



# SPRING SHAPE-UP



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IS IT TIME TO GET MOVING TO SHAKE OFF THE EXTRA UNWANTED WEIGHT GAIN THAT HAS SNUCK UP ON YOU WHILE YOU WEREN'T KEEPING A VIGIL OVER WINTER?

During the winter months, it's all too easy to kick back and to form close friendships with the couch and the remote. Spring is a perfect time to get moving and to once again forge a bond with your sneakers.

Getting moving is only one side of the equation though. To support optimal body shape, we need to not only exercise, we need to also make wise choices about what we eat and drink.

## Here are some key tips to think about when making food choices:

- Eat a variety of fresh fruit and vegetables daily.
- Eat quality protein.
- Get plenty of fibre from fruit and vegetables, legumes, flaxseeds and whole-grains.
- Use quality fats such as cold pressed flaxseed oil, olive oil and avocado oil, instead of animal fats and processed vegetable oils or margarines.
- Drink plenty of pure water.
- Minimise or avoid alcohol, coffee, fried foods, sugar, refined and packaged foods, artificial sweeteners, additives, preservatives and colourings.

Reaching and maintaining a healthy body weight takes hard work and dedication. Fortunately there are natural tools that work with your body to support you on this journey.

Body Burn™ Activator FX is a weight defining formula designed to encourage a healthy metabolic rate and support energy levels. Body Burn™ Whey Less supports healthy body weight and balanced appetite. With high quality whey protein, chromium and 5HTP to address cravings, Whey Less is more than just a protein shake.

*Always read the label and use as directed. Whey Less is not intended as a meal replacement. If taking antidepressants, Parkinson's or sleeping medication, please consult your doctor before use. Body Burn™ Activator FX is not recommended for those with caffeine sensitivity, diabetes, insomnia, high blood pressure, stomach ulcers, heart disease, liver disease or anxiety. Body Burn™ products are suitable for use as part of a weight management programme in conjunction with a balanced diet and exercise.*



*Naturally good health stores*