SHAPING P

It's not all about weight loss.

Here are some other benefits of exercise:



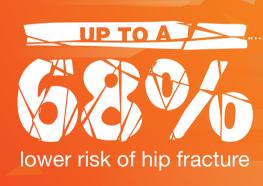


up to a 50 % lower risk of type 2 diabetes



35%

lower risk of coronary heart disease and stroke



Up to a

Solution in the second secon



up to an 83% lower risk of osteoarthritis

