

THE BENEFITS OF LOSING 5% BODY WEIGHT

**IMPROVES
SLEEP
QUALITY**



**DECREASES THE
CHANCE OF SUDDEN
DEATH THROUGH
HEART DISEASE
OR STROKE**

**YOU WON'T BE ABLE
TO WIPE THE SMILE
OFF YOUR FACE**



**REDUCES YOUR RISK
OF DEVELOPING
CERTAIN CANCERS**



**CAN HELP
LOWER YOUR
CHOLESTEROL**

**REDUCES
YOUR RISK OF
DEVELOPING
TYPE 2
DIABETES**



**CAN BRING YOUR
BLOOD PRESSURE
DOWN 5 POINTS**

**MORE
ENERGY**



**REDUCES
PRESSURE ON
YOUR JOINTS**



MY MOTIVATION TO LOSE WEIGHT IS

ONE YOU
LINCOLNSHIRE