



**Great Lakes
Naturopathic Centre**

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Wellness

REVIEW



Do you need to lose weight?

Have you looked in the mirror and asked yourself “how did I end up here”? Are you ready to lead a happier and healthier lifestyle?

Many people in Australia and New Zealand face these questions each day. With almost 60% of the adult population overweight or obese the search for an answer to healthy and sustainable weight loss has become increasingly important. Obesity is not simply a cosmetic issue, it has also been shown to increase the risks of many diseases and may impact your energy levels and general feeling of wellbeing.

With an overwhelming selection of weight loss programs available how do you know what program will be right for you? When making the decision to lose weight you have chosen to make a long-term change to your life. Successful weight loss is not a ‘one size fits all’ concept. Each person is unique, each with different reasons for weight gain and obstacles to weight loss. The solution to long-term, sustainable weight loss can be found in a tailored professional weight management program.

You need a program run by a Healthcare Professional that not only helps you successfully lose fat but helps you to maintain a healthy body composition. The Shake It Professional Weight Management Program does just that, with proven results.

Are you ready to achieve a healthy weight, increase your energy and improve your overall health?

The Shake It Professional Weight Management Program shifts the focus from simple ‘weight loss’ to long-term fat loss. By following the Shake It Professional Weight Management Program you can be expected to lose ½ to 2 kg of fat a week and keep it off. If you have tried weight loss programs in the past with disappointing results or suffered rebound weight gain you may have lost valuable muscle mass, leaving you with a reduced metabolic rate. Adequate muscle mass promotes a better metabolism and can help you keep the fat off long-term. The Shake it program allows you to lose fat in a healthy way while preserving muscle mass.

The Shake It program is convenient and easy to follow. Shake It also incorporates lots of healthy foods to help you develop healthy eating habits for the future. The great tasting specialised meal replacements suggested in the Shake It program are used for optimal fat loss, to prevent the breakdown of lean muscle mass and to help support long-term health. They also promote a feeling of fullness and can help to reduce your appetite and fight off those cravings for high calorie, high fat and sugary foods.

The support you really need

Tony can offer you the professional support and advice you need while on the Shake It program. Helping you to uncover the drivers of your weight gain and overcome any obstacles to weight loss you may be facing. On the Shake It program Tony can recommend the right supplements for you, and develop a diet and lifestyle prescription tailored to your needs.

Tony will keep you informed and help you stay on track with the informative Shake It Patient Booklet. This booklet outlines the Shake It program including the key principles of the program, more information on the supplements you may be prescribed, a comprehensive list of allowable foods and a useful diet diary. Also useful is the Shake It Recipe Book, which is full of recipes hand-picked for the Shake It program giving you a fantastic array of healthy meals you can eat while still losing unwanted fat.

The Shake It Professional Weight Management Program has been approved for health rebates by a number of Australian Private Health Insurers. Ask Tony today if you qualify for health insurance rebates.

Achieving and maintaining a healthy weight is important for your overall health and is one of the best steps you can take in preventing many chronic health conditions. Using a professional weight management program gives you access to high quality professional advice, supplements and support that drive long-term weight loss success. Arm yourself with the knowledge and advice to create and maintain the body you want and the health you want to feel today.

Make an appointment with Tony today and find out more about commencing Shake It!

