



Advisor's Preface

There is no doubt that we are in the midst of an obesity epidemic. The statistics are staggering and the health consequences far-reaching. As a pharmacist I have seen first hand the effects of obesity - diabetes, heart disease, arthritis and cancer, to name a few. With these diseases comes the need for prescription medication, surgeries and many other heroics, that otherwise would be unnecessary. Despite this knowledge North Americans are getting fatter and fatter with each passing year.

The time is now to make a positive change. How do we put ourselves and our friends and family on a better path? The answer is through understanding how and why we gain fat and learning how to develop a successful fat loss program. Discard what you have heard about all the fad diets and quick weight loss schemes. They don't work in the long run, and many are hazardous to your health. Proper education based on true science is the only way to succeed. That is why the content of Module Seven is so important to achieving your ideal body weight and improving your overall health.

Module Seven

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As Cory accurately points out – obesity is primarily a result of poor diet and sedentary lifestyle. While this may sound obvious, our understanding of good nutrition and proper exercise has been lost over the years with the onslaught of clever mis-marketing by food and restaurant industries, the media and others with hidden agendas. In this module you will learn how to make positive dietary choices that lead to fat loss and how to overcome the psychological aspects of poor nutrition and overeating. As a world-class athlete and fitness expert Cory shares with us his knowledge of exercise and the role it plays in developing a lean body. He teaches us about proper supplementation for fat loss – dispelling the myths and providing scientific bases for his recommendations.

Module Seven is packed with valuable information on the causes of obesity and the solutions. Let Cory educate, motivate and inspire you to shed excess body fat once and for all and improve the quality of your life. With a good balance of wit and humor you will learn about the science of fat loss on how to achieve and maintain your ideal body weight.