



Simple. Personalised. Results.



ShaeFit™ is an easy to use, completely personalised mobile health app that helps you get healthy without even thinking about it.

ShaeFit™ grabs data from your body, environment and habits and delivers real-time advice to help you achieve your health & fitness goals whenever you want it.

ShaeFit™ doesn't just track your Data - ShaeFit gives you solutions to change, improve and maintain your health.

ShaeFit™ users change what they eat and it affects their relationships, adjust the time of day to exercise and it changes their weight loss results. All because ShaeFit™ uses data from YOU and gives you practical, helpful solutions to change your health and fitness.



Your Diet and Foods - Sorted.

Know what to eat and how to eat it to ensure your good genes are turned on in a powerful yet simple list and preparation guide - including WHY.

Meals Planned. Stat.

One tap creates a weekly meal plan personalised to you. Use the shopping list to make it yourself or order in with home delivery.

Recipe Book

Thousands of healthy recipes to choose from, labelled according to how good they are for you, with search filters to remove your 'foods to avoid' and to include your highest ranked foods. All you need to stay inspired, motivated and deliciously healthy.

Workouts on Demand

1000+ exercises ranked according to your natural body shape and goals means you can build a workout that is ideal for you or tap once for a completely tailored, ready-made session.

Take Care Like Never Before

Train your body's inherent weaknesses to prevent injury with specific Pre-hab exercises and maintain your range of motion with stretching protocols personalised to your natural body shape and flexibility.

Ask your Trainer or Club Manager to get started today!

