



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