

# JUST LOSE 10%



It's attainable and remarkable!

## Benefits of Successful Weight Management

So, what's in it for you?

Why bother with managing your weight? Well, if you do, you may get these benefits...

### Reduced Risk of...

- Type 2 Diabetes
- Heart Disease
- Stroke
- Certain Cancers

### Improved...

- Sleep
- Stamina
- Flexibility
- Energy Levels

When you adopt a healthful lifestyle, you will reap great rewards!

## Manage Your Weight Well

Why lose 10% of your body weight if you're overweight or obese? The answer is twofold. One, 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. And two, according to the National Heart, Lung, and Blood Institute, **losing 10% of your body weight over the course of 6 months can decrease your heart disease risk.** Both of these are key for a long and healthy life.

- **Balancing diet and exercise** is vital to good health and successful weight management.
- There is only so much time -- and fitness -- to sustain exercise in a day, so achieving calorie balance is key.
- The National Heart, Lung, and Blood Institute asserts, "A healthy eating plan gives your body the **nutrients it needs** every day and helps you to **stay within your daily calorie level.**"

