



**BODYSYSTEMS**  
HEALING & PERFORMANCE



## Body Systems “Nutrition for Fat Loss “ Seminar

### Why doesn't diet and exercise always produce the weight loss results we expect?

Learn about the things that affect our response to weight loss: nutrition, sleep, hormonal status, gut function, and stress.

**Sunday, April 10<sup>th</sup> from 1 to 2pm**  
**at Body Systems / Personal Power Training**  
**7645 E. Evans Road, Suite 4, Scottsdale, AZ**

#### Learn:

- Why stress makes us fat
- What your body fat says about you
- Nutritional Guidelines for leaning out
- Lifestyle modifications that lead to weight loss success
- Nutritional supplements for your unique needs

Ben Brown, owner of Body Systems, will take a no-holds-barred look at why we get fat and what we can do about it, without subscribing to radical diets or surgery. Attendees will learn how to identify their health priorities, implement effective protocols, and lose weight.

The event is **FREE**, but registration is required.  
Contact Ben **520-661-8273** or [ben@bodysystemsaz.com](mailto:ben@bodysystemsaz.com) to sign-up.