



Tightening The Belt On Fat

Obesity is the **second-leading cause of preventable deaths in the U.S.** Regular exercise and a healthy diet are crucial when it comes to controlling your weight. A recent joint study by Imperial College of London and Harvard University concluded that though high blood pressure and cholesterol rates have fallen considerably worldwide, the obesity rate has doubled since 1980, and if not controlled in time, it could lead to a "global tsunami of cardiovascular disease." Using Aviara's Base System on a regular basis is a great way to help you maintain a healthy weight.

Weight Loss