

# HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

## Benefits to Weight Loss

Change takes effort and can be downright hard. When you're getting frustrated finding a protein drink to enjoy, sacrificing TV time to hit the gym, saying "no" to birthday treats or packing up your meals and snacks for the next day, remember the reasons for your efforts. Focus on these and the little sacrifices that you make each day will seem insignificant in comparison. Keep in mind; these are only the medical benefits...how about the psychological and social benefits?

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Increased energy level

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Lower cholesterol levels

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Reduced blood pressure

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Reduced aches and pains

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Improved mobility

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Improved breathing

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Better sleep

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Decreased risk for heart disease

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Improved / resolved blood sugar levels

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Decreased risk of stroke

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Decreased medications

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Reduced risk for some forms of cancer

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Improvements to sleep apnea

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Reduced Osteoarthritis

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Reduced risk of gout

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Longer life

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Decreased healing time and risks with surgery

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Less GERD (gastro-esophageal reflux disease)

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Improved fertility

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Decreased joint pain

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Improved quality of life

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