

THE CK WAY METHOD

This download reveals how the CK way method can help you speed up fat loss and effortlessly maintain results for life!

THE CK WAY TO LOSE BODY FAT

A FREE STEP BY STEP GUIDE

Hey I'm Clare Kershaw creator of the CK way and an MNU nutritionist who has helped 100s of busy women just like you lose body fat, tone up, gain confidence, and look and feel amazing inside and out!

The best part is they were able to get results like this whilst still enjoying their social life!

Once implemented you will be able to learn the CK way method and effortlessly maintain results for life!

Lets begin..



THE STEP BY STEP GUIDE TO FAT LOSS

THE CK WAY



Step 1

Work out how many calories you need daily to live by following this calculation..

For women take your bodyweight in kg x 22

For men take your bodyweight in kg x 24

E.g. 64kg x 22 = 1408 kcals

This gives you what you need to maintain your body weight without even getting out of bed!

Step 2

Increase your movement so you expend more energy.

In this guide your goal is to hit 10,000 steps per day.

So as long as you hit your 10k steps each day you can take the number you got in step 1 and multiply by 1.3.

E.g. 1408 x 1.3 = 1830 kcals

This gives you your total daily energy expenditure!

Step 3

Let's put you in a calorie deficit so you lose body fat..

In this guide your goal is to lose 2.5kg per month so take the number you got in step 2 and - 500

E.g. 1830 - 500 = 1330 kcals

This gives you your daily calorie target to lose body fat!

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CHECKLIST

HERE ARE 5 THINGS YOU MUST MAKE SURE YOU ARE IMPLEMENTING IN ORDER TO GET THE BEST FAT LOSS RESULTS POSSIBLE..



1. You must be in a calorie deficit. So the energy you consume must be less than the energy you expend. As explained in the step by step guide above.



2. You must follow the right training plan. In order to lose body fat faster you need to build muscle. Muscle is more metabolically active than fat and burns more calories at rest than fat tissue.



3. You must eat the right foods so that you actually speed up your metabolism and you feel fuller for longer so you reduce hunger cravings.



4. You need to understand the importance of rest and recovery so you can maximize fat burning outside of training and nutrition.



5. You need to have access to methods so that when eating out you can still socialize and still lose body fat at the same time.

READY TO ACCELERATE YOUR RESULTS

If you're anything like me and you're an action taker you'll want to start getting results as quickly as possible!

I'm looking for women who want to rapidly accelerate their fat loss using the CK way method that allowed me and 100s of my clients get in amazing shape WITHOUT having to follow a boring or restricted diet or miss out on social occasions.

Click here to watch a short "BUT IMPORTANT" video on how to accelerate your results and take the next step to maintain long term results!



WATCH HERE!

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To book in for a call to discuss how the CK
way method can help you

CLICK HERE!

Alternatively you can drop me a DM with
the word LEAD on instagram and I'll get
back to you ASAP!

