



## Lose Weight, Gain Tons of Benefits

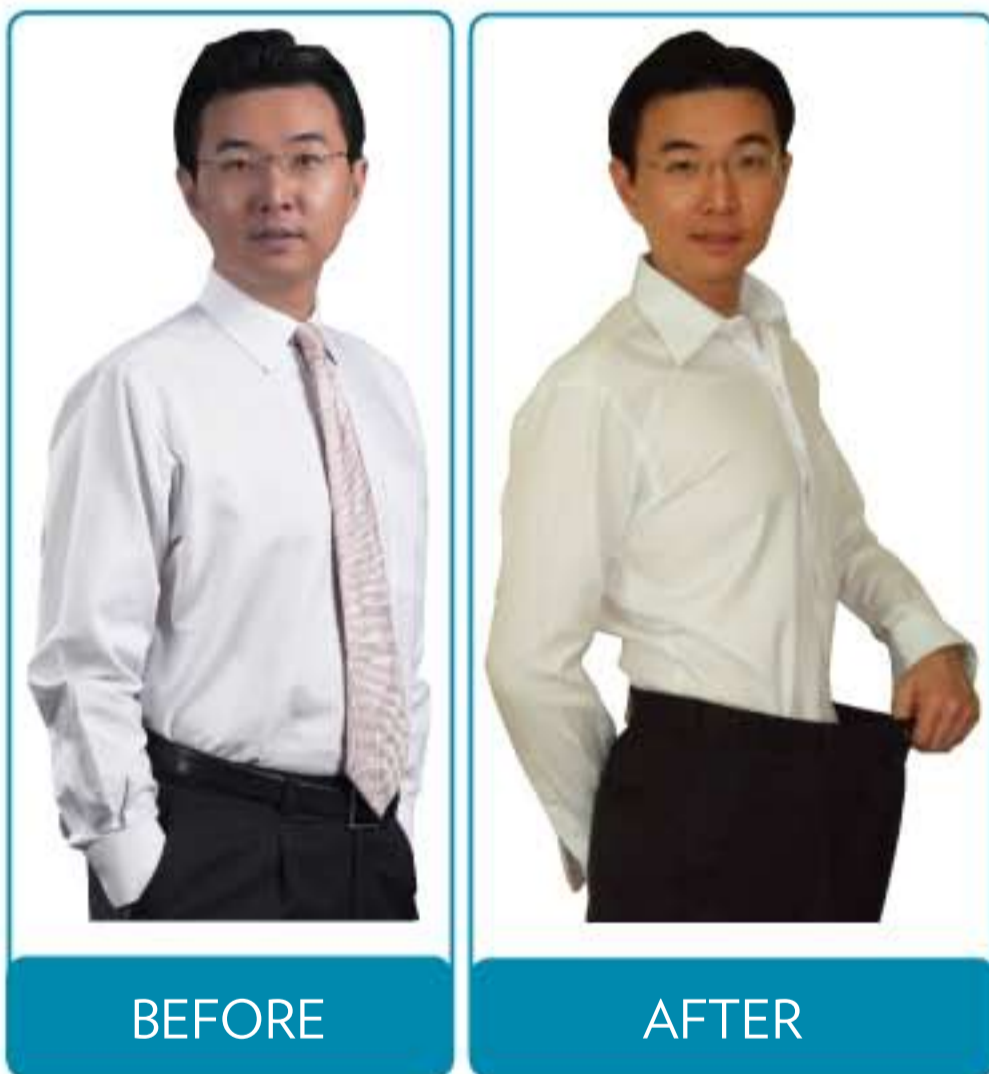
Taking off just 10% of your body weight can have a big impact on your health.

A little goes a long way when it comes to weight loss. Research has shown that losing 10% of your body weight - or less - can have big payoffs for your health.

Such a small loss may not seem like much if you're trying to look svelte in your jeans. But in terms of your health, it can be a big victory.

According to David Katz, MD, MPH, director of Yale University's Prevention Research Center and of the Yale Preventive Medicine Center, 90% of all diabetes, 80% of heart disease, and 60% of cancers are preventable with healthier lifestyles and normal body weights.

Lowering body weight can reverse or prevent diabetes; lower blood pressure, cholesterol, and triglyceride levels; and improve sleep apnea and other sleep problems - along with helping you feel better about yourself.



I am an obese person for the past 12 years! This is because I had bad slipped disc problem that discourages me from any form of exercise. I even had difficulty in sleeping, climbing stairs and walking. My knees and back hurt badly all the time.

Being an obese person, it is difficult to tell people that I'm involved in health business. Thanks to TRA! Today, I enjoy an active life with my children. Even my friends and relatives who are physically active started using TRA when they saw my flat tummy. My transformation is a good testimonial to encourage others to start TRA weight management program!

With TRA, I can now walk faster, look better and live healthier!

Mr. Oliver Lim, 40 years old, Business Owner, Singapore

	Before	After	Total Difference
Weight	85.5 kg	78.0kg	7.5kg
Fat	26.6%	24.1%	2.5%
SCS	16,000	40,000	24,000

Disclaimer : "The sharing is based on the personal experience of the interviewees. It does not represent the opinion of the Company. Product effectiveness may vary between individuals, and is dependent on the factors such as age, race, family, environment and skin conditions."