

What makes the Cre8 fat loss experience unique!

Conventional Approach

The conventional approach to fat loss is to focus on more activity and reduced calorie or even fad diets. The main form of exercise is cardio-vascular to burn more calories.

RESULT- initial weight loss but weight is regained quickly. While dieting people feel deprived of food, have low energy and suffer cravings

The Cre8 Approach

Each of us stores fat differently according to genetic, hormonal and lifestyle factors. We take all of these factors into consideration to design a program that is unique for each individual. Our programs are designed to increase metabolism to burn fat and correct the hormonal factors contributing to fat storage.

RESULT- even the most stubborn client who has tried everything else to no avail starts to see results using these methods. Because we increase our client's metabolism the weight stays off and because our approach doesn't require dieting or lots of cardio-vascular exercise they find they are happier, have more energy and enjoy exercise more.