

## **Let's Slim will restore your confidence in yourself**

Studies have shown that as little as a 5% excess above your ideal weight is associated with a diminished life expectancy. Therefore, a 50-year-old woman who is 22 kilograms overweight has half the remaining life expectancy of a normal-weight woman of the same age.

Excess weight can also aggravate existing health problems. But, on the positive side, losing weight increases the number of years you're likely to live and live healthfully.

Overweight people are often subject to ridicule and, because of the way society regards them, they tend to have a poor self-image, thinking of themselves as weak-willed, ugly, and shameful. They are also commonly victims of job discrimination.

Some obese persons are caught in a devastatingly vicious cycle: miserably unhappy, they turn to food for solace, which in turn makes them fatter and unhappier (contrary to the myth that fat people are happy people).

Something which obese and morbidly obese people find as one of their biggest frustrations is that they feel that they are too large to attend a gym or undertake public exercise; for fear that they will be mocked and laughed at. This sad fact often stops them from participating in any form of exercise, thus increasing the chance that their weight problem will either not go away, or will take place at much slower rate than if they were to do some form of exercise.

Research also indicates that a combination of exercise and reduced calorie intake is more successful at reducing your body mass than just one of the elements on their own.

Let's Slim in Umtentweni offers obese and morbidly obese people the opportunity to lose weight in a structured and non-judgmental environment. All consultations are undertaken in complete privacy and slimming treatments are conducted on hi-tech slimming machines in private, single-patient rooms. A structured eating plan, complemented by natural supplements, will soon have you on your way to a slimmer and healthier body.