

Even

# MODEST WEIGHT LOSS

Can Have an Enormous Impact on Your Health

According to the United States Centers for Disease Control (CDC) and the Canadian Heart and Stroke Foundation (CHSF), modest weight loss can result in dramatic health improvements like:

## CDC

- improved blood pressure;
- improved blood sugars; and
- improved cholesterol levels

## CHSF

- more energy;
- better sleep;
- reduced risk for heart disease;
- decreased risk of stroke;
- lowering blood pressure and cholesterol

