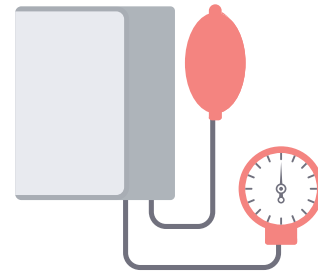


# BENEFITS OF LOSING 5-10% **OF YOUR BODY WEIGHT**



LOWERS YOUR RISK OF  
**TYPE 2 DIABETES**



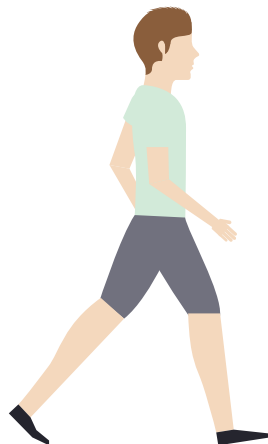
IMPROVES YOUR  
**BLOOD PRESSURE**



IMPROVES YOUR  
**HEART HEALTH**



IMPROVES YOUR  
**SLEEP HABITS**



INCREASES YOUR  
**DAILY ENERGY**

