

# 6 WEEK KETO CHALLENGE



**STARTS 7th FEB**

**JOIN THE  
CHALLENGE.  
CHANGE  
YOUR LIFE.**

**HINTERLAND CHIROPRACTIC  
7 PRICE STREET, NERANG  
FOR MORE INFO CALL  
SOPHIE ON 0416 299 279**

[www.goldcoastchiropractor.com/services/weight-loss-program](http://www.goldcoastchiropractor.com/services/weight-loss-program)

## What is the KETO 6 Week Challenge?

This is our proven 6 Week healthy lifestyle program focusing on burning fat, maintaining muscle using our Ideal Protein protocol, an easy-to-follow eating plan, weekly PT training and coaching.

The ultimate goal of the Challenge is not only to achieve your weight goals but jump start your healthier lifestyle and change the way you think about food and exercise.

## What is included in the Challenge?

Our KETO 6 Week Challenge includes:

- 2 x PT Group Training sessions per week for the whole 6 weeks
- Our Ketogenic Ideal Protein Food
- Ketogenic Eating Plan and Recipes
- One-on-one personalised health and wellness coaching
- Weekly measuring and weight checks to keep you on track
- Online Facebook community group for all challengers

## How much does the Challenge cost?

Registration Fee is heavily discounted at only \$45 (normally \$150) for the Challenge participants!

All of our inclusions, listed as above - Ideal Protein Food, Weekly Group Training sessions with a Certified Personal Trainer, health coaching, eating plan, recipes, etc. = Approx. \$128 per week!

## How does the Challenge work?

You will be participating in at least one (or both) of the 2 x PT group sessions per week - Tuesday 9.15am held at our PT's studio in Nerang and/or Thursday 5.30pm held here at our Nerang Clinic.

The second and biggest key to this program is our ketogenic Ideal Protein Program, which is a supervised weight loss method using partial meal replacements. Our program burns fat while supporting muscle mass. Maintaining muscle is important because if muscle is lost during dieting, it inhibits your ability to burn calories post diet. As a result, dieters regain almost all of their lost weight within 5 years after dieting. Therefore, all of Ideal Protein's food products contain an average of 15+ grams of protein to assist your muscle retention while you shed your excess kilo's.

During your weekly coaching visits, we take progress measurements, troubleshoot any challenges you are facing and provide recommendations based on your progress. We will also hold you accountable but in a very safe and non-intimidating environment.

During your initial coaching session with us, we will take pre-challenge photos. If you prefer to take photos on your own, it is highly recommended so you can see the changes.

## How is our KETO 6 Week Challenge different?

Whatever your dieting history is, it's in the past and starting today you can stop letting your past dictate your future, because Ideal Protein offers dieters what they really want; a structured plan that can put an end to constant dieting.

Our Ideal Protein Weight Loss Program is a weight loss method with personalised one-on-one weekly coaching support and education. Our protocol burns fat while supporting muscle mass, transforming your body's ability to metabolise sugar by resetting your pancreas to produce the right amount of insulin needed, no more.

The one-on-one personal attention that we will provide to ensure you are on track to get your body burning fat. You will have help every step of the way.

While participants have been proven to lose between 6 and 12 kilos in the 6 weeks, it easily transitions into a lifestyle. You are only required to do at least 1 x PT training per week plus a little extra movement, so when the challenge is done keeping up these activities become good, sustainable habits! You will want to keep it up anyway knowing you look and feel better.

## Who can do the Challenge?

As with any form of exercise and eating program, you will need to seek advice in advance from a health care professional before attempting anything new. If you sign up, we trust you have been cleared medically to participate in our program.

However, if you have specific medical conditions you will need approval in advance from your GP before starting our program. We will update your GP on a regular basis on your progress.

**We are only offering a limited number of spots so we can maintain this hands on approach and keep you accountable!**

**“THE FACT THAT YOU AREN'T WHERE YOU WANT TO BE,  
SHOULD BE ENOUGH MOTIVATION” - LET'S DO THIS!!!**

**Hinterland Chiropractic - 7 Price Street, Nerang - 5527 3133**