

> How to get started



See your Step into Life Trainer to register

As a Certified Metabolic Jumpstart Coach, your Step into Life Trainer can show you the many benefits of your program, including *FREE MJ Club Membership while you are a Step into Life Member.

Only
\$49.95



Purchase your Jumpstart

Pay the Registration Fee of only \$49.95 to your Trainer, who will then give you instructions for how to complete your online personal profile.



Individual screening

Your online personal profile is checked by a MJ Dietitian. Every Plan is matched for your individual profile details and desired goals.



Check your emails to begin

You'll receive program emails direct from Matt O'Neill and his Team to begin. Your MJ Certified Step into Life Trainer will also be able to guide you.

> Testimonials

What Jumpstarters say...

"Really simple and easy to stick to and it works! I lost 5 kg, felt great and have had more energy. It was also easy from a shopping and food preparation point of view."

– Sharon

"The best thing about MJ was the results!!!"

– Gemma

"By day 3 I was bouncing out of bed waking earlier than my alarm clock. My body fat dropped quickly in just 2 weeks. I love the balance in the diet which I know is good for my body, and I am now eating more fruit, which has always been my weakness. Thanks for the JumpStart to better health."

– Ann

"I really enjoyed the changes it has created. I feel more energetic, no longer crave junk. There are ample amounts of food, and I generally feel a lot better and healthier from this positive change."

– Geoff

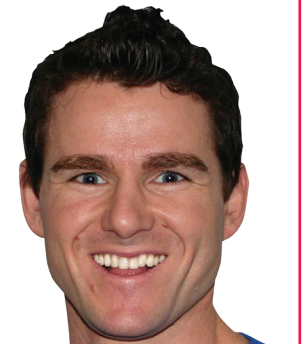
Metabolic Jumpstart is designed by Matt O'Neill & Smartshape Pty Ltd
ABN 90092404138
Suite 1/4 Solander Road
Kings Langley NSW 2147
(02) 9620 9511
team@metabolicjumpstart.com



Matt O'Neill's
metabolic
JUMPSTART

At last, a nutrient-rich diet plan metabolically matched for your needs

"Get the jumpstart you need to see breakthrough results with my powerful MJ diet program and Step into Life."



Designed by
Matt O'Neill

BSc, MSc, APD, AN
Nutritionist
Channel 7 Sunrise &
Morning Shows

Free MJ
Membership
Worth
\$120*

➤ Why MJ works

Re-wire your metabolism

Effort and energy saving devices like remote controls, electric car windows and computer-bound jobs rob us of our calorie burning movement. Junk food fills us with nutrient-poor calories from bad fats, sugar and white, fluffy carbohydrates that don't even fill you up.

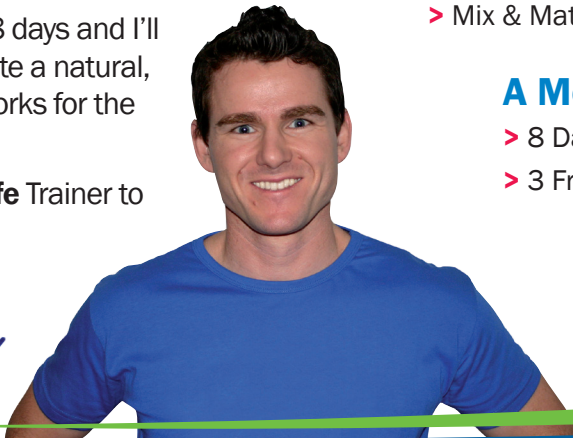
And there's information overload about health, nutrition and fitness. Eat this one day, drink that the next. Many diet and weight loss programs just add to the confusion, reduce your metabolic rate further and make matters worse. In fact, many so-called weight loss experts are simply lying to you about how your metabolism works.

It's time to change this... it's time for a Metabolic Jumpstart. That's why I'm partnering with **Step into Life** to offer you clear advice and a diet plan to re-wire your metabolism and discover a new level of wellbeing.

Follow my rules for 28 days and I'll show you how to create a natural, real-foods diet that works for the rest of your life.

See your **Step into Life** Trainer to get started.

Mattton Exell



➤ Your 4-Week Program

Your Diet Plan & Report

In partnership with **Step into Life**, you'll get a clear plan to follow to optimise your metabolism and build a nutrient rich diet that you can stick to.



THOUSANDS
have
Jumpstarted

In your Report:

- > Body shape assessment & metabolic rate figures
- > Personal calorie burning times for specific foods
- > Sample menu plan showing correct meals & snacks
- > Nutrition targets for kJ, calories, fat, protein & carbs
- > Ready Reckoner with food group exchange targets
- > Mix & Match food guide with my easy-to-follow rules

A Motivation Pack in the post

- > 8 Daily Target Cards to keep you on track
- > 3 Fridge Cards for Appetite, Effort and Mood

And 4-Week web program

- > Website access with weekly guides
- > Discussion forum to ask questions
- > Over 100 FAQs

➤ BONUS Club Support

With Step into Life, your MJ Club Membership is included FREE*

Receive ongoing support direct from Matt and his team when you register.



Over 250 recipes, all with MJ Exchanges



Over 1000 brand name foods



20 Audio mind-shift coaching seminars



65 Tip sheets for every challenge



Motivation planner with audio guide



Expert interviews on key topics



Articles to inform and inspire



Downloadable tools, posters and more



Weekly MJ Club eNews with new content

