



**How many different diets have you tried in an attempt to lost weight, increase energy or gain muscle?**

**Each person is unique...**

We gain weight in different areas, crave different foods, respond differently to exercise and we have individual personalities.... our genes and environment make us what we are.

**Fuel your body effectively...**

Bio-Typing is a system by which we identify your individual metabolic requirements. Once you know your Biotype you can determine the most efficient food mix to fuel your body & allow it to run at optimal efficiency. It's like having an 'owner's manual' for your body.

**Re-establishing equilibrium...**

With Bio-typing there is no portion control, no deprivation, no hunger - the key is to bring the body back into balance by eating the foods your body wants & avoiding those that cause it stress.

Cat is an advanced Bio-Typing specialist and has dealt with lots of clients in her Gym, Personal Training and "Weight & See" courses, using Bio-T as a valuable tool. Clients are constantly astounded at the accuracy of Bio-Typing, the results they get on following her advice, and the personality matches are often mind blowing!

Cat can tell you within seconds of meeting you (or assess via e-mail) what type you are with NO long questionnaires, or written assessments – simply a visual once – over!

Phone for details to the Health Club or email – see contact page.

