

# Kent Brown Fitness Newsletter

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## News from the Journal of the American Medical Association

Trends in Obesity among Adults in the United States, 2005 to 2014

Conclusions and Relevance:

In this nationally representative survey of adults in the United States, the age-adjusted prevalence of obesity in 2013-2014 was 35% among men and 40% among women.

## Obesity

Diet and exercise are the key factors in obtaining long term weight goals. Fortunately I have a stockpile of herbal products to assist your efforts:



**Meadow Greens**

**Organic Vegetable Protein Powder**



**Internal Cleansing Powder**

- Intestines
- Colon
- Liver
- Kidneys
- Lungs
- Prostate
- Uterus

**Weight Loss Powder**



*Mr. Fitness*