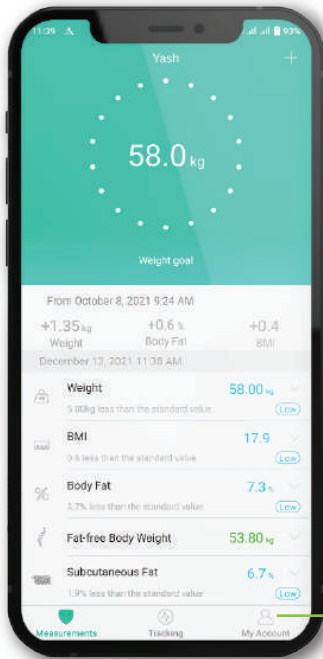
**Step 4:**  
Enter your name  
Enter your birthdate  
Enter your height in  
the selected unit  
Enter your mobile no.  
& click on confirm

\* Remember to select the other profile while taking measurement of the other User by selecting that Profile.

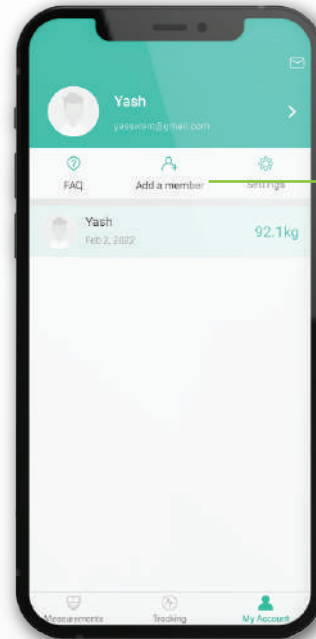


## 6. Adding friends in-app:

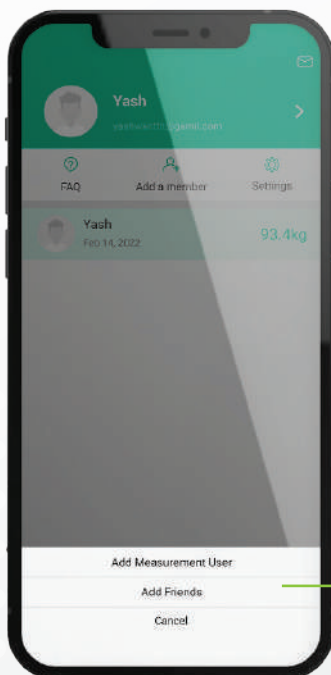
Training and keeping track of your fitness with a friend can make it more fun, and increase your chances of sticking to your exercise plan. This feature allows you to link your friend's profile in your ActiveX app so that your fitness buddy can track your progress and you too can track their progress.



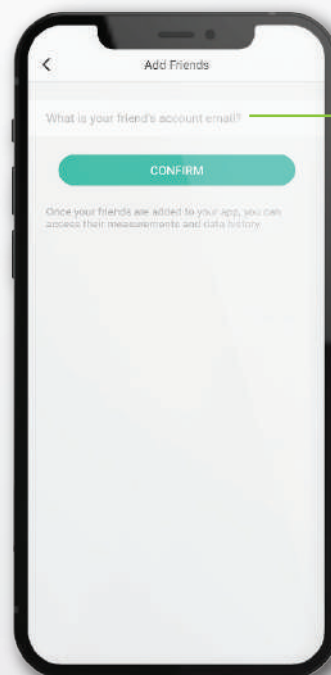
**Step 1:**  
Open the app and  
go to my account



**Step 2:**  
Click on  
“Add a Member”



**Step 3:**  
select  
“Add Measurement  
User” page corner

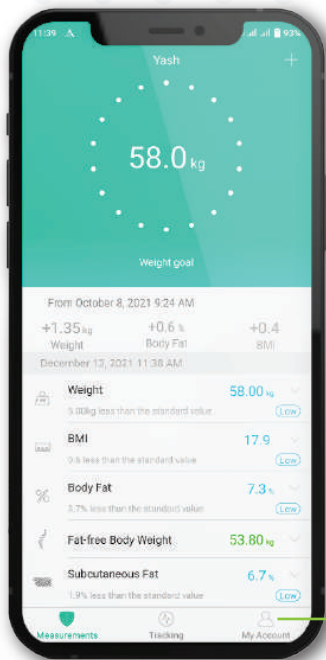


**Step 4:**  
Enter your friend's  
ActiveX account  
email address  
  
& click on  
“CONFIRM”

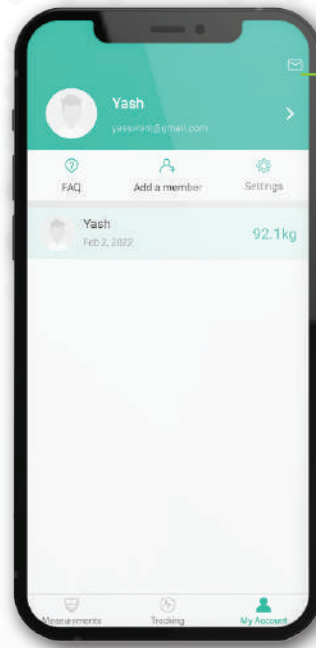
**Step 5:** Ask your friend to  
Confirm your request

**Step 6:** Now you both can view  
each other's progress

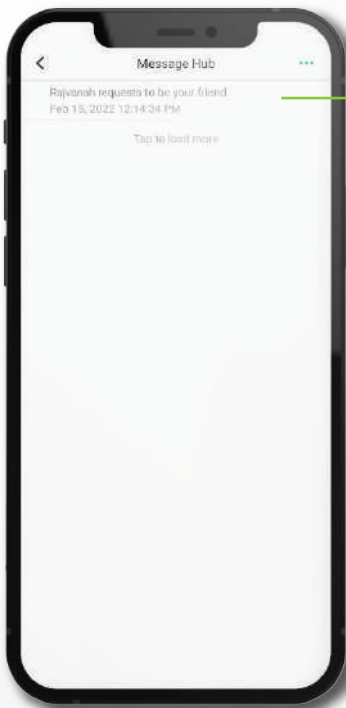
# To approve a friend's request, follow the steps below:



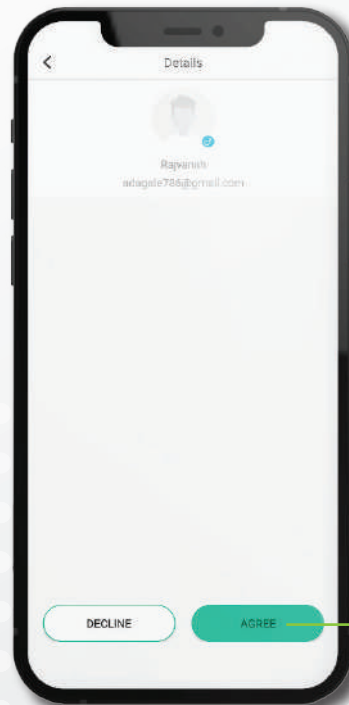
**Step 1:**  
Open the app and  
go to my account



**Step 2:**  
Click on the  
“Message” icon on  
the top right corner



**Step 3:**  
Select the  
message  
page corner

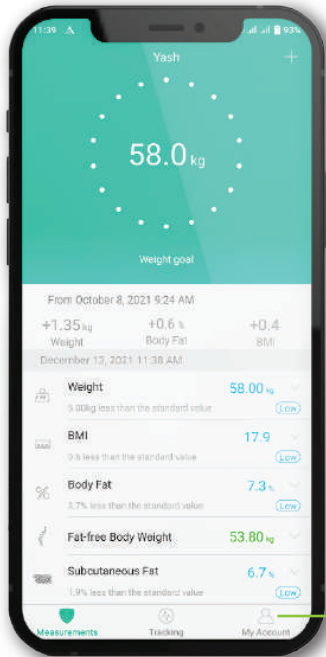


**Step 4:**  
Click on  
“Agree”

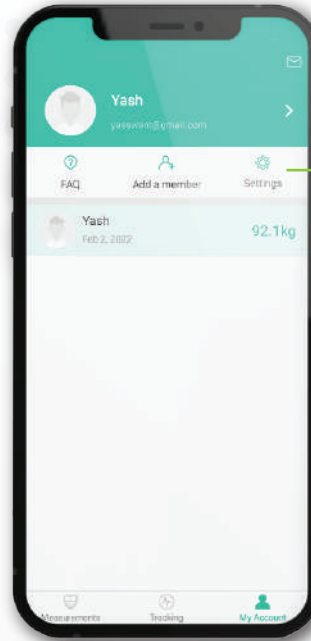
**Step 5:** Now you and your friend can view each other's progress.

# 7. Setting Reminders:

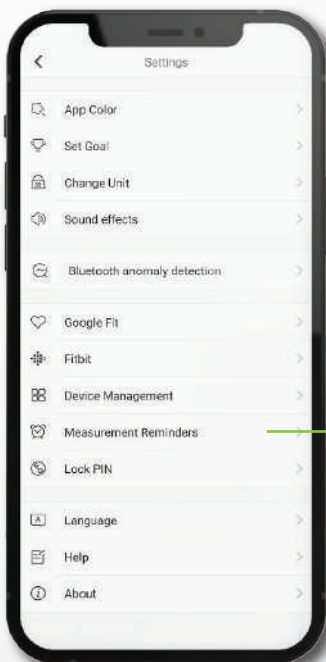
There are some days where we forget to measure our weight. In this case, the ActiveX app allows us to set reminders to measure our weight daily.



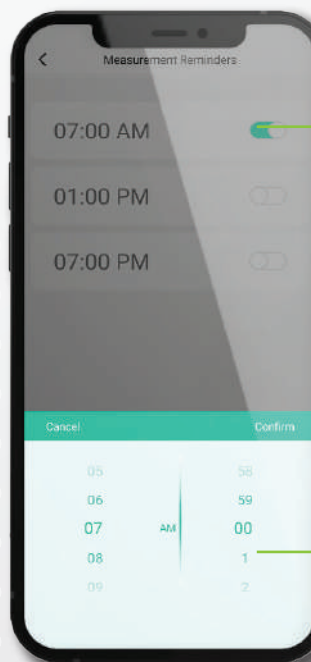
**Step 1:**  
Open the app and  
go to my account



**Step 2:**  
Click on  
"Settings"



**Step 3:**  
Click on  
"Measurement  
Reminders"  
pagecorner



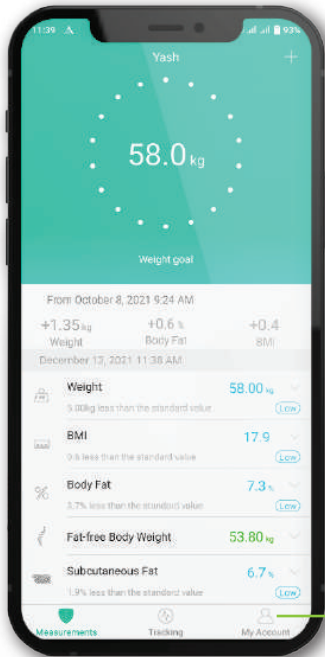
**Step 4:**  
Select your  
preferred time  
sliding the button

**Step 5:**  
Enter your  
preferred time

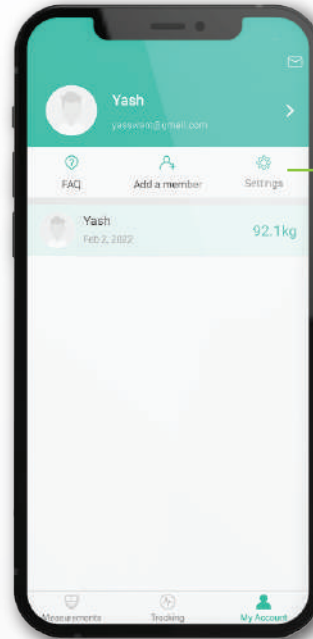


## 8. Setting up a security lock pin:

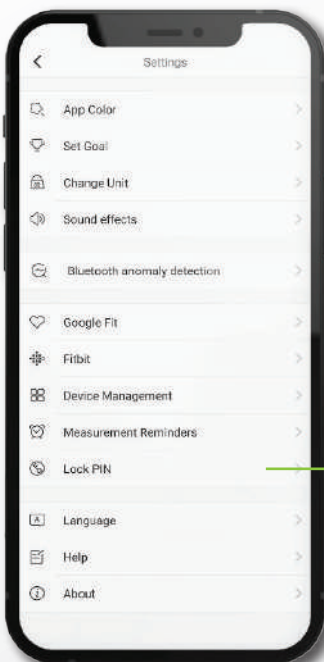
For maintaining privacy and security, the ActiveX app feature allows you to set a lock pin. To set up a new lock pin follows steps mentioned below:



**Step 1:**  
Open the app and  
go to my account



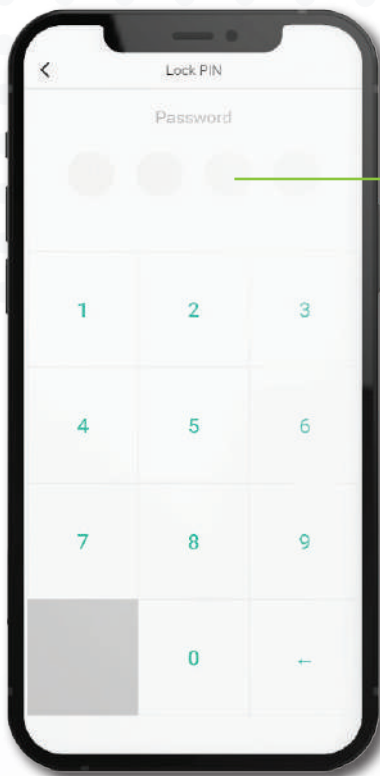
**Step 2:**  
Click on  
"Settings"



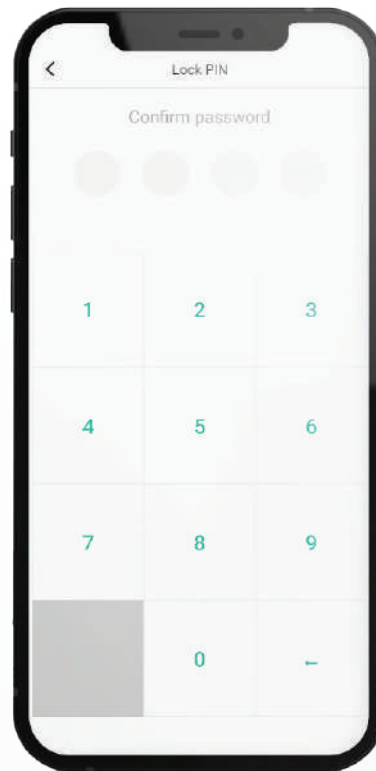
**Step 3:**  
Select  
"Lock Pin"



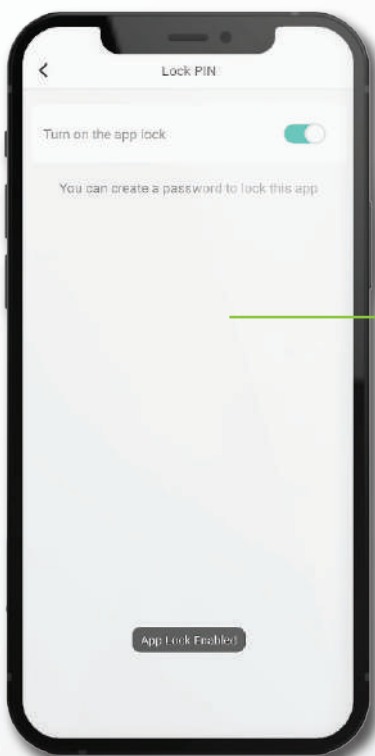
**Step 4:**  
Activate it  
by sliding  
the button



**Step 5:**  
Enter your  
preferred  
password



**Step 6:**  
Confirm it  
once again



**\*Now every time you open the app, it won't open until you enter your Lock Pin**

## Best Practises:

### 1. Best Time to weigh yourself:

We recommend stepping on the scale first thing in the morning, after your morning rituals and before breakfast, and wearing as little clothing as possible.

This ensures that you're only measuring your body and not the food you've consumed during the day.



### 2. Measure your weight daily:

People who weigh themselves every day have more success with weight loss than those who measure themselves once a week. Seeing minor drops over the week may motivate you to stay on track.





## We'll be back with more But before we leave remember;

Nutrition is an essential part of living a healthy lifestyle, and the importance of getting it properly cannot be overstated. Healthy nutritional habits are the most effective remedy for most ailments and helps us recover after our workouts.

At ActiveX, we believe, that a nutritional diet strikes a balance between consuming too many calories and fads that advises us to starve for the majority of the day.

So in the next message, we are going to share with you an Ebook which will include 20 unique high protein recipes, which we have designed in collaboration with India's most sought-after celebrity nutritionist Suman Agarwal.



Stay tuned because the upcoming Ebook will take your nutrition game to a whole new level.



- 📞 Whats app **95080 80810**
- 💬 Facebook Messenger **<https://m.me/MyActiveX>**
- ☎️ Speak to support team on **95080 80810** or
- ✉️ Email us at **[support@myactivex.com](mailto:support@myactivex.com)**