

Planet Fitness

Healthy food is delicious. Doing sport is enjoyable. You just need to start - people said. Nonsense! - I thought. To me, a 19-year-old guy, overweight and depressed, who ate tons of junk food to seize the stress, those healthy-life-gurus sounded like aliens coming from another planet. On their planet, it must have sounded right. On my planet, eating pizza was OK and jogging was exhausting. 12 years later, after I shed almost 100 pounds and completely changed my diet, I still believe we WERE on different planets. The thing is that once I escaped.

Now I'm a coach with 7+ years of experience who founded the chain of sport clubs each having a fitness bar and assistance of psychologists, and dietitians. I'm sure that nothing will work until you know where you are and where you go. Possibly, you are now on the planet Fitness and want to escape it. Here I am to show you the way out. The gym itself is the spacecraft for you to reach a happy new life, with its fitness bars to adapt your body to new conditions and with friendly crew to motivate you and help on your way.

Find us near you

Get healthy, feel strong, and be happy! With 50+ classes on the menu, including HIIT classes, group fitness, and Personal Training, we have something for every taste. All the gyms and fitness studios in our chain are well-equipped facilities where you'll find all the amenities from WiFi, lockers and towels to sauna and jacuzzi. Our fitness bars are here to help you relax and refuel after your workout. The menu offers smoothies, soups, salads, and other healthy snacks prepared fresh daily. See where we're currently operating.



Why choose Planet Fitness?

We're bringing accessible, on-trend fitness to everyone! We are more than just a gym - we are a community. We are the crew to help you reach the goals..

1. No blames, no empty promises, no people who are talking about things they don't know about. Our mission is to create a safe space for you to change.
2. All our coaches are certified experts. You may have tried to work hard but we'll teach you to work smart.
3. Your diet is no less important than your training. We believe in an integrated approach which also includes dietitian's consultations and motivational activities.
4. Healthy menu require time and effort? Not in our healthy food bars. Let's discover the world of tasty low-calorie dishes.
5. You pay for reaching your goal. And it's our job to help you reach it as soon as possible.

Do you want to know more? Contact us!

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Email us: fitnessescape@doit.com

You may also want to visit us:

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How to stop doubting and start to do sport regularly

Thousands of people dream about having a nice body. They start doing sport, face challenges and quit it in a few weeks or even days. Why does it happen? The problem is that people often do too much physical activity when their body is not ready for this load. Without allowing any recovery time between exercise sessions, they get tired quickly and lose motivation. We believe that you should have a smooth start and focus on developing a habit of doing sport regularly. So, we offer you a few training programs for beginners.

- [Download «Build Muscles» training plan](#)
- [Download «Burn Fat» training plan](#)
- [Download «Build Strength and Mass» training plan](#)