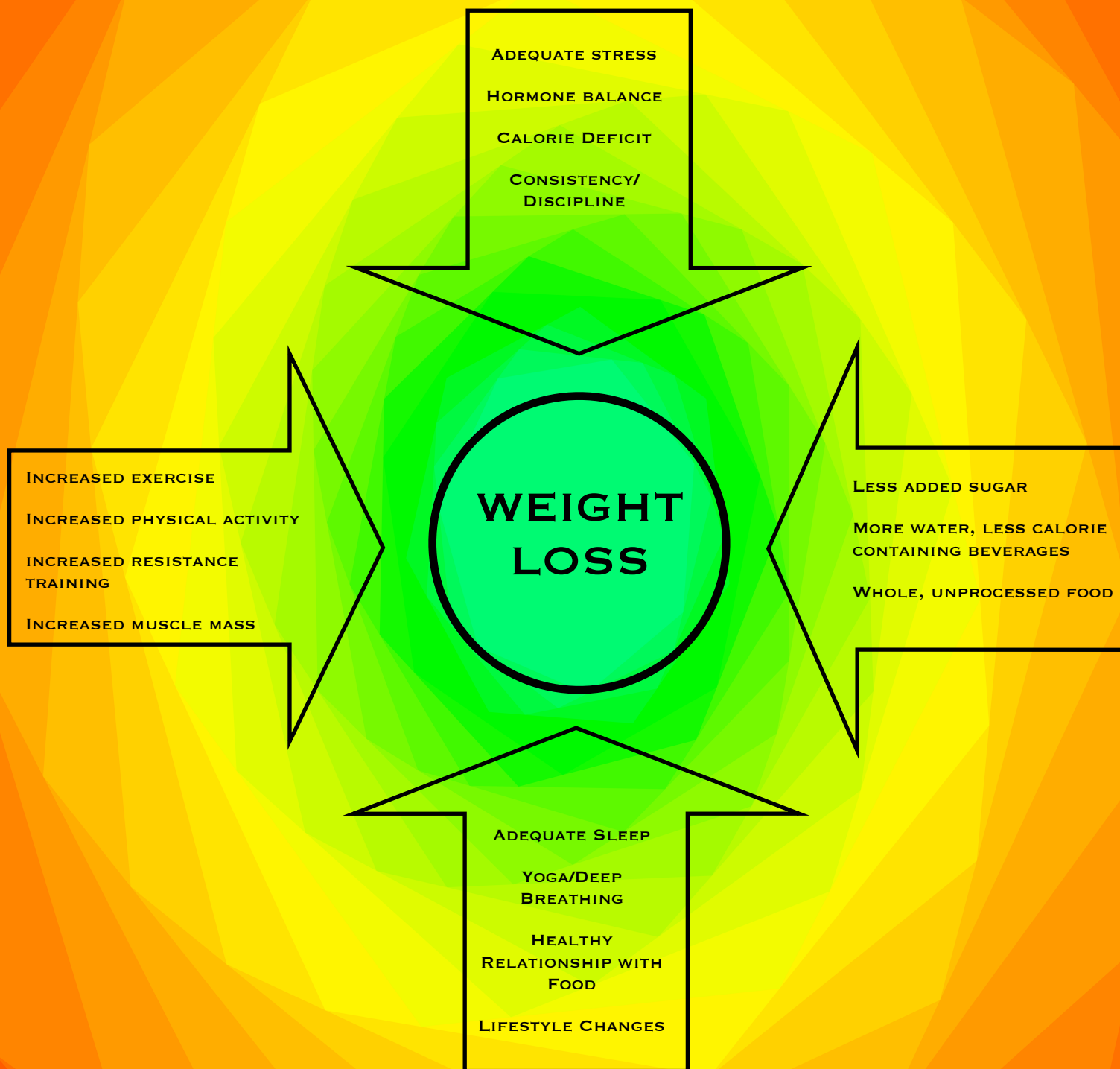


THE TRUTH IS THAT MANY FACTORS PROMOTE AND AFFECT YOUR WEIGHT LOSS. THIS GRAPHIC SHOWS THAT IT IS NOT JUST *ONE* ASPECT CONTRIBUTING TO YOUR WEIGHT LOSS. YOU ALSO HAVE CONTROL OVER MANY OF THE AREAS THAT INFLUENCE YOUR WEIGHT LOSS. THE GOOD NEWS IS THAT YOU CAN START YOUR WEIGHT LOSS JOURNEY WHEREVER YOU WANT!

ISN'T THAT INSPIRING?



IF YOU CHOOSE ONE AREA TO IMPROVE, YOU WILL SEE SOME WEIGHT LOSS, BUT IF YOU CHOOSE MULTIPLE AREAS YOUR WEIGHT LOSS WILL BE GREATER.