

# Some People Show Dramatic Health Improvements With as Little as a **2% WEIGHT LOSS**

~ David Katz, MD, MPH, director of Yale University's Prevention Research Center and of the Yale Preventive Medicine Center

What can modest weight loss do for your short and long term health...

- lower blood pressure;
- reduce LDL ["bad"] cholesterol;
- improve glucose tolerance; and
- lower the risk for cardiovascular disease

