



LOSE WEIGHT THE RIGHT WAY

SHED-IT is a low-cost 12 week program designed specifically by men, for men.

There are no group sessions, weekly meetings, pills, potions or fads. Instead, men receive a resource pack that provides them with the knowledge and motivation they need to make sustainable healthy changes to their lifestyle.

12 WEEK ONLINE WEIGHT LOSS PROGRAM FOR MEN!



SIGN UP NOW!

Phone: 1300 136 588

Email: shed-it@diabeteswa.com.au

Web: www.diabeteswa.com.au

SHED-IT is a weight loss program for men of all ages

- ✓ Improve your fitness level and eating habits
- ✓ Improve your heart health and general wellbeing
- ✓ Lose weight and keep it off (men lose 4-5kgs on average)



SHED-IT also allows men to lose weight without giving up the things they love. So during the SHED-IT program you **can still enjoy life's luxuries**, like a **cold beer**, a glass of wine or some **hot chips** every now and then.

Have you tried to lose weight before? Many men think they have the knowledge to lose weight, but in reality most can only drop a few kilos in a fast unsustainable way. Research shows they pile the weight back on again in now time, which created long-term health problems.

SHED-IT has been designed specifically by men, for men. The best news? It only costs \$75 for the 12 weeks which makes it the cheapest and best value weight loss program in Australia.

To learn more go to www.diabeteswa.com.au click on "Preventing Diabetes" click on "Healthy Lifestyle Programs" then click on "SHED-IT"

www.diabeteswa.com.au