


# SUCCESS WITH WEIGHT

VAST AMOUNTS OF TIME AND ENERGY ARE SPENT PURSUING WEIGHT MANAGEMENT.



Extreme methods and fad diets often end in misery, binge-eating, guilt and poor health. Eat small frequent meals throughout the day and include a combination of cardiovascular and resistance exercise. Most importantly, enjoy the changes you make so you will continue with them for life.

The difference between wanting something and achieving it is the choices we make and the action we take. With this in mind, here are some tips to help you make good choices and take affirmative action.

- Work out with a friend.
- Set specific goals and target dates.
- Keep a journal.
- Measure your progress.
- Focus on progress, not perfection!
- Reward yourself.

It is important to keep your protein levels high when dieting to help prevent your body from breaking down lean muscle tissue. If you do start to break down quality lean muscle tissue you run the risk of reducing your metabolism (the speed your body burns energy) and this slows down the fat loss potential.

Thermogenesis is about maintaining a healthy metabolic rate. This is what determines how many calories your body uses. A slow metabolism will store calories as fat,

but if you optimise your metabolic rate you could achieve noticeable assistance with weight management.

The latest discovery and advancement in thermogenics is '3,7-Keto'. This natural ingredient works specifically on the thyroid to optimise the production of the hormone T3 (without exceeding normal range). The thyroid determines our metabolic rate, thus optimising the thyroid, supporting metabolism.

The SLM range has been perfectly formulated for those aiming to achieve weight management goals. The range includes a selection of high quality Protein Powders, Bars and Ready To Go drink products low in fat and carbohydrates. These products are high in dietary fibre and protein to help control appetite and support natural metabolic function, both important factors in maintaining a healthy weight and achieving a toned physique.

NFS Slimfast Max is a maximum strength thermogenic formula with '3,7-Keto' designed to support healthy metabolism and increase energy. It has been specifically formulated to help facilitate weight management, mood balance, mental clarity and overall well being.



## NFS Slimfast Max 30 Caps

