

UNHEALTHY BODY FAT

V E R S U S

HEALTHY FAT & MUSCLE

Eat
Whatever,
Whenever

Unhappy
with how
clothes fit

"Genetics
or My
Lifestlye is
Holding Me
Back"

Low Energy.
Thick in the
Wrong Places
(Stomach,
Arms, etc)

Eat to Fuel
your Body
&
Maximize
Bodily
Functions

Love
showing off
body &
outfits

I have control
over my body.
My bad habits
do not control
me"

Stronger
everyday
functions
(Running around
with kids,
Picking up Heavy
Groceries).