

# 3 Steps Weight Management Program with Obesigo!



## Understanding Obesity!

Obesity is a condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and/or increased health problems.

**obesigo**<sup>TM</sup>  
WEIGHT MANAGEMENT PLAN

# Quick & Easy to Prepare Meal Replacer for Effective Weight loss.



*Stay updated with Healthy Weight Management Blogs, click on the above link to Read more.*

## **Step 1:**

**Replace your Major Meals eg, Breakfast, Lunch & Dinner with Obesigo, minimum once in a Day.**

## **Step 2:**

**Include 45 mins of Physical Activity.**

## **Step 3:**

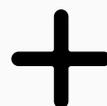
**Lifestyle Modification.**



**Obesigo**



**Exercise**



**Lifestyle Modification**

