

VIEWPOINT

By Joe



The background features a solid black field. At the top, there is a decorative, wavy, translucent shape with a color gradient ranging from yellow and orange on the left to green and blue on the right.

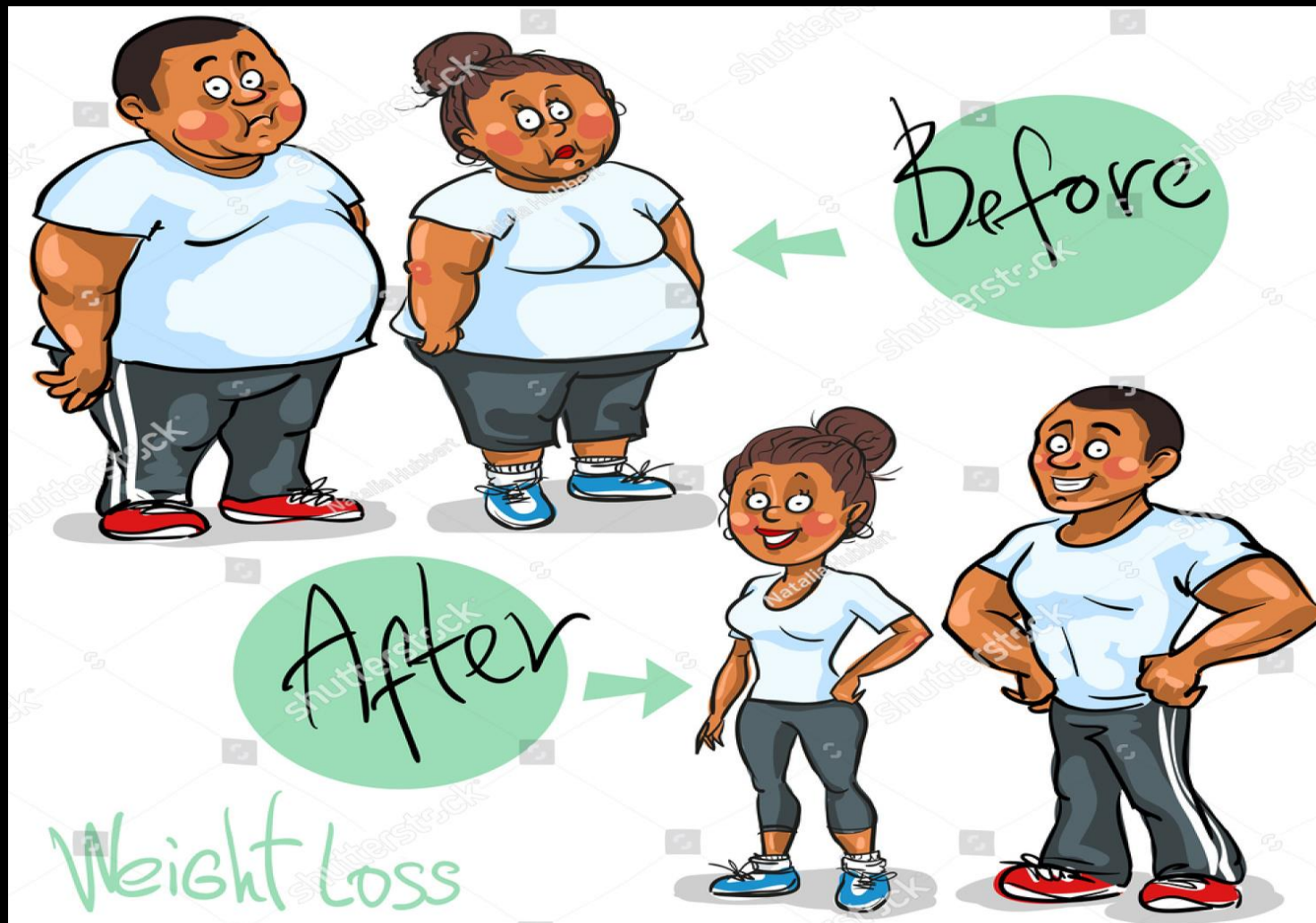
Human Fat

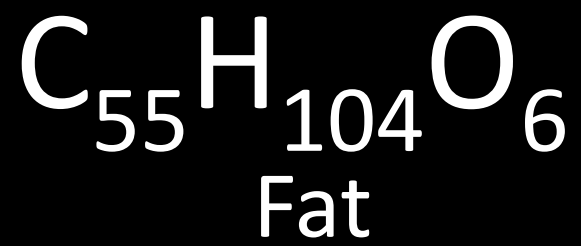


QUESTION?

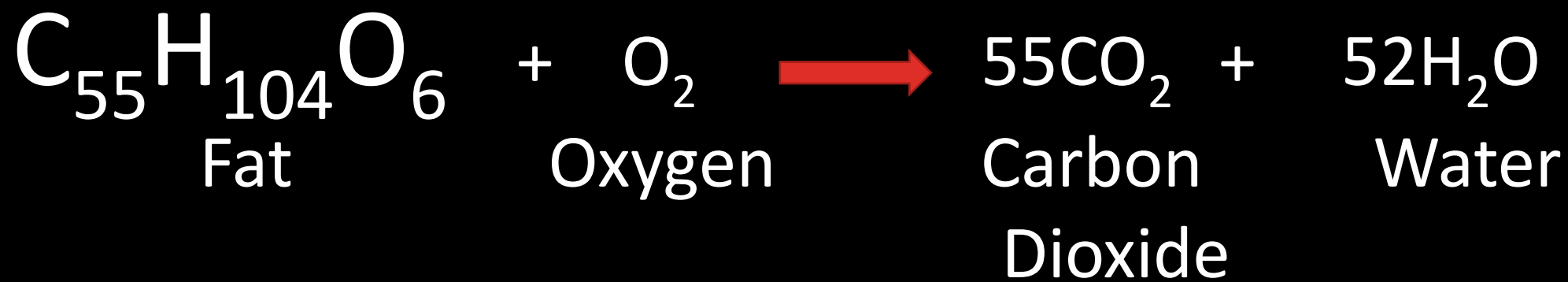
WHEN YOU LOSE FAT

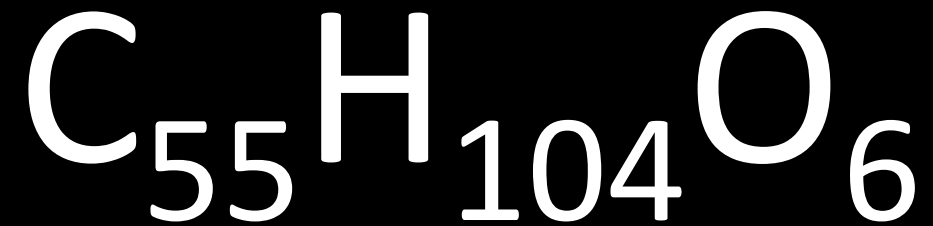
WHERE DOES IT GO?











WHERE DOES THE FAT GO?

84% OF FAT IS EXHALED AS CO_2

16% OF FAT IS EXCRETED AS H_2O

THE SCIENCE OF WEIGHT LOSS

- Lose the Water (H_2O) – Drink lots
 - tricking the body to excrete not store
- Breathe in O_2 and breathe out CO_2
 - VERY RAPIDLY = EXERCISE
- Eat LESS