

**“But, I love junk food, I can’t give it up...”**

Think again.

Choose junk food and you’ll feel heavy, tired, lazy and sluggish.



Make a change.

Eat healthy and you’ll feel lighter, energized, with clearer skin and a healthy body weight.



**WHY  
ACT  
NOW**

**Eat junk  
& you’ll  
feel like  
junk.**



Don’t let junk food and poor choices do this to you.



Healthy choices and physical activity will keep things in check.

**Eat healthy to be healthy, inside and out.**



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