

Evidence

The Keto Fitness program has been developed on the basis of the weight loss program developed and refined at Healthy Inspirations centres, since 2002, with the oversight of an Accredited Practising Dietitian, who consults to both programs.

Date (All) 30-Jul-19

Data													
Location	Week Leads	Week CBFT	Week ConST	Week WL Sales	Week Fitness Sales	Week Total Sales	Total Active Weight Loss	Total Active Fitness	Sum of Non-M'ship \$	Sum of M'ship \$	Sum of DD \$	Sum of Kilos Lost	Gross \$
Blackwood												13361	
Burnie												11705.5	
Demancourt												6062	
Frewville												12623	
Lower Hutt												12201	
Maitland												18560	
Napier												10583.6	
Prospect												10258.2	
(blank)													
Grand Total												95354.3	

Sales data covered

95,354 kilos lost

The table above shows the weekly summary of cumulative weight loss from female members at each Healthy Inspirations centre as at 30th July 2019. These numbers are reported weekly. To date over 15,000 women, mainly aged between 35 and 65 have participated in the program. Weight loss is more difficult for females than males.

The Healthy Inspirations and Keto Fitness programs share many similarities. The key difference is that Healthy Inspirations provides one-on-one weekly coaching sessions.

	Healthy Inspirations	Keto Fitness
Pre-screening	Using form	Online
Main meals based upon fresh supermarket foods	Yes	Yes
Food plans start at low carb keto level: 25 to 30 g carb per day	Yes	Yes
Food plans progressively increase carb based upon member's response	Yes	Yes
Shopping lists provided	Yes	Yes
Weekly menu plans provided	Yes	Yes
Recipe library provided	Yes	Yes
Educational handouts provided	Yes	Yes
Daily Planner booklet provided	Yes	Yes
Coaching	One-on-one weekly	By program and Q&A forum