

WINTER WEIGHT MANAGEMENT MADE EASY

Nicola Hawes, Topmark Nutrition



The tendency to put a few extra kilos on over the winter period is fairly common. It's the way humans have always done it – increase the layer of fat to keep warm. The only problem being we stopped living in caves a while back.

Maintaining a balanced diet of protein, complex carbohydrates and essential fats paired with a sensible eating/ exercise plan will enable you to maintain your weight effortlessly by increasing your metabolism and relieve yourself of the dreaded spring diet!

An increased metabolism equals increased body temperature. You stay warm and lean – without the extra bulges. The combination of a good protein powder with a CLA supplement enables muscle repair, stabilized blood sugar levels, fat storage

prevention and good immune function. CLA locks the fat cell to prevent the cell becoming mature and accumulating more fatty deposits. Protein powders containing Whey Isolates and Concentrates are far easier for the body to absorb, digest and utilize, not to mention being considerably less cost per serve than most protein foods.

Whey Maxx and CLA Maxx provide an uncomplicated way of staying fit and lean throughout the winter months. Whey Maxx is a blend of the required Whey Isolates and Concentrates your body requires. There are 6 great tasting flavours and 5 are gluten free! Whey Maxx comes in 3 sizes – 908g, 2.2kg and 4.5kg.

Combined with CLA Maxx you will find the transition from winter to summer effortless.

MAXX
ESSENTIALS