

We proved it!

Lifestyle and exercise program is *more effective* than medication for weight loss.

Medication

MEDICATIONS HELP WEIGHT LOSS BUT HAVE SIDE EFFECTS



=



7.5%

AVERAGE DECREASE IN BODY WEIGHT

Obesity ...

is a well-recognized risk factor for many chronic diseases.

SIDE EFFECTS associated with weight loss medications:

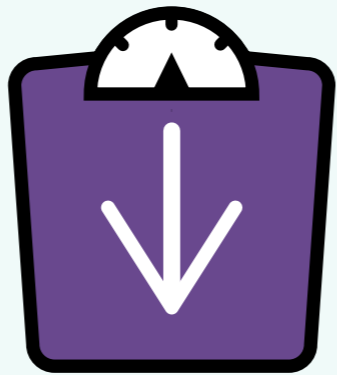
- ✗ Nausea, vomiting, diarrhea
- ✗ abdominal pain, indigestion
- ✗ constipation
- ✗ heartburn
- ✗ bloating, flatulence
- ✗ costs \$150 to \$300 per month

LIVE WELL

LIVE WELL'S* CLINICALLY-SUPERVISED LIFESTYLE AND EXERCISE PROGRAM



=



10.2%

OR **26 LBS** AVERAGE DECREASE IN BODY WEIGHT

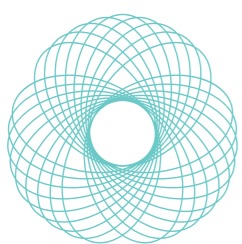
85% of our members say their energy and mood improved after 6 months in our program.

In addition to weight reduction, our members report these **BENEFITS:**

- ✓ Stress reduction
- ✓ Reduced use of anti-depressants
- ✓ Improved mobility and strength
- ✓ Improvement in energy and quality of life
- ✓ Improved sleep
- ✓ Reduced incidence of Type-2 diabetes
- ✓ Reduced medications
- ✓ No side effects

"I used to wake up every day and think 'Is this the day I am going to have a heart attack?' LIVE WELL has changed my life. I feel like I am living again."

Dal, LIVE WELL member since 2014



LIVE WELL
EXERCISE CLINIC



5-10% weight loss:

27% reduced risk of stroke

50% reduced risk of diabetes and heart disease

Book a **FREE** program consultation, or find out more about clinically-supervised lifestyle and exercise programs at www.livewellclinic.ca/outcomes