

sculpt

For women. A supplement specially formulated for you, to help you take control of your health and fitness goals.

It's not about a promise or a miracle solution. Looking good and feeling great is simply about the right nutrition and exercise. You've heard that before, right? Well, we don't apologise because it's true. But that's why we designed Sculpt for you, to make it easier.

Sculpt is a high protein shaping formula to assist fat loss in conjunction with a sensible eating plan and an exercise regime that includes resistance training and aerobic activity.

High protein

Protein is essential for muscle tone, and muscle tone is essential for fat burning. A high protein food also signals your brain earlier that you have eaten enough, and keeps you feeling satisfied for longer.

The protein in Sculpt comes from two sources, to maximise the benefits to you:

Whey Protein – derived from milk, whey is nature's most easily absorbed and readily used protein. Specific fractions in whey protein have been revealed by research to have special biological functions including support of the immune system and appetite suppression

Soy Protein – the champion of plant proteins. Soy is a rich source of isoflavones. Isoflavones are special phytochemicals which have been linked to the reduced risk of a number of chronic diseases, including cardiovascular disease, osteoporosis and some cancers. Soy has also been shown to reduce cholesterol and provide relief from some of the symptoms of menopause.

High calcium

One serve of Sculpt powder (made with non-fat milk) provides 65% of your daily calcium needs. One 250ml pack of Sculpt Ready to Drink (RTD) contains over 50% of your daily calcium requirement.

Many women do not get enough calcium in their diets, and there is even debate the current NZ/Australian RDI of 800mg per day is too low. Some nutrition researchers believe the calcium requirement should be 1200mg/day, even higher for pregnant women and adolescent girls. If you do reduce your calorie intake, it's vital that it is not at the expense of your calcium intake.

Good health, great shape

Sculpt powder also contains ingredients to enhance fat burning and nourish your body:

- L-carnitine, the cellular shuttle that transports fat to where it can be used as a fuel source
- Hydroxycitric acid, a natural plant extract which has been shown to suppress appetite and inhibit fat production
- Full vitamin and mineral profile, including iron and folate for complete nutritional support

Sculpt Powder and RTD both contain inulin, a soluble dietary fibre that promotes the growth of beneficial intestinal bacteria for a healthy digestive system.

How do I use Sculpt?

Sculpt powder is a convenient meal replacement formulation, Sculpt RTD's and Sculpt Bars are perfect high protein snacks, so you don't have an excuse for skipping meals. Missing meals only slows your metabolism down, which slows your fat loss.

Use Sculpt:

- To increase the protein content of your favourite low fat cereal (sprinkle the powder over)
- At work, handy when you don't have time to go in search of lunch, are stuck in meetings or tied to your desk
- When you're travelling or on the go, so you won't have to worry about trying to pick a healthy choice from a lunchbar or cafe menu
- After exercise – it will satisfy your hunger and help your body recover at the same time
- Mid morning and mid afternoon, Sculpt Bars are great with a tea or coffee

Never rush out the door on an empty stomach. Grab a Sculpt RTD or bar and take it with you.

Average Composition	Sculpt Powder* 25g made with 250ml non-fat milk	Sculpt RTD† 250ml pack	Sculpt Bar 48g
Energy	200cal/838kJ	136cal/570kJ	180cal
Protein	30g	17.5g	14g
Fat			
Total	1.2g	1.1g	3.9g
Saturated	0.7g	0.6g	1.3g
Carbohydrate			
Total	16.1g	14g	22.7g
Sugars	15.8g	12g	8.8g
Calcium	519mg	426mg	230mg

* Vanilla Flavour † Chocolate flavour

Sculpt products currently available:



- 1 Powder 500g
Chocolate/Vanilla/Berry/Banana/Cafe Latte
- 2 RTD 250ml
Chocolate and Vanilla
- 3 Capsules (60's) Metabolic Support Formula
- 4 Bar 48g
Apricot Chocolate Crunch/Cranberry Yoghurt Crisp/
Raspberry Chocolate Dream

For more information about Sculpt or to find a Sculpt retailer near you, visit www.sculptforwomen.com

Horleys recommend you consult a qualified dietitian or health professional if you have any pre-existing medical conditions before beginning a new eating and exercise programme.

HORLEYS
intelligent sports nutrition

New Zealand
Level 2, 18 Normanby Rd, Mt Eden, PO Box 8645 Symonds St, Auckland
Freephone: 0800 HORLEYS

Australia
PO Box 2517 North Parramatta, NSW 1750. Freephone: 1800 00 23 45

Malaysia
Nova Nutritional Supplies Sdn Bhd Co.No. 326 176-K, 9 Jalan PJS 11/14,
Bandar Sunway, 46150 Subang Jaya, Selangor D.E. Tel: 03 5637 8232

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HORLEYS
intelligent sports nutrition

sculpt™

Advanced shaping protein for women

+ eat smart
+ look good
+ feel great

Product
Information
+ Advice



Effective fat loss

It's not about losing weight, that's too temporary. It's about losing fat. The biggest problem with traditional calorie-counting diets is that although you do lose weight, only some of it is fat. You also lose muscle.

Successful, long term fat loss is all about muscle. Don't be put off by that word. Muscle is your best friend when it comes to re-shaping your body. You must keep your energy-burning muscle in order to effectively and permanently lose fat.

Why? Because muscle is 'metabolically active' tissue. Every second of every day, muscles need energy. Even when you are sitting still, your muscles are burning calories.

An exercise regime that includes proper weight-training to tone and build muscle is absolutely essential to help you maintain your metabolic rate and achieve your fat loss goals.

The three-way fat attack

1 Lift weights to strengthen and tone your muscles

Aim for 2-3 resistance training sessions per week. See a qualified fitness professional who can put together a programme for you.

2 Do aerobic exercise to increase energy expenditure and fat burning

Help get fat moving by increasing the level of activity you do with regular aerobic exercise. Aerobic exercise not only raises your metabolic rate, it increases the mobilisation of fat from fat cells. From brisk walking to running, cycling, swimming or scheduled classes at the gym, try for at least three 30 minute sessions per week.

An aerobic session first thing in the morning on an empty stomach, then waiting an hour before eating is recommended to optimise the fat burning effects of exercise.

3 Use Sculpt to nutritionally enhance the effects of your exercise and reduce your calorie intake.

Sculpt powder can conveniently replace a meal, Sculpt Ready to Drink (RTD's) and bars are great mid-morning or mid-afternoon snacks. They provide you with the convenient nutrition and quality protein you need for effective fat loss.

Monitor your progress

It's important to keep track – seeing results provides you with satisfaction and the motivation to continue with your regime.

1 **Have your body fat levels tested regularly, using the same method each time. The average level of body fat for women is 22-28%. The optimum level of body fat for an active, fit figure is 15-18%.**

2 **Notice how your clothes fit – this says more about how your body is reshaping than what the scales tell you.**

You can re-shape your body, but you must take into consideration your genetic heritage. There are physical characteristics which give you your shape. By losing excess fat, toning muscle and increasing your fitness you can enhance the shape you have. Take control – add Sculpt to your nutrition plan to succeed with your body-shaping goals.

Some simple eating guidelines

Effective fat loss does require you to reduce your energy intake, but not drastically. Reducing your daily intake by 300 to 400 calories will produce results without depriving you.

Eat more often

It might sound strange, but to lose fat, you have to eat. The trick is to have smaller but more frequent meals. Aim to consume 6 meals per day, with balanced protein and carbohydrate portions. The biggest sin of all is skipping a meal, especially breakfast. This slows down your metabolism. Ironically, eating also means you use energy to digest the food, so keeping your digestive system going (with the right food) burns calories.

The difficulty with eating more frequently is that your food needs to be thought about and prepared in advance. This will help to avoid the 'what shall I have for lunch today' question and the 4pm munchies which can result in you eating whatever is most convenient and not the most healthy.

Most important meals

Breakfast

A high protein, high carbohydrate breakfast gives you the energy you need to function for the day, and stabilises blood sugars to help reduce cravings. Add Sculpt to your cereal, or have a Sculpt Bar if you're on the go.

Post-workout meal

Your body needs nutrients to recover, especially protein and carbohydrate. After exercise, have a Sculpt shake made with non-fat milk (or if you don't have time to stop to make a shake, grab a Sculpt RTD).

Fluids

Remember – water is the best hydration and detoxification fluid there is. Make sure you drink plenty, at least two litres per day. Carry water with you everywhere so you're not tempted by high calorie substitutes like soft drinks instead.

Tea and coffee may be drunk in moderation. Green tea is showing promise as a healthy way to boost your metabolic rate, as well as provide antioxidants.

Limit your alcoholic drinks. Although they don't contain fat, they can be high in calories.

Fat

Keep your dietary fat intake about 20% of your total calories – 40-45g of fat per day for most women. This means replacing high fat foods with lower fat alternatives. Try grilling foods rather than frying, and use low fat options ie. low fat milk, oil-free dressing. Remember it's about low fat, not no fat. Your body needs some fat to stay healthy.

Fibre

Not only does fibre, from fruits, vegetables, whole grains and cereals promote bowel health, high fibre food is filling – useful to prevent overeating. Make sure your fibre intake is 25-30g per day.

Smart snacks

If you need a snack, choose from below, but only one extra snack per day.

- Fruit snack pack
- A cup of low calorie jelly
- Air-popped popcorn
- A slice of melon
- 12 almonds
- Remember, sometimes when you think you're hungry, you are actually thirsty – have a glass of water
- Raw vegetables
- 2 large rice crackers
- Lite Cup-of-Soup
- 3 pieces of sushi
- 10 pretzel sticks

Looking it up

A reference guide can be very empowering and educational when you are searching out new foods to add variety to your eating plan.

Buy a reputable book that provides you with information about the nutrient composition of foods, making sure it includes protein, carbohydrate, fat and fibre quantities. There are several available that apply specifically to NZ and Australian foods.

Sample eating plan

Breakfast 1

1 cup cooked wholegrain rolled oats, pour over
½ cup low fat milk with one scoop of Sculpt powder mixed in
2 Sculpt capsules

or Breakfast 2

½ cup high fibre, low fat cereal
½ cup low fat milk
½ pottle of fruit in natural juice
1 slice of wholegrain toast with a scrape of spread
2 Sculpt capsules

Morning Snack 1

1 piece of fruit – either a small banana or choose any citrus, stone or pip fruit that is in season
1 small handful of almonds

or Morning Snack 2

2 crispbreads with Marmite® type spread and 2 tbsp cottage cheese

Lunch 1

1 wholemeal bread roll or pita pocket (no butter or margarine)
Filling: a generous quantity of salad with low fat ham or chicken or lite cottage cheese, plus vegetable pickle and/or no-fat dressing for flavour
1 piece of fruit (citrus, pip or stone fruit)

or Lunch 2

1 cup of thick soup: vegetable or minestrone style
1 slice of wholegrain bread topped with a slice of low fat ham or turkey and a sliced tomato
1 apple

Afternoon Snack 1

1 Sculpt tetrapack or a Sculpt Bar with a cup of green tea

or Afternoon Snack 2

1 pottle of Lite/Diet fruit yoghurt with 1 scoop of Sculpt powder stirred in

Dinner

80g lean beef (trim all visible fat) or
100g baked, grilled or steamed fish or
90g grilled chicken (no skin)
1 medium potato or
½ cup cooked rice, cous cous or pasta
2 cups cooked vegetables
Choose a mixture of: broccoli, cauliflower, cabbage, beans, asparagus, mushrooms, onion, celery, carrot, courgette, spinach, sprouts, capsicum or a mixed leaf salad with 1 tsp balsamic dressing