

Lose weight for life without dieting



Dr. Gina Cleo

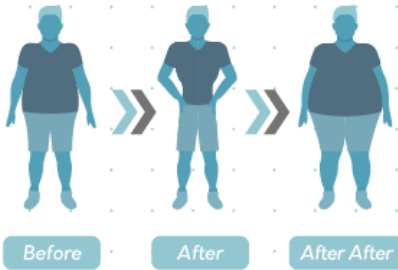
Your habits work for you or against you with weight management.

Most people form a pattern of detrimental habits related to weight management that are almost impossible to stop. Habit intervention is the only reliable non-surgical way to lose weight and keep it off long-term. It's not about pills, powders, and potions or challenges and short-term fixes. It is about helping you form new habits and disrupt old habits and coaching you to lifelong success.

Dr. Gina Cleo
Ph.D., M.Nutr.Diet (Hons), B.Hlth.Sci.



We often hear about the before and after photos but not the AFTER AFTER photos.



DIETS DON'T WORK

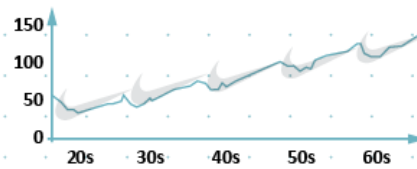
Diets can help in the short term, but most veterans of weight management know the image to the left. They are experts at losing weight but no doubt become frustrated when it comes back on.

Imagine your health choices being automatic. No need to even think about weight management because you've been taught to change your habits. That's it. No more yoyos, no more stress, or pressure to keep to a diet or fitness program. You've become automatically disposed to wellness.

FINALLY,
A SOLUTION TO
LONG TERM
WEIGHT
MANAGEMENT.
SUM SANOS™

NIKE SWOOSH OF WEIGHT REGAIN

After someone experiences weight regain, abandoning their diet and often regaining more weight than they had lost, diet culture draws them into yet another diet (usually a repackaged version of the same strategy... restriction, or prescribed undereating) ... and they start the process all over again.



Example adult dieter's weight trend lifespan

"I have lost a kilo a week for 8 weeks now and to put it simply, it has been effortless."

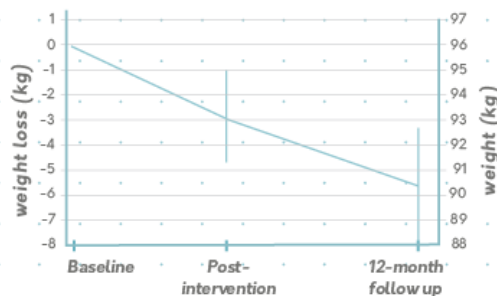
Gary Fitzgerald

WHY

SUM SANOS™?

Habit-Based Intervention – Study Results

Sum Sanos™ is a scientifically-based program designed to help you achieve long-term weight loss and wellness.



SUM SANOS™ IS PROVEN TO WORK

As Dr. Gina Cleo, Research Fellow at the Centre for Research in Evidence-Based Practice, at Bond University says, "The Research unquestionably confirms Habit-Based Intervention as a reliable way to lose weight long-term and achieve lifelong wellness. We are finally able to share the successful methodologies with the rest of the world in a practical program."

ABOUT SUM SANOS™

Our Sum Sanos™ ("I am Healthy") program is designed specifically for you. Sum Sanos™ combines the latest scientific research on habit-based interventions with a well-established coaching program to help you achieve long-term weight loss.

CONTACT YOUR LOCAL

SUM SANOS™
COACH FOR A FREE
CONSULTATION



SUM SANOS™
— I AM HEALTHY —

www.sumsanos.com