



## **MOTIVATE** — FITNESS —

### **The Motivate Fitness Leptin Reset Program**

This program is specifically designed for individuals who are looking to lose fat weight, have been struggling to maintain a healthy weight and/or have been caught in the vicious cycle of yo-yo dieting without long term results.

What makes this program incredibly successful is that ***you will reset your body's natural metabolism hormones which allows you to lose FAT weight, keep it off and rid yourself of cravings.***

The "OTHER" programs out there focus on counting calories, restricting calories, limiting food groups, are hard to follow and include many days of high intensity exercise, which makes them unsustainable and provide only short-term weight loss. Inevitably, as soon as you fall off track a little bit, the weight comes back and in many cases more weight than when you started!

### **What makes the Leptin Reset Program different and successful?**

- YOU DON' T COUNT CALORIES
- You reset your metabolism hormones allowing you to burn more fat
- You decrease inflammation in your body
- You heal your GI tract and replenish the healthy gut bacteria
- You learn what to eat based on YOUR NEEDS
- You learn what times of day to eat
- You learn how to meal prep and create recipes that you like
- You learn how to add in "cheat days"
- You learn how to exercise correctly based on your fitness level
- IT'S EASY TO FOLLOW LONG TERM
- You can maintain long term fat loss

## **Here's how the Motivate Fitness Leptin Reset Program works**

- 7-Day Leptin Reset Cleanse Plan (Week 1) designed to clear the gut and intestinal tract to prepare the body for the Leptin Reset Plan.
- Leptin Reset Nutritional Plan (Weeks 2-6) designed to heal the gut and intestinal tract along with increasing the immune system while reducing inflammation *allowing the body to reset its natural hormone balance leading to greater fat loss and increased muscle tone.*
- Post Leptin Reset Nutritional Plan (Weeks 7 and on) designed as a long-term lifestyle nutritional plan to *return the body to its natural weight set point and to maintain a healthy and strong body.*

### **Included in the easy to follow Motivate Fitness Leptin Reset Program are the following:**

- 1) 7-Day Leptin Reset Cleanse Manual and Recipes
- 2) Supplements for the Cleanse Program
  - Protein Powder
  - Multi-Vitamin
  - Daily Cleanse
  - Super Greens
  - EstroLean (Women) / Natural Test Boost (Men)
  - Omega-3
  - Vitamins D+K
  - Vita Naturals Psyllium Husk
- 3) 150-page Leptin Reset / Post Leptin Reset Cook Book
- 4) 28 Day Meal Plan with Recipes (To follow after Leptin Reset Plan)
- 5) Weekly weigh-in and 30-minute accountability meetings
- 6) Weekly nutrition seminar to explain each nutritional plan

**You get all this for just \$399 plus the monthly membership fee to Motivate Fitness!**

#### **Membership Options:**

1. Unlimited Semi-Private Training - \$319 per month
2. Online Membership - \$149 per month