

WHY DROP 10-15 POUNDS

1. YOU'LL MOVE BETTER



2. YOU'LL FEEL MORE CONFIDENT ABOUT YOURSELF



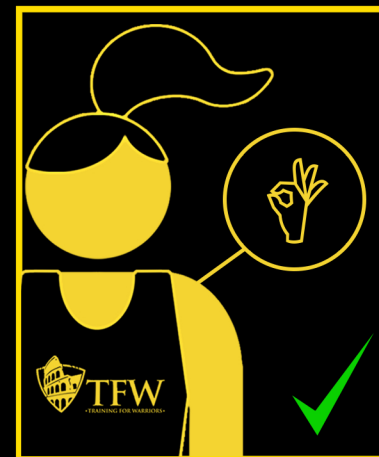
3. YOU'LL HAVE MORE ENERGY TO DO THINGS YOU LOVE



4. IT'S BETTER FOR YOUR JOINTS AND BONES



5. YOU'LL HAVE A BETTER SKIN



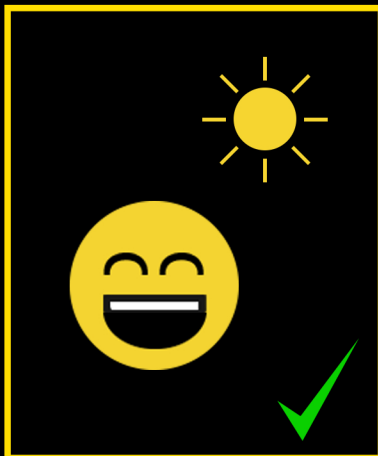
6. YOU'LL SLEEP BETTER



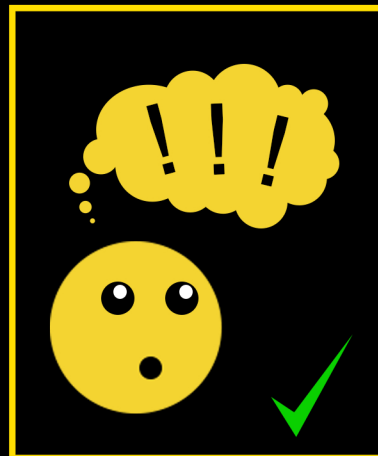
7. LOWER THE RISK OF GETTING SICK



8. IT REDUCES STRESS AND ANXIETY



9. IT IMPROVES CREATIVITY AND PRODUCTIVITY



10. YOU MIGHT LIVE LONGER

