

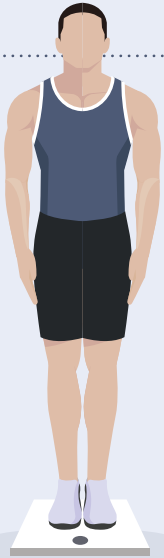
11 BENEFITS OF WEIGHT LOSS

01

IMPROVED SLEEP

02

BETTER ENERGY LEVELS



03

OVERALL FEELING OF WELL-BEING IMPROVED

04

LESS VISCERAL FAT (FAT AROUND THE ORGANS)



05

LOWER RISK OF CVD, DIABETES AND OTHER LIFESTYLE RELATED ILLNESSES

06

LESS JOINT PAIN

07

EASIER TO MOVE

08

IMPROVED CONFIDENCE

09

LOWER FEELINGS OF SELF CONSCIOUSNESS

10

LESS STRESS ON JOINTS, ORGANS AND THE BODY GENERALLY

11

EASIER TO BUY CLOTHES THAT LOOK AND FEEL GOOD

