

Transitions™



lifestyle system



Are you sick and tired of the diet roller coaster, the crash-and-burn, yo-yo dieting that only leaves you feeling disappointed and frustrated?

The decision to go on a diet coupled with the aggravation of choosing from the many programs now available can make the whole process confusing and cumbersome. The Transitions Lifestyle System™ is an all-encompassing program that enables you to set the pace for your weight-loss efforts. By removing the emphasis on dieting and replacing it with a complete lifestyle approach that includes healthy eating, exercise, stress reduction and supplementation, the Transitions Lifestyle System™ can help you achieve the weight-loss goals that up until now have eluded you.

The Transitions Lifestyle System™ presents a fresh approach to healthy living and weight management. The system is based on how your body reacts, absorbs and breaks down specific foods. The system explains how the glycaemic index (GI) of foods can impact your ability to lose or gain weight, and she provides helpful hints on healthy ways to eat.

Market Australia's Transitions Lifestyle System™ directly targets body composition and metabolism so that you can lose body fat without sacrificing muscle mass. The amount of lean muscle in proportion to body fat is what determines how effective your metabolism burns fat. The components of the Transitions Lifestyle System™ work together to deliver a new you.

Finally, you have a weight-management plan that really works and can be sustained for a lifetime! Thousands of people like you go on and off trendy diets every day, most without success. There's one important fact you need to know: You did not fail your diet; the diet failed you!

The system is extremely easy to follow and offers key support tools such as a daily journal with meal plans, exercises and stress-reduction techniques, as well as dietary supplements and educational DVDs all designed to help you reach your weight-loss goals.

Transitions™ Daily Journal. This support tool is like having a personal coach each and every day. It helps explain how the Transitions Lifestyle System™ works, including low-glycaemic-index eating, exercise suggestions, keys to staying on track and much more.

Transitions™ Dietary Supplements. Scientifically formulated to address the processes in your body that cause you to gain weight. They are designed specifically to support weight-management efforts and can help accelerate your level of success.

Glycaemic Support: *Helps maintain healthy blood sugar levels to avoid the crash-and-burn syndrome that can lead to overeating.**

Energy and Uptake Support: *Increases energy and helps to curb appetite. Assists in reducing weight and weight regain in over weight people in conjunction with a diet and exercise program.**

Transitions™ Support DVDs. Created to cover a variety of topics to ensure success on the system. The topics are "Why Can't I Lose Weight?", "Detox Diet & Plateau/Grains, Health & Your Weight", "Get Off the Sweet Stuff/Good Fats/Bad Fats", "Staying on Track/Results for a Lifetime" and "What is the Right Type of Exercise/Stress and Weight Gain." During each 20- to 30-minute segment, you will learn about weight-management challenges and real-life solutions. View them individually or with your weight-management support group to give you the additional support you need to make your new lifestyle vision a reality!

**Vitamins should not replace a balanced diet.*