

What is included in Look Good ...nude?

Look Good ...nude includes all of the following PLUS much more:

- You will be fully assessed and checked out by our qualified professional trainers so that we know exactly where you are physically and know exactly what you want from the program. Goals will be prepared, plans will be made and timeframes will be agreed to so that you know exactly what has to be done in order to reach your goal.
- You will have 8 weeks of full access to Fitness n Motion Family Fitness Centre. You can exercise when you like, as often as you like and use every facility including all the group fitness classes, Swedish saunas, cycling studio, ladies only gym etc.
- You will have an exercise program designed specifically for you to reach your goals and be taken through that program so that you fully understand what you need to do.
- You will be able to attend a weekly meeting with a fully qualified Nutritionist and will receive current information and handouts to help you along the way. You will be able to ask questions, discuss individual needs and meet on the same journey.
- You will meet fortnightly with your trainer to ensure you are on the right track and can ask questions at any time.
- If you have children, they can be placed in the Fitness n Motion Kids Kingdom during normal operating hours at a nominal charge.

Purpose

The purpose of Fitness n Motion is to use our extensive range of coaching and mentoring skills and knowledge of exercise and nutrition, combined with excellent client care to create a warm welcoming and encouraging environment for individuals and families where age is not a barrier and results are the product so we are the NUMBER ONE family fitness centre in Australia where your dreams become reality.

Look Good nude

**Your guide to permanent
weight loss**



5/85 Michael Avenue, Morayfield

Ph 5428 2088

www.fnm.com.au

The not-so-silent killer

In 2002, heart, stroke and vascular disease killed more Australians than any other disease group - 50,294 deaths (37.6% of all deaths).¹

- 60% of all Australians are currently overweight or obese. (7.4 million people)
- 54% of all Australians are not sufficiently active. (7.3 million people)
- 51% of all Australians have high cholesterol. (6.4 million people)
- 80% of known sufferers of type II diabetes are overweight.
- Obesity has doubled over the last 20 years and is set to double again in less than 10 years



Why should you lose weight?

Being overweight and carrying too much weight around the waist are risk factors for coronary heart disease and diabetes.

Besides these obvious health risk factors, many overweight people are just not able to have the kind of life they desire and deserve because they are simply too big and too heavy.

Many overweight and obese people also feel ostracised by the community because of their size and often feel embarrassed, self conscious and even suffer from depression.

How can you lose weight?

Healthy eating and being physically active assist weight loss.²



Controlling your food caloric intake so that you burn off more calories than you eat is the only way to reduce your weight.

For many overweight people, the level of physical activity is so low that even small increases in activity will make a

big difference in the amount of calories they are burning each day.

The more active and physically fit they become, the more efficient they become at burning fat as fuel.

So how can you lose weight? ... eat less and exercise more.

How can Look Good...nude help me?

Look Good...nude is an 8 week Program that will change your life for good. It is not a fad, a quick fix or a short term solution. If you don't want to improve your life, tone up, lose weight and keep it off for good, then this program is not for you.

This is not just about weight loss, it is a structured but flexible programme designed to guide you, step by step, through an 8 week journey of personal achievement. You are given the tools and information, and with your own personal trainer guiding you every step of the way, you are encouraged and motivated to make the right choices.

You will establish lifestyle changes that will finally see you working towards your dreams and achieving what you really want out of life. You will also achieve a leaner, fitter and more toned body in the process.

In 8 weeks you will be firing on all cylinders ... watch out world! It's all about you. **YOU DO THE WORK, YOU MAKE THE CHOICES, YOU ACHIEVE THE SUCCESS.** We simply give you a firm guiding hand along the way.

Is dieting enough if I want to lose weight?

NO, not in the long term! Dieting alone will help short term as diets deprive your body of calories so that you shed excess weight.

Dieting may succeed in shedding kilos, but it also encourages the body to store fat, rather than burn fat with a long term result of wildly fluctuating weight and poor muscle tone. Dieting starves your body

and destroys your metabolism, making future attempts at weight loss even more fruitless.

Look Good...nude is not about deprivation, it is about moderation and CHOICE.

Are there special meals or food I have to buy?

NO! We are talking lifestyle change. You simply use the knowledge you'll gain to cook and shop sensibly.

Your food options are healthy, varied, taste good and are suitable for the entire family.



What results can I expect to see?

You can expect to sleep better and feel more energetic almost straight away. As you continue with the program you will notice changes in the way your clothes fit, you will become more toned and become a much happier more confident person.

Weight Loss Club

Once you have completed the program, maintain the support and friendships at our weekly weight loss club meetings.

Come and meet like minded people that are on the same journey as yourself. Exchange recipes, discuss problems and solutions, and help support each other to achieve and maintain your health goals.

You can come as often or as little as you like.

If you would like further information about Look Good...nude, please phone 5428 2088.

Look Good...nude costs only \$279 for the entire 8 week program.

1. Australian Institute of Health and Welfare (AIHW) 2004, Heart, stroke and vascular diseases—Australian Facts 2004. 2. Positive Steps to reduce your risk of heart disease-Australian Heart Foundation 2007