



# Kelfit Lifestyle

DIET & FITNESS

## JOIN KELFIT LIFESTYLE

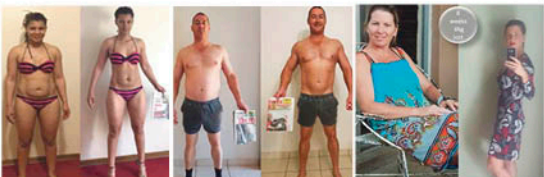


The road to a good body- Kelly Stegen- (International Sports Nutritionist, owner of Kelfit Lifestyle diet and fitness coaching) Having a good body is more than just gym and exercise- 80% diet and 20% exercise- abs are made in the kitchen.

The key to weight loss is achieving a negative calorie balance, which means taking in fewer calories than you burn.

Decreasing the number of calories you consume is so much more effective than exercising, because it takes a tremendous amount of physical activity to create a calorie deficit, exercise alone has a negligible impact on weight loss. You'd need to burn 3,500 calories to lose just 500g of fat.

This is why the 80/20 rule makes sense – it's easier to cut calories than it is to burn the same amount of calories through exercise. Let me help you reach your goals with a personalised diet programme - [www.kelfit.co.za](http://www.kelfit.co.za)



- Weight loss, muscle building, vegans, vegetarians, pregnancy, breastfeeding plans, toning
- No magic shakes or pills
- Lasting sustainable weightloss
- Lifestyle based
- Access to thousands of KELFIT adapted recipes
- Access to one of our 4 qualified coaches

CONTACT: [manager@kelfit.co.za](mailto:manager@kelfit.co.za)

or Kelly at [info@kelfit.co.za](mailto:info@kelfit.co.za) for more info

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