

REALIZING the REWARDS of WEIGHT LOSS

It doesn't matter if you have a little weight to lose or a lot of weight to lose. Everyone can see benefits of weight loss, even if it's just five to ten pounds.

Check out these four benefits to shedding some extra pounds:



Sleep better.



More energy.



Increase quality of life.

Reduced risk for:

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Heart attacks.



Dementia.



Sleep apnea.



Cancer.



Diabetes.



Do you think you might be a candidate for weight loss surgery?

Check out a sample of conditions that can be improved by surgery. Learn more at HonorHealth.com/bariatrics.

