



TRAINING FOR SUCCESS

Tel: 07801 287 213

 CORPORATE  CORPORATE HEALTH ASSESSMENT  INDIVIDUAL PERFORMANCE  SPORT - PSYCHOLOGICAL EDGE

[Click here](#) For **FREE** TOP 10 TIPS FOR WEIGHT LOSS

PORTION DISTORTION

Have **YOU** noticed the increased size of a portion serving ?

Reduce your portion size & reduce your weight!

What you are served:

5oz Choc Chip cookie

700 calories = 20 grams of fat.

What's one serving ?

1 oz chocolate chip cookie

140 calories = 4 grams of fat.

The benefits to **You** by reducing the amount of saturated fat you are consuming are endless: Improved digestion, more energy and weight loss.

DID YOU KNOW?

If *You* consumed an extra 100 calories a day for 1 year without using them up it can lead to a weight gain of an extra 10 pounds.

Every Gram of Fat = 9 calories

Fact.

Too much saturated fat leads to blocked arteries, which restricts the flow of blood the heart and brain and can leads to chronic health complications.

Tel: 07801 287 213 and ask for JANE

**JUNE 2010
FOR SALE**

**1 x Spin Bike
£250.00
Collection only**

**Contact Virtual
Health**

07801 287 213