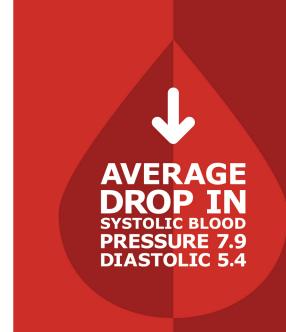


## TRANSFORM YOUR HABITS YOUR HEALTH YOUR LIFE





**AVERAGE STARTING BMI** 

39.2

**AVERAGE BMI WEEK 30** 

32.8

AVERAGE WEIGHT KEPT OFF AFTER 82 WEEKS

32<sup>8</sup>



