

VITALS

89% reduced Weight

89% reduced BMI

78% reduced Body Fat

78% reduced Waist Circumference

67% reduced Pulse

67% reduced Blood Pressure

LABS

89% reduced Total Cholesterol

78% reduced Triglycerides

78% reduced VLDL

67% reduced Glucose

67% reduced A1C

67% reduced LDL

22% improved HDL

- Improve quality of life**
- Reduce health risks**



**FUEL YOUR BODY
TRAIN FOR LIFE**

TEAM F.I.T.®

Lifestyle Overhaul

Clinical Trial Results

The 6 week program in partnership with the YMCA of Sumter and Sumter Family Health Center conducted a study on the above biometrics with 9 participants completing all measures in the program. The labs and vitals taken at weeks 1 & 6 showed improvements in just 6 weeks!!! In addition, participants reported immediate feedback of feeling better, having more energy, being more productive, experiencing less bloating, looking better, and an overall improved sense of self!!