

'Top diet expert gives the nation a Metabolic Jumpstart'

MEDIA RELEASE

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Top Nutritionist and Channel 7 Sunrise regular, Matt O'Neill is starting 2010 on a mission, to give the nation a **Metabolic Jumpstart**. And he's already helped thousands of Aussies... when pills, shakes and detoxes have failed.

"I want to help Australians avoid **quick-fix diets and get a real-foods plan** that is metabolically matched with a simple online profile."

"It means **dieters don't have to resort to programs that damage their metabolism** and even make them fatter."

O'Neill, who is Director of the SmartShape Centre for Weight Management, started Metabolic Jumpstart for his family, friends and clients and now he's on a mission – **Mission Metabolism – to get the nation eating nutrient-rich foods** that automatically help you lose weight and optimise your metabolism.

"We've had fantastic results because the Metabolic Jumpstart plan harnesses the **slimming properties of whole foods eaten in the correct proportions**. You won't have to use diet shakes or do anything extreme ever again."

O'Neill is also motivated to help by the **lack of policing of the weight loss industry**.

"The diet industry is like the wild west and with no laws to stop dodgy diets, people's waist lines and wallets are hurting. More and more people are looking for a positive, cost-effective weight loss program that **not only gets results, but is easy for family, friends and communities to share**."

To learn more about Matt O'Neill's Metabolic Jumpstart program and to get involved in Mission Metabolism, go to the website www.metabolicjumpstart.com

Interviews: Matt O'Neill on 0411 121 451 or (02) 9620 9511 Biz Hrs

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Metabolic Jumpstart is only \$29.95. Monthly membership is only \$9.95.

