



WEAPONS of **FAT** destruction

regular exercise
a balanced diet
be active
reduce booze intake

if you are overweight,
losing 10% of your weight can improve your health

A close-up photograph of a man's face, focusing on his eye and cheek. He has a tattoo on his cheek that depicts a beer bottle with a ribbon around it that says "I ♥ BEER". The background is a plain, light-colored wall.

getting
WASTED?

alcohol contains CALORIES

A close-up photograph of a person's feet standing on a grey metal scale. The person has a tattoo on their right ankle, which features a pair of wings and a shield-like shape. The text is overlaid on the image.

hard to
CAMOUFLAGE

being OVERWEIGHT
reduces your fitness level
and increases your chance of injury

A close-up photograph of a person's hairy back. A tattoo of a butterfly is visible on the lower back. The butterfly is rendered in shades of green, yellow, and purple. The text 'HAZARDOUS waist' is overlaid on the image.

HAZARDOUS **waist**

don't end up with a MAJOR waist problem



what's your
NUMBER?

find out your Body Mass Index



get
PHYSICAL!

**being overweight
puts extra STRAIN on your
knees, ankles and back**