



6-WEEKS TO KICKSTART YOUR FITNESS & FAT LOSS GOALS

TRY THE VERY PROGRAM THAT WORKED FOR ME!

I FINALLY LOST “THAT EXTRA LITTLE BIT” AT 46-YEARS OLD!


WHAT DO YOU GET?

- 6-week, online program in the convenience of an app to fit your busy schedule
- Daily meal plans + recipes for the 6-weeks
- Effective, daily 30 min workouts (with at home, gym and low impact options) that are fun & quick and designed to maximise fat burn!!!
- App tools to track macros, hydration and fasting
- Weekly mindset and fitness training from FASTER Way
- Comprehensive step-by-step new client guide
- Access to a wonderful, supportive online community
- ME as your certified coach to keep you on track, hold your hand and be your guide!
- At only US\$249 for 6-weeks, it's cheaper than most gyms or personal trainers!

TO LEARN MORE & REGISTER
CLICK HERE

www.WendyMak.com

WWW.INSTAGRAM.COM/WENDYMAK_STYLIST



WHAT IS THE FASTER WAY TO FAT LOSS?

YOU'VE TRIED EVERYTHING BUT CAN'T SLIM DOWN OR LOSE THE BELLY FAT.

YOU CAN'T FIND YOUR WAIST (OR YOURSELF ANYMORE).

YOUR ENERGY LEVELS AND SLEEP ARE SUFFERING. YOUR METABOLISM AND HORMONES DON'T WORK LIKE WHEN YOU WERE 30.

I'M LIVING PROOF THAT YOU DON'T HAVE TO FEEL THIS WAY. YOU CAN GET YOUR ENERGY (AND WAIST!!!) BACK, LOSE THE BLOAT AND BELLY.

YOU CAN FEEL STRONG AND FIND YOUR CONFIDENCE AGAIN, ALL WHILE STILL EATING!!!

THE FASTER WAY TO FAT LOSS IS THE ONLY PROGRAM WITH A CLINICALLY PROVEN APP TO HELP YOU BURN FAT, AND BUILD MUSCLE STARTING IN JUST SIX WEEKS.

[TO LEARN MORE
& REGISTER
CLICK HERE](#)

HOW DOES IT WORK?

The main principles of the FASTER Way To Fat Loss are:

- **Whole food, clean eating.** We balance & track macros, which are carbs, fats (good fats!) and protein, to help build and replenish muscle mass (we lose a LOT of muscle each year we're over 40! Muscle helps fat burn and WILL NOT make you bulky!).
- **Intermittent fasting.** Fasting helps your body reset, repair and supports increased energy levels.
- **We eat carbs!** Rice, potatoes and even pasta! We have 2 x low carb days and 5 x carb days a week, in a strategy called carb-cycling. We pair these with specific workouts to maximise fat burn, energy levels and muscle retention.
- **Strategic workouts.** Our workouts are designed to fit your busy schedule. No more endless cardio! Access daily, 30-minute, at-home workouts with minimal equipment. These are available to replay during the week, and designed to maximise fat burn (if you're a beginner, don't worry - there are low impact modifications).

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