



NALS OUTDOORS INDIA PRIVATE LIMITED

APPROVED BY GOVERNMENT OF INDIA

ADVENTURE BASED FITNESS PROGRAM (ABFIT 8)

Introduction

Challenge yourself with an adventure based fitness program and improve drastically your self esteem and confidence. Above all gather psychological strength to deal with lifestyle issues in the future. We believe that your outlook and personality will improve dramatically. Be assured – no crash diets and medicines during the program, but simple & nutritious vegetarian food that can be sustained for the rest of your life.

Key Information

- Duration : 8 days / 7 nights
- Location : Coonoor, TN
- Age Group : 15 ~ 45 years
- Intensity : * * * (Moderate)
- Batch Size : 08 ~ 30

Program Objectives

- To introduce participants to a long term fitness cum weight loss program that will improve their cardiovascular fitness, self esteem and eating habits. The objectives are achieved through a carefully and meticulously designed program that will keep the participant mentally and physically occupied.
- To introduce one into the basics of camping, trekking and medium altitude
- To establish a healthy nutrition and physical fitness schedule
- To transform participants into role models in self grooming and confidence

Program Highlights

- Trek distance will be about 40 kms during camping.
- Maximum trek distance on any day < 10 kms
- Altitude varies between 1700 ~ 1870 m
- Fitness level required: Basic fitness and endurance
- Adventure Activity
 - High Rope Activity, Rappelling, Rock Climbing, Trekking

Tasks to be achieved

- Coonoor – 5800 ft
- Walk over 500 kms in six months (own initiative and scheduling)

Head Office: No.7, First Floor, Vincent Colony R.S.Puram, Coimbatore – 641 002 Tamilnadu, INDIA	T : +91-422-2542800 : +91-422-2543800 E : enquiry@nals.in W : www.nals.in	Regd. Office: 36A, Bhooma Nivas, 4 th Street, Kongu Nagar, Kalveerampalayam, Coimbatore – 641 046 CIN : U74999TZ201PTC018364 PAN : AAECN0223F GST : 33AAECN0223F1Z5
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Program Description

- Basic adventure activities will be introduced here – Trekking, Rock climbing, High Ropes and the like.
- Endurance and Strength will be tested here
- Participant will become self aware and realize areas for improvement

Why most weight loss programs fail?

Most weight loss programs fail because the methods used cannot be sustained over long periods of time. Further, some of the methods adopted – crash diets, reduced intake of food for long periods of time, actually do more harm than good, although short term loss of weight can be demonstrated. It has been documented in several scientific journals that the lost weight actually bounces back with a vengeance.

Why ABFIT?

Any fitness or weight loss program must address the long term sustainability of a healthy lifestyle that is required to maintain an optimum weight. This requires attitude change, improved self confidence and self esteem. This program has been designed to do exactly that. The program will gradually introduce the participant to walking and eating habits that can be sustained for long. Some of the physical and mental activities are meant to develop self esteem and confidence without which maintaining a healthy lifestyle is impossible. Participants will also be exposed to adventure activities which will improve their confidence to a very large extent. Food provided is definitely not a crash diet but healthy, delicious and nutritious.

Program Alteration

It must be borne in mind that the program route and campsite locations can be changed due to practical compulsions like safety, comfort and well being of participants.

Food, Beverages and Accommodation

The participant is assured of simple Vegetarian diet that is highly nutritious and prepared with very high standards of hygiene and cleanliness. The menu is so designed to keep the participant properly hydrated and loaded with sufficient calories to meet the physical tasks. There is no starving, no powders to consume, and no medicines to eat. Accommodation will be dormitory / shared.

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Consult your physician

Some of the program activities will elevate the heart rate and demand physical strength and endurance. Persons with the following medical conditions are requested to consult their physician:

- Thyroid malfunction / osteoporosis / arthritis
- High BP / Diabetes
- Physically weak / severe back ache / knee problems
- BMI over 35
- Consume prescription drugs for acute ailments.

Fitness and Skill requirements

The participant is required to have a basic level of fitness and endurance to accomplish the tasks / activities in the program. This means that he/she must be able to walk 4 ~ 6 kms, ascend moderate gradients, whilst carrying a backpack of about 3 kilos. It is advised that participants exercise themselves and undergo strength training for 3~4 months prior to arriving at the campsite.

Cost per head (inclusive of GST)

Description / Group Size	8 ~ 30 persons	4 ~ 7 persons	1 ~ 3 persons
Program Cost (ex-Camp)	Rs. 17,900	Rs. 22,400	Rs. 25,100
CBE ~ Camp ~ CBE Transfers (optional)	Rs. 1,500	Rs. 2,000	Rs. 2,500

Scope & Inclusions

Package is ex-Campus and includes:

- Food and beverages during the program
- Qualified Instructors during the program
- Equipment for activities
- Shared accommodation in dormitory

Exclusions

- Travel & Medical insurance
- Travel to and from campus (see optional cost above)

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Important info for parents: (whose unaccompanied children are at our campus)

1. While we appreciate the anxiety and angst towards your child attending this program, calls to the campus for general enquiry and repeated requests to speak to your child are STRICTLY not allowed. In our experience, this distracts the trainers from their main focus of running the program safely. Further, modern day children get weak when the parent, sometimes, becomes emotional on the phone. This also upsets other children in a cyclical process. We hope you will understand..! We also do not encourage your visit to the campus during the program.
2. As a policy NALS does not rate or rank children. Neither do we give a “performance report” as this requires that the children be compared with each other. It is our belief that each child is unique and comparing them with others is doing injustice to them. Some parents, in the past, have insisted on a performance report of their wards much to our chagrin. We hope you will understand that this is not possible.
3. For children who may become weak or sick, NALS adopts a wait and watch policy for 24 hrs and we manage the situation with the best of our abilities that may also include a visit to the local hospital. Parents will be informed by telephone in case of a hospital visit. If the situation cannot be managed by NALS, we may request the parent to collect the child from our campus.
4. Parents should assure themselves that their children are toilet trained fully as this is an area where NALS cannot help much other than guiding a child to clean himself properly. It would be inappropriate for our staff to handle the child inside a bathroom.
5. NALS may take efforts to update status on the camp through SMS or Whatsapp. This is subject to availability of cell range / data roaming. As we are far in the outdoors, this always remains a challenge. Some parents have demanded, in the past, immediate response, after not seeing their child’s photo in the whatsapp message. Please relax.

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General Terms and Conditions

PAYMENT TERMS

1. Payment Mode:
 - a. Direct Deposit, Wire transfer, NEFT / RTGS / Draft or Multi city cheque payable at Coimbatore
 - b. NALS Bank account details:
 - i. A/c No. 32586375634 / State Bank of India, RS Puram Branch, Coimbatore – 641002, India
 - ii. IFSC : SBIN0003061
 - iii. SWIFT Code (for overseas transfers) : SBININBB451 (or) SBININBB294
2. Currency for payment is Indian Rupee / refund, if any, in Indian currency.

CANCELLATION POLICY

If participant leaves or cancels the program for any reason, the following charges will apply:

- | | | |
|----|--|----------|
| 1. | More than 30 days prior to commencement of program | Rs. 1500 |
| 2. | 15-30 days prior to commencement of program | 20% |
| 3. | 8-14 days prior to commencement of program | 50% |
| 4. | Less than 8 days to commencement of program | 100% |

Very rarely, NALS may be forced to cancel a program due to force majeure (inclement weather, unsafe terrain, or any natural calamity). Also, third party actions (cancellation of transport like trains and buses, riots etc) may lead to sudden disruption of program or even cancellation. In such circumstances, NALS will not be obliged to make any refund. In case, your booking includes flight, hotels and / or transfers, cancellation charges will be higher depending on the air carrier and other service providers and this may vary from time to time.

PARTICIPANT BEHAVIOUR AND DISCIPLINE

NALS will expel any participant who exhibits behaviour that is unsafe, indecent and distracts the mission of the program. Consumption or being under the influence of alcohol, illegal drugs and substances, theft or misuse of property, intentional damage to NALS' property, poor upkeep of program timings, lack of motivation, harassment of fellow participants are examples of behaviour that lead to expulsion. No refund will be paid in case of expulsion. Also, if the participant chooses to leave the program, for whatever reason, no refund will be paid.

RISK AWARENESS

Trekking, mountaineering and any outdoor activity carry serious risks and hazards due to various factors. Trekking in higher altitudes requires high fitness and endurance levels and participants must make themselves aware of their physical and mental limits. As part of the program design, the participant may be required to be away from roads and hence specialized medical attention may not be available. Please consult your physician if you have heart disease, blood pressure or other ailments that may affect your condition in the outdoors.

Some of the wild animals in this area are: Indian Gaur, Bears, Boars, Deer and foxes. In case you sight some of them, kindly do not rush towards the animal for a photo opportunity. Neither are you advised to call other participants for the sighting. Please enjoy the sight silently and quietly. Animals rarely attack humans and they do so only when they are alarmed and under threat.

All adult participants are required to sign a risk declaration as part of the registration process. In case of minor participants, parental consent and signature are mandatory for participation in our programs.

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