



*Health*

*is*

*Golden*

*Presented by Ben Canning*



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# The Amount of Fat Consumed in One Year from Eating



**Two Extra Value Meals a Week**

## For \$10 a Week You Can Have All of the Following

	Decreased Risk	Increased Risk
Heart Disease		<b>X</b>
Stroke		<b>X</b>
Complications of Pregnancy		<b>X</b>
Type II Diabetes		<b>X</b>
Hirsutism (presence of excess body and facial hair)		<b>X</b>
Breast Cancer		<b>X</b>
Colon Cancer		<b>X</b>
Endometrial Cancer		<b>X</b>
Gallbladder Cancer		<b>X</b>
Kidney Cancer		<b>X</b>
High Blood Pressure		<b>X</b>
High Blood Cholesterol		<b>X</b>
Surgery		<b>X</b>
Arthritis		<b>X</b>
Sleep Apnea		<b>X</b>
Asthma & Breathing Problems		<b>X</b>
Menstrual Irregularities		<b>X</b>
Gallbladder disease		<b>X</b>
Psychological Difficulties (due to social stigmatization)		<b>X</b>
Psychological disorders (i.e. Depression)		<b>X</b>
Urine Leakage (caused by weak pelvic-floor muscles)		<b>X</b>
<b>Premature Death</b>		<b>X</b>



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***Give your Couch a Break!***

*Health for the Body*

*is*

*Money in the Bank!*

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