

Metagenics Shake It Professional Weight Management Program



The Shake It Professional Weight Management Program is safe and effective with proven results. It includes a Practitioner Only Program and supplements to assist with healthy weight management. This simple, convenient and easy to follow diet restricts sugars and high GI (Glycaemic Index) carbohydrates. The shakes provide lean protein. There is scientific research to show these dietary changes may improve fat burning, weight loss and help maintain a lean body composition. A low carbohydrate, low GI diet can help keep blood sugar low which can improve fat burning and reduce fat storage. The Shake It program offers a range of tasty meal and snack options, with scientific research to back it up.

Why is healthy weight control so important?

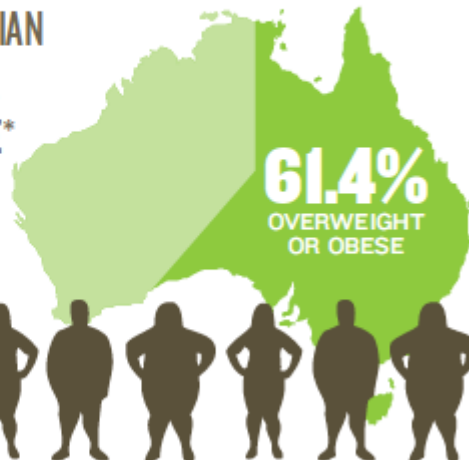
Rates of obesity are skyrocketing and overweight individuals now represent the majority of the Australian population.

Being overweight throws your entire body into chaos, creating an inflammatory environment which contributes to cellular dysfunction, metabolic disturbances and ultimately, chronic disease.

It is well-established that obesity increases your risk of almost every chronic and debilitating disease including cardiovascular disease and heart attacks, diabetes, arthritis, cancer, reproductive problems and more.

QUICK FACTS

61.4% OF THE AUSTRALIAN
POPULATION IS EITHER
OVERWEIGHT OR OBESE*



What can you expect from the Shake It Program?

- Fat Loss of 0.5 - 2 kg per week
- Maintenance of lean muscle mass
- Reduction in waist circumference
- Long lasting changes in body composition for better health
- Establishment of long-term healthy eating patterns



What does the Shake It Program involve?

A Simple, Healthy Dietary Program

- High in low carbohydrate, low GI vegetables
- Lean protein eaten with every meal and snack
- Includes moderate levels of healthy oils

One Meal Replacement Per Day

- Low carbohydrate protein based supplements
- Shakes, soup and bars
- Ideal as convenient snacks

Run by Qualified Healthcare Professionals

- Can tailor program for each patient
- Professional advice to overcome obstacles
- Motivation, troubleshooting and support

Patient Support

<http://shake-it.com.au> (Australia)

- Dedicated Healthy Recipe Book
- Patient Support Booklet

Practitioner Only Program

- High quality, Practitioner only supplements
- Ongoing education and support

Clinical Benefits

Easy to Follow and Convenient

- Healthy food to develop good eating habits
- Great tasting meal replacements and snacks

Burns More Fat with Sustained Results

- ↓ carbohydrate, 20 g protein →, stable blood sugar →, ↑ fat burning
- Adequate protein →, ↓ muscle loss, ↑ thermogenesis, ↓ hunger
- Convenient and great tasting

Individualised for Maximum Success

- Safe
- Effective
- Proven results

Improves Compliance

- Easy to understand
- Simple to follow

Why Wait? Contact Tess to start a safe, practical and easy weight-loss journey with proven success.