

Weight Loss³ – power up your fat burning.

The most pressing health and fitness issue facing New Zealander's today is uncontrollable weight gain that is characterised by:

Too little muscle

The result of a gradual decrease of around 2.2kg per decade.

Metabolic slowdown

Estimated at 3 to 8% reduction per decade¹, leading to fewer calories used.

Too much fat

Weight gain may underestimate fat gain by up to 50% due to unrecognised muscle loss.

So how do you reverse this?

By utilising the power of BodyTech's scientifically proven Fat2MUSCLE™ programme. At its heart are three robustly researched factors that guarantee you superior weight loss, faster.

We call it weight loss to the power of 3:

Proper exercise
that focuses on whole body strength training (HIT)

X

Post-workout protein supplementation
to amplify muscular response and shrink fat cells

X

Reduced calorie eating plan
created to accelerate fat loss and build muscle.

Ask at reception about the option that works for you.

You can engage with the Fat2MUSCLE™ programme in several ways:

Option 1 – Comprehensive 6-week weight loss programme

Delivers better, faster fat loss results than going it alone.

Includes: our all new gold standard body comp measurement (DEXA); 12x personal training sessions (HIT PT™); reduced calorie eating plan (Fat2MUSCLE™ Clean Eating Plan eBook); and circumference measurements.

Option 2 – Fat2MUSCLE™ Clean Eating Plan eBook

If you feel like your eating habits and your strength workouts are not aligned, then purchasing the Fat2MUSCLE™ Clean Eating Plan eBook will provide you with a reduced calorie eating plan that may boost your fat burning potential by 3x that of strength training alone.

Option 3 – Post-workout protein

Achieve better results (gaining muscle while losing fat) from your workout efforts by powering up with post-workout protein to maximise your muscle recovery and rebuilding processes. You can now purchase high quality protein powders at BodyTech at very competitive prices.

Option 4 – DEXA body comp measurement

A DEXA scan will provide you with a very visual, highly accurate and reliable picture of where your body's holding most of your fat as compared to its lean muscle. This gold standard measurement will not only help define your end goal, but also set you on the path to achieving an improved body image.

Option 5 – HIT PT™

There's an ever-growing body of literature suggesting that direct supervision is likely the most important variable of a strength training programme. So power-up your workouts with higher intensities of effort through one-on-one personal training sessions. The frequency of these can be tailored to your budget.

Prices available on request.