

BENEFITS OF A HEALTHY DIET

NO.	DESCRIPTION
1	Increases your energy levels and performance ability.
2	Decreases your risk of becoming overweight.
3	Decreases constant lack of get up and go
4	Decreases bouts of Indigestion or Constipation.
5	Decreases risk of developing Heart Disease or High Blood Pressure.
6	Decreases risk of developing certain Cancers.
7	Decreases risk of developing Diabetes later in life.
8	Decreases risk of developing Gallstones.
9	Decreases risk of developing bouts of Heartburn.
10	Increases your level of Self Confidence through more positive thoughts about looking after your body.