Just Lose 10%

Attainable & remarkable
Why Choose 10%?

• If you’re overweight or obese, losing only 5-7% of your current body weight can prevent or delay the onset of type 2 diabetes.

• Losing 10% of your body weight can decrease your heart disease risk.
The First Attainable Goal

• Successful weight loss requires a sustained effort over time.

• Losing 10% of your body weight is an attainable goal and will really make a difference in your health.
Benefits of Weight Management
What’s In It for You?

- Reduced risk of...
  - Type 2 Diabetes
  - Heart Disease
  - Stroke
  - Certain Cancers
Even More Health Benefits

• Better Sleep

• Increased Flexibility

• Improved Stamina

• Higher Energy Levels
Get to 10%

"It is health that is real wealth and not pieces of gold and silver.”

-- Mahatma Gandhi