

Reasons to Lose weight

Reasons to Lose Weight That Go Beyond the Scale

To Boost Energy Shedding extra weight and breaking a sweat both decrease fatigue.		To Get Clearer Skin
To Boost Immunity Extra body fat stresses the immune system. Good diet & exercise help it!	To Breathe Easier More oxygen efficiency means less huffing & puffing!	To Feel Happier Obesity increases the risk of depression, and regular exercise reduces it!
To Protect Your Heart Losing weight helps reduce the risk of cardiovascular disease, hypertension, and metabolic syndrome.		To Save Money Eating healthy, exercising, and losing weight saves money in the long-run.
	To Improve Your Sex Life Losing weight has been shown to improve both sex drive and sexual satisfaction.	
	To Sharpen Your Mind Exercise boosts cognition & obesity is associated with higher rates of dementia.	
		



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