



3 SECRETS NO ONE TOLD YOU ABOUT **FAT LOSS**

**Even if you're stuck
and feel like nothing
works anymore**

WHY DIETS DON'T WORK (AND WHAT ACTUALLY DOES)

You've been told fat loss is just "calories in, calories out."

So you tried the meal plans, the fasting windows, fad diets like keto, soup, detox juices, etc. and some fat burners or other weight-loss medication. Maybe you saw some results, but they didn't last. Why?

Because most fat-loss strategies are built on restriction, punishment, and outdated science. They only address surface symptoms, ignore the real reasons why you feel stuck; hence, your mind, metabolism, and movement patterns aren't working together. You're not failing; the methods are failing you.

That's exactly what our system is designed to fix, and it isn't about more willpower, meal replacement shakes or endless cardio sessions in the gym. Our **personalised coaching method** combines **science-backed habit change, targeted movement**, and **individualised nutrition**, all driven by data from your body and brain.

We call this the **Fat-Loss Reset Pathway**, and it's built around **three proven phases**:

1. **Neuro Sync:** Rewire the brain to break through emotional eating, self-sabotage, and inconsistency.
2. **Ignite Fat Burn:** Stabilise your metabolism and fuel your body to burn fat efficiently, without starvation.
3. **Strengthen & Activate:** Build muscle, balance hormones, and create lasting body composition changes.





SECRET 1 - REWIRE YOUR BRAIN FOR FAT LOSS

Here's the truth: You're not failing because you're lazy or unmotivated. You're trapped in invisible feedback loops: stress leads to cravings → leads to guilt → leads to starting over... again.

Let's be real: we are all busy and have a million things to do, and at the moment, something always pulls us off track.

☞ Like walking through the door after a stressful day, opening the fridge on autopilot... and suddenly, the snack you didn't plan becomes dinner.

☞ Or feeling so overwhelmed after a long week that the thought of "starting over Monday" feels easier than following through today.

You're not broken. You're just stuck in a loop.

Stress → Craving → Regret and Shame → Start Over

In the first phase of our Fat Loss Reset Pathway, we don't just tell you to "try harder." We show you how to interrupt those patterns at the source, in your brain, and rewire them with better ones.

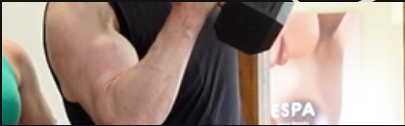
You'll discover:

- How to respond differently when stress hits
- Simple cues that help you choose the better option automatically
- Techniques that make staying consistent feel natural
- And more...

INSPIRATION

STAY CONSISTENT
IN YOUR OWN



growing JOURNEY
 AND CELEBRATE
YOUR *success.*

INSPIRATION



SECRET 2 - EAT TO BURN FAT, NOT STORE IT

Let's paint a familiar picture.

You wake up and grab a quick coffee with oat milk and maybe a banana.

Lunch? A salad... maybe with croutons, a sprinkle of cheese, and some dressing.

By 3 pm, you're dragging. You hit a wall. So you reach for trail mix, or a cereal bar (that's really just a candy bar in disguise).

Dinner ends up being something like pasta or takeout because by the time you get home, you are starving and have no patience to cook, so you opt for the fastest delivery or a frozen processed meal.

And because the day felt "light," maybe some wine, crisps or chocolate (or both) feels justified.

You didn't eat a ton, but your energy is low, cravings are high, and fat loss? Not happening. Sound familiar?

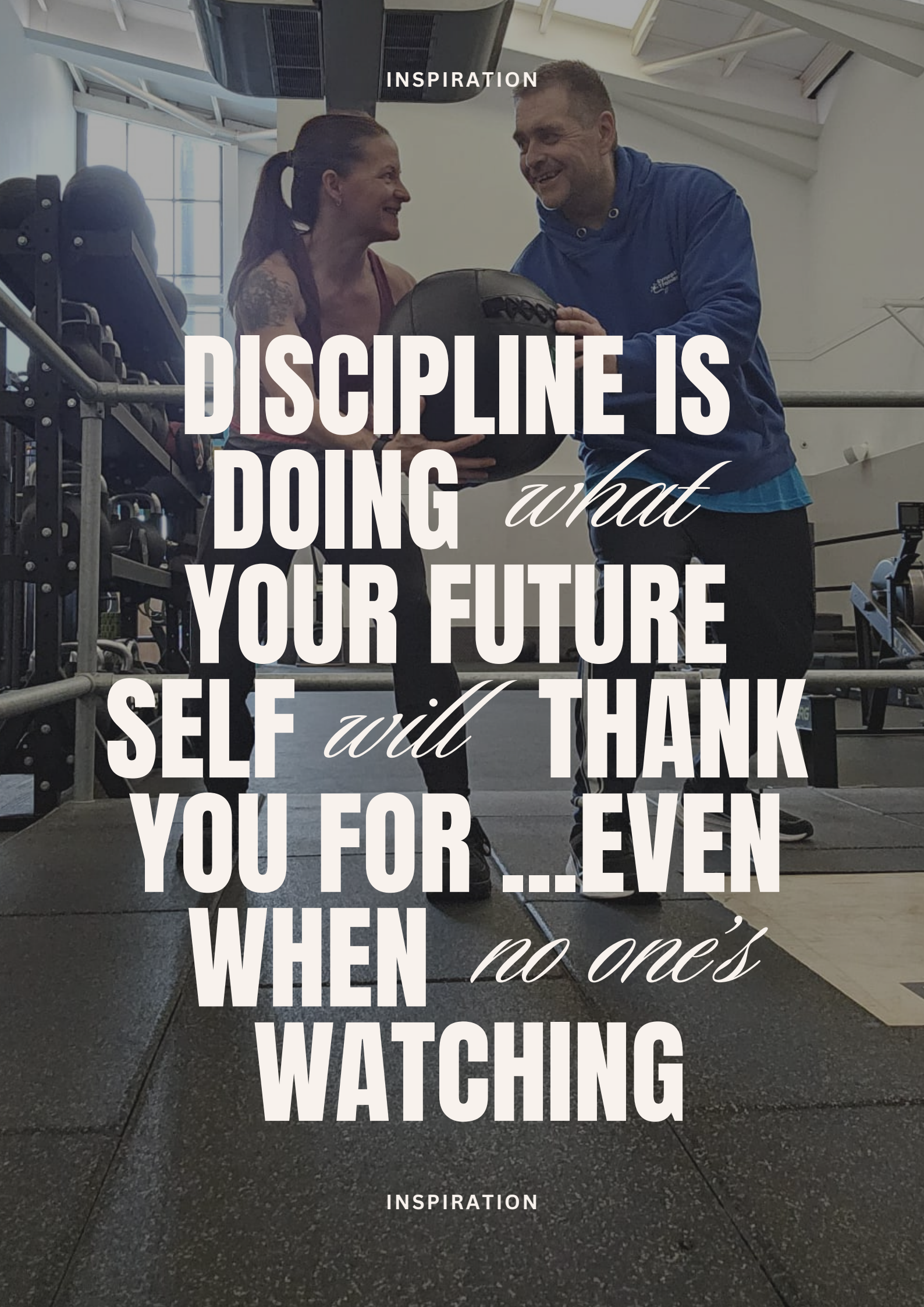
This is what we call the Carb + Fat Loop, a common trap that most people don't even know they're in.

☞ Your meals are carb-heavy, low in protein, and full of hidden fats, sugars and preservatives.

☞ Your body is constantly spiking and crashing blood sugar.

☞ Your brain is chasing dopamine, so you keep reaching for comfort food. And the worst part? Most diets only make it worse.

They tell you to eat less, cut out your favourite foods, or avoid entire food groups, leaving you more depleted, stressed, and likely to binge.

A man and a woman are in a gym, smiling and holding a large black medicine ball together. The woman is on the left, wearing a red sports top and black leggings, with a tattoo on her right arm. The man is on the right, wearing a blue hoodie and black pants. They are standing on a dark gym floor with various pieces of equipment visible in the background.

INSPIRATION

DISCIPLINE IS
DOING *what*
YOUR FUTURE
SELF *will* **THANK**
YOU FOR ...EVEN
WHEN *no one's*
WATCHING

INSPIRATION



SECRET 3 - MOVE SMARTER, NOT HARDER

More cardio ≠ more fat loss.

In fact, overdoing it on cardio can actually slow your metabolism and break down muscle, the opposite of what you want. Why?

While cardio burns calories, your body doesn't just see that as "fat loss"; it sees it as a threat to survival.

Think about it: for thousands of years, your body evolved to protect you during times of famine. So when you burn lots of calories through cardio, your body adapts by conserving energy, meaning your metabolism slows down to protect itself.

Over time, this can lead to:

- ▼ Lower energy
- ▼ Muscle loss
- ▼ Slower fat burning

You've probably tried:

- Morning fasted cardio sessions
- Signing up for HIIT classes or bootcamps, hoping to "shock" your system

And maybe, at first, the scale moved. But soon... you were more tired, more sore, more hungry, and your body stopped responding.

Then comes the question we hear all the time:

"How am I working this hard and not seeing results?"

Instead of pushing harder, the smarter strategy is to train your body to burn more at rest, which we do through strength-focused training, restorative movement and workouts that fit your lifestyle.

3-Step FAT-LOSS RESET PATHWAY & Rejuvenise 360 Holistic Healthy Living[®]

If what you've read so far resonates — you're tired of the quick fixes, ready to feel confident in your body again, and done wasting energy on strategies that don't work — then our signature program might be exactly what you've been looking for.

The Rejuvenise 360 Holistic Healthy Living[®] system is an online, one-to-one personalised coaching program designed to help action-taker men and women over 40 transform their health and lives. This comprehensive approach combines expertise in Neuro Synergy, Mental Health, Weight-Loss Social Psychology, Nutrition, Fitness, and Yoga to deliver a truly holistic experience.

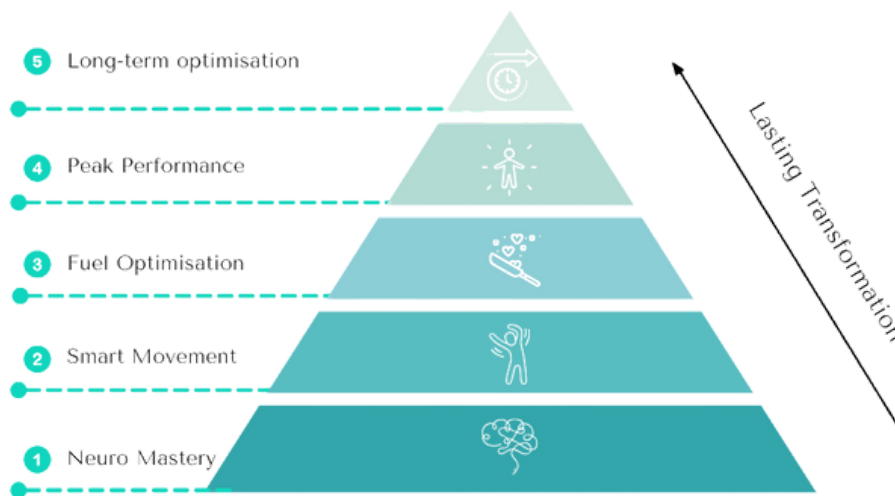
The 3-Step Fat-Loss Reset Pathway is where most of our clients begin. It's the structured, results-driven journey we use to help you reset your metabolism, burn fat, and build a body that feels like yours again.

The Fat-Loss Reset Pathway is a 12-week transformation including the following:

- ✓ **Personalised Nutrition Plans:** Tailored to your body composition and activity level, complete with sample meal plans to simplify healthy eating.
- ✓ **Fitness Programs:** Customised to your needs and goals, supporting strength, mobility, and body transformation (whether at home or in gym workouts)
- ✓ **Neuroscience-Based Techniques:** Targeted exercises to overcome body image struggles, reduce stress, and break free from eating disorders, limiting beliefs and negative triggers.
- ✓ **Unmatched Support:** Continuous guidance and motivation to keep you consistent, making progress simple and effective (numerous 1-to-1 calls per week; 24/7 chat and more)
- ✓ **Bonuses** to support your journey

3-Step FAT-LOSS RESET PATHWAY & Rejuvenise 360 Holistic Healthy Living[®]

Our system is built on the 5 core pillars of real transformation:



We understand the challenges of balancing a busy life with health goals. That's why our system is built to foster unwavering energy, confidence, and sustainable well-being by aligning your physical, mental, and emotional growth.

You deserve this. You deserve to feel strong, fit, and confident in your body because every aspect of your life improves when you thrive.

- ✓ Go from Low Energy to Sustained Even Energy Throughout the Day
- ✓ Go from Stress Eating to Eating Healthy, Balanced Meals
- ✓ Go from Trouble Sleeping at Night to Sleeping 7-8 Hours at Night
- ✓ Say goodbye to shame, guilt, and "shoulds"—they won't burn calories and only keep you stuck where you are.

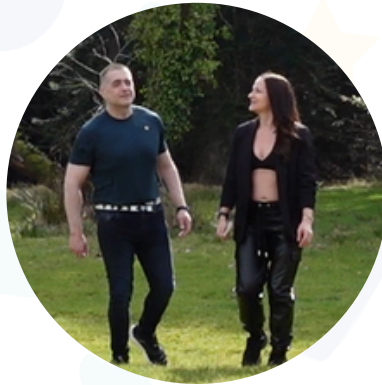
Are You Done With Crash Diets and Restrictive Eating?

Book a no-obligation FREE Strategy Call to see 3 things:

1. If you are a good fit for the Fat Loss Reset Pathway
2. If we are confident, we can help you
3. If we are a good fit for each other

Every strategy we teach is grounded in the **latest empirical research in Sports and Exercise Sciences**, so you're not just getting inspiration, you're getting what actually works.

👉 Book Your Strategy Call Now → [CLICK HERE](#)



Coach Terry and Coach Zita

Hi, I am **Coach Terry, a Weight-loss Psychology Coach** with a strong foundation in biochemistry, psychology, and neuroscience. As Chair of Neuroscience Therapy at Manipur International University (MIU), I lead programs in personalised mental health coaching. I developed the SynapGen® and Rejuvenise 360® Transformational Coaching Systems, earning an honorary Doctor of Science in NeuroPsychology for these contributions. My mission is to help others achieve sustainable weight-loss and well-being through science-based strategies.

I lost over 77 lbs over the past year and **feel better than ever**, full of energy and I am confident!

I'm **Coach Zita, a Nutritionist, Fitness Coach, and Yoga Teacher** with a passion for holistic wellness. As a Correctional Exercise Specialist and an International Coaches Register (ICR) Accredited Coach, Mentor, and Trainer, I focus on helping clients achieve balance, strength, and vitality through personalised nutrition and movement strategies.

I went **from skinny-fat to a confident, muscular woman**. now prepping for a bikini competition at almost 50.



Coach Terry and
Coach Zita

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