

# The Ultimate Transformation Programme Update

The Ultimate Health Clinic Operation Transformation with the support of Jason Kenny Forever Fit Promotions. Janet and Amanda continue to make great strides with the pounds falling off and new levels of fitness and energy being reached. For more on the diets and their new routines visit [ultimatehealth.ie](http://ultimatehealth.ie)

## Update from Jason Kenny, Forever Fit Promotions

This week saw Both Amanda and Janet push themselves very hard. We increased the intensity and combined both Resistance and cardio together to help burn that unwanted body fat. Their Cardio session included shuttle sprints, Steps and Track Running using a HIIT (High Intensity Interval Training) Method which is proven most effective in improving fitness and burning calories. Both Amanda and Janet are improving every week and are noticeably getting fitter and stronger. Each week their program gets more intense and each time they step up to the mark. They are an inspiration to anyone who thinks it cant be done.



## Update from Janet:

Monday 28th Well its 4 weeks gone and 3 to go, so I'm looking forward to the next 3 weeks and all that's to come. I've been really missing my evening biscuit, so last night i made healthy flapjacks with oats, honey, and a little olive spread instead of butter, and they turned out well and had a small one this evening, very nice. Apart from that the new diet is going well and I feel good.

Tuesday 1st march No gym to-day so i went for a long walk/jog after work, and did a training session at home with the ball and weights. It gets easier each time, and I'm well able to do all Jason has taught me at home, which is great for me as I'm not a fan of going to the gym but I will do it at home if I know what exercise to do.

Wednesday 2nd Felt sluggish all day craving carbs bread potatoes etc and the only difference to yesterday is i had a pork chop for dinner, so I must ask caroline at the clinic could this be the reason for it. I just couldn't fill myself all day. Have the gym to-morrow and after that my first deep abdominal massage with Lisa so looking forward to that see what it's like.

Thursday 3rd Had a great session in the gym enjoyed it, really starting to feel fitter and can work out longer before I'm out of puff. Need to start thinking about a class, or something to continue with when this is over as well as what I'll do at home. After the gym i had my massage with Lisa at the clinic it was lovely and relaxing and i really enjoyed it, she also explained what it would do for me and the way it helps the bowel.

Friday 4th Felt really good this morning, my stomach felt really light and calm is the only way to describe it. Had my fourth colonic this afternoon and it went well, I was told so much before i started them but they are fine. The first is a little embarrassing but after that no bother, Caroline gets on with it while you have a normal chat I'll be sorry when I'm finished them as you feel so good after them. Had my weight in down 3lbs the first stone gone. Amazing.

Saturday 5th I started on the apple juice to-day in preparation for my liver flush next Saturday, it has left

me feeling very full so must adjust the amount of food while I'm drinking it, bit tired but its the end of the week so that's normal. Cant believe this is nearly over, I'm a different person the way i think about my food, how much I'm enjoying shopping for it, cooking it, and enjoying the taste of it. Also how much better i feel inside and out.

Sunday 6th Feeling great to-day went for a long walk this morning and did a work out. Cant believe that's another week gone, and its all coming to an end soon, but i will be keeping it up, and Caroline at the clinic will be keeping in touch, so that's nice to know that the support will be there for me even when the competition is over. So roll on next week!



## Update from Amanda

I started off this week with a colonic irrigation treatment with Marese in Ultimate Health. I also did a lot of training at home this week that was recommended by Jason Kenny my personal trainer. I am still sticking to my healthy eating plan and its amazing really because when you do without something for a while you don't miss it as much. On Thursday morning I had another abdominal massage performed by Lisa in Ultimate Health. An abdominal massage is done to loosen all the toxin build up in your abdomen, this is a good advantage before having a colonic.. On Friday morning i then had another good colonic treatment with Caroline in Ultimate Health. I felt like a new woman after all this, The bloating in my stomach has totally gone down over the last few weeks. On Thursday evening i had a very intense training session with Jason in UL. .We trained on the track no one stopped, which is something I would never do on my own without the encouragement of Jason.

I am much fitter now than i was five weeks ago and can do exercise now that I couldn't have done five weeks ago. I also had my weigh in this week but my weight hadn't gone up nor down. BUT I have definitely lost inches off my waist which I am thrilled about.. My diet is the same as last week but next week I will fill in on my liver flush which I will be doing for next week. Mandy.

For more information on how the treatments detailed above can help you please visit [www.ultimatehealth.ie](http://www.ultimatehealth.ie) and [foreverfitpromotions.com](http://foreverfitpromotions.com)