



**How easy... Simply print & share with as many people as you like!**

**INSTANT RESOURCE**

# Matt O'Neill's Tip Sheet Set

Now nutrition education is as simple as sharing targeted Tip Sheets with your clients. You can print any number of the 61 Tip Sheets as many times as you like and for as many clients as you like. That's more than one new Tip Sheet a week, for a whole year! Matt O'Neill's SmartShape Tip Sheet Set is designed to save you time, effort and give you a resource with immediate results.

## Instant uses, immediate results

- ♦ Offer one-on-one clients specific Tip Sheets
- ♦ Place a new Tip Sheet at reception each week
- ♦ Hand out at the end of group fitness classes
- ♦ Create a regular newsletter with practical articles
- ♦ Post or email to make contact with lapsed clients
- ♦ Instant content as downloads from your website

## Matt's Tip Sheets give you...

- ♦ Specific solutions for challenging situations
- ♦ Something new to talk about each week
- ♦ A trusted, expert source of advice
- ♦ Reduced pressure to cover everything yourself
- ♦ Hundreds of action-based ideas with tick boxes
- ♦ Added value for all your services

## Designed by the best

**Matt O'Neill, Nutritionist  
 BSpSc(Nut&Diet), APD, AN**

Matt is Director of SmartShape and a gifted educator who has inspired thousands of people in eight countries with practical tips and advice on nutrition and fitness. He appears regularly on TV, making complex science simple and doable for everyone. Matt believes lifestyle advice should be remarkable, in that people are able to remember and share what they read in every Tip Sheet. All Matt's courses and resources are designed with this in mind.



## What do I get?

Here's a full list of the 61 Tip Sheets you can now use to enhance your services and your clients' results. Now, you'll have an answer for just about every situation.

1. Diet confusion - How do I rate?
2. Diet myths that won't go away
3. 7 Questions about diet stories
4. 10 Keys to diet success
5. 51 reasons to be active
6. 51 ways to be active
7. My physical activity plan (worksheet)
8. A well stocked kitchen
9. Lower fat cooking tips
10. Weekly dinner planner (worksheet)
11. Supermarket shopping tips
12. Money saving grocery tips
13. My smart grocery list
14. Food label facts
15. Understanding nutrition claims
16. Reading nutrition panels
17. Tips for lower calorie fast foods
18. Cutting fat when dining out
19. Planning your restaurant meal
20. Alcoholic drink calorie counter
21. Tips to limit alcohol intake
22. Fruit and veg - What is a serve?
23. New fruits and veggies I can try
24. Top 10 super healthy foods
25. Tips to avoiding portion distortion
26. 10 feel-full fundamentals
27. Eating at night
28. Chocolate cravings
29. Things to do instead of eating
30. High calorie food traps
31. Partying without the pounds
32. Waist wise Christmas tips
33. Low fat festive food tips
34. Beating eating triggers - Sensations
35. Beating eating triggers - Locations
36. Beating eating triggers - Emotions
37. Beating eating triggers - Relations
38. My success support crew - Buddies
39. My success support crew - Cheerleaders
40. My success support crew - Hecklers
41. My success support crew - Saboteurs
42. What stresses me out?
43. Tips to reduce stress
44. Time management - How do I rate?
45. 8 time winning strategies
46. My time plan (worksheet)
47. 7 reasons why plateaus occur
48. 7 ways to break a plateau
49. Habit swap and stop worksheet
50. Traps that put you off track
51. Tips to stay on track
52. Helping an overweight child
53. Helping the fussy eater
54. Tips for healthy family eating
55. Boosting family physical activity
56. 7 Stages of dieting
57. Re-energising my efforts
58. Slips don't have to be setbacks
59. 7 Reasons to laugh more
60. How to laugh more
61. Things to make you laugh

Order online today @ SmartShape.com.au



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# Matt O'Neill's Tip Sheet Set

Customize your tip sheets with your logo. See below

## What's included?

Your Tip Sheet Set comes all-inclusive on one data CD:

- ♦ Formatted A4 PDFs of all 61 Tip Sheets
- ♦ 2-4 Tip Sheets in each of 20 topic folders
- ♦ Unformatted MSWord text versions
- ♦ Tip Sheet list as a ready reference & checklist

## Your simple user-license

When you purchase the Tip Sheet Set with a once-only payment (no ongoing license fees!) you are able to copy as many Tip Sheets for as many clients as you like. All you need to do is keep the written acknowledgement on each Tip Sheet. If it's just you sharing the Tip Sheets, choose the Single-User option below. If it's you and your team at a single site, choose the Multi-User option. If you'd like to use the Tip Sheets at multiple sites with multiple staff, let Matt know and he'll arrange special pricing for you.

## Customer testimonials

"Simple, easy to use and well laid out." – **N McInnes**

"The thing I like about the Tip Sheets is that they are written by a professional dietitian, which saves you a lot of time researching the material yourself." – **N Ligopantis**

"Matt's Tip Sheets are very helpful to clients and you can sometimes almost see light bulbs going on in their heads as they are easy to understand and read." – **N Murphy**

"I love them all and use them regularly. My clients like them. They are a quick way of getting the message across and they give my clients something to take away with them to read later." – **M Shepherd**

## Add your logo for greater value

Enhance your professional image and market your services by adding your logo or name and contact details of your business to all 61 Tip Sheets. When you order this option, we'll request your logo by email then send a sample custom Tip Sheet for your approval. You'll receive a custom Tip Sheet CD, like dozens of businesses, including the ones below who use Matt's powerful Tip Sheet Set. **Don't have a logo?** Ask us about designing one for you.



## UPGRADE OFFER!!

Consider upgrading to Matt's Seminar Presenter Package when ordering your tip sheets. Matt O'Neill's Seminar Presenter Package includes the Tip Sheets, plus all you need to present 20 fantastic seminars - Audio, Powerpoint, Transcripts and Seminar Guides. Learn more and upgrade at any time at SmartShape.com.au

Order Form - Fax (02) 9620 9599 or call (02) 9620 9511

Yes, I'd like to share Matt's SmartShape Tip Sheet Set with my clients

My option -  Single-User \$249.00  Multi-User \$349.00  Plus logo addition \$99.00



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| Name  | Date   |
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| Street Address  |  |
| City/State/Post Code  |  |
| Email (to confirm your enrolment)                               |  |
| Payment by: <input type="checkbox"/> Cheque (to SmartShape P/L) | Charge my: <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa |
| Credit card number  |  |
| Expiration date   | Signature (credit card bookings)   |

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