

KetoSlim

Your Professional Weight Loss Program

Keeping You Informed & Motivated!

- Issue No. 11

Reaching Your Goals

You have made it! Congratulations on reaching your weight loss goal. Now your Practitioner can help you maintain your weight loss long-term, by keeping the fat off and staying well. Ask your Practitioner about enrolling in a Wellness program today. Also, if you know someone who needs help with weight loss, refer them to your KetoSlim Practitioner today.

KetoSlim Success Story of the Month

Emma, mother of three from Melbourne (Australia)

Emma experienced a marital break-up and decided to start her new life, fitter and healthier than ever before. She had gained 70 kg in her seven years of marriage and was intent on losing this weight. Emma had, on previous occasions, tried other weight loss programs without success; she found them difficult to stick to and quite restricting. After a recommendation from a friend Emma went to see a Practitioner and embarked on the KetoSlim program. She joined a support group and learnt just how important it was to incorporate exercise into her weight loss regimen. Emma started exercising by doing 30 minute brisk walks most days of the week. As her fitness improved, and the weight started dropping off, she was able to increase this time to 60 minutes of brisk walking six days per week. This in turn helped her confidence grow and she began taking dance classes, and eventually doing circuit training. Her fitness has increased so much that she is now able to run a couple of kilometres each day. Emma and her KetoSlim Practitioner set a target weight loss goal and set Emma's target weight at 80 kg. Whenever Emma started feeling flat while completing the program she would hang up a special pair of size 12 jeans that she used as an incentive to reach her ideal weight. Within 17 months Emma exceeded her weight loss goal and is now a very happy and healthy 70 kg and is wearing her special size 12 jeans.

Exercise Tip of the Month

Over the last 10 months we have discussed a variety of exercises that can be undertaken while you are completing your weight loss journey. Something we haven't discussed is how important it is to stretch before and after exercise. Always stretch your muscles gently before and after exercise. By doing this, over time, you will be reducing muscle pain after exercise as well as lessening any chance of injury. It's also important not to over stretch, you should only feel a gentle pull on the muscles and hold each stretch from between 30 to 60 seconds.

KetoSlim Recipe of the Month

Peppered Steak with Char-Grilled Vegetables

- Ingredients

- 4 lean beef sirloin steaks
- 3 zucchinis, quartered
- 1 large red capsicum, thinly sliced
- 2 baby fennel, quartered
- 200 g mushrooms
- 2 tsp olive oil
- ¼ cup (60 ml) lemon juice
- 2 tsp cracked black pepper
- 2 tbsp Cajun seasoning
- 2 tsp finely grated lemon rind

- Method

Combine pepper, Cajun seasoning and lemon rind in a bowl; add steaks to bowl and coat with seasoning. Cover and refrigerate for 15 minutes.

Combine vegetables and oil in a separate bowl and cook vegetables in batches on a heated, lightly oiled grill plate until brown and just tender. Cover to keep warm.

Cook steaks on the same grill plate until browned on both sides. Serve steak with char-grilled vegetables, drizzle with lemon juice.

Serves: 4

Total Protein Content: 30 g per serve

Total Carbohydrate Content: 10 g per serve

