



# NEED A SPRING CLEAN?

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THROUGHOUT THE WINTER MONTHS, OUR TENDENCY TO OVER-EAT AND UNDER-EXERCISE START TO CATCH UP WITH US, RIGHT AROUND WHEN SPRING HITS!

Once the warmer weather appears on the horizon, we start to unearth our favourite spring/summer clothes. The lack of exercise and increased calories equal increased fat storage and tighter clothing! Not ideal for looking and feeling your best, not to mention the health aspects of being overweight. The more excess calories we consume, the bigger our fat cells become and the bigger we become. This is where CLA is most beneficial. CLA works by locking the fat cell and preventing any further storage while optimising the fat burning process. Add to this, a high quality thermogenic and the two can be beneficial tools in your kit when working to rev up your weight management programme.

Thermogenic formulas support the body's healthy metabolism, while raising energy levels and helping to manage your appetite. To encourage your body back to a healthy fat burning metabolism, you must eat a balanced nutritional diet of lean proteins, complex and fibrous carbohydrates and

healthy fats. Match this with 30 minutes per day of exercise, such as power walking or weight training and you will start seeing results.

Using the Maxx Spring Clean Stack which includes CLAMaxx and Thermomaxx, allows your body to get into shape before summer hits. CLAMaxx works by locking the fat cell and preventing any further storage, while optimising the fat burning process. Thermomaxx supports your body's healthy metabolic process, to help you burn more calories at rest and during exercise.



Weight management programmes should be used with a healthy balanced diet and exercise.