

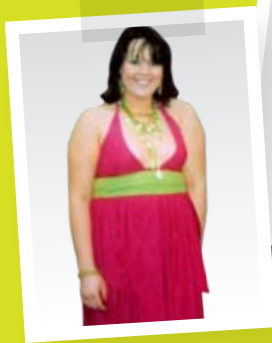


**KAYE LOST 24KG
IN 18 WEEKS**



**NOELEEN LOST
18KG IN 12 WEEKS**

THE SIMPLE, AFFORDABLE WAY TO **LOSE WEIGHT!**



**ADRIANA LOST
19KG IN 11 WEEKS**

The Kate Morgan Weight Loss Program is simple and inexpensive. In fact, it costs less than what you'd normally pay for your meals. There are no contracts to tie you down and you get free weigh-ins plus one on one support when you need it. Best of all, it works!

It's simple. It's affordable. It works.

KATE MORGAN
weight loss program

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The Kate Morgan Weight Loss Program is designed to help you achieve your healthy weight in a manner that is effective, safe and affordable. The 5 Ways Program is based on the replacement of breakfast and dinner with a balanced meal replacement formula, combined with a controlled eating program for all other meals.

KATE MORGAN'S 5 WAYS WEIGHT LOSS PROGRAM

1. CONTROL FOOD INTAKE

We replace 2 meals each day (breakfast and lunch) with a meal replacement formula that has been developed using the latest nutritional technology. It contains very few fats and carbohydrates so your body uses stored body fat to meet your daily energy needs.

2. EAT THE RIGHT FOODS

Our recommended foods include elements from each of the major food groups: carbohydrates, proteins and fats, although the latter is kept to a minimum. We particularly avoid saturated fats. We focus on carbohydrates with a low glycemic index (GI) and prescribe a higher than average amount of protein.

3. BODY BALANCE

There are a number of vitamins and minerals that your body needs to stay healthy. One of the risks of a weight loss program is that your body is not provided with enough of these necessary elements. Our meal replacement formulas help compensate for this shortfall.

4. GENTLE ACTIVITY

Many of us find exercising difficult and not enjoyable at all. Although it is not necessary to do any exercise to achieve weight loss on our program, we will introduce and encourage you to participate in some gentle exercise as you begin to lose weight.

5. WEIGH-IN AND SUPPORT

We understand the importance of support, encouragement and measurement in meeting your goals so we encourage you to come into our store once a week to weigh in and discuss your progress and/or any concerns you may have. Our trained staff understand how you may be feeling and are always here for you. There's no appointment necessary, and remember, you're not alone.

Kate Morgan weight loss program is available from:

KATE MORGAN
weight loss program