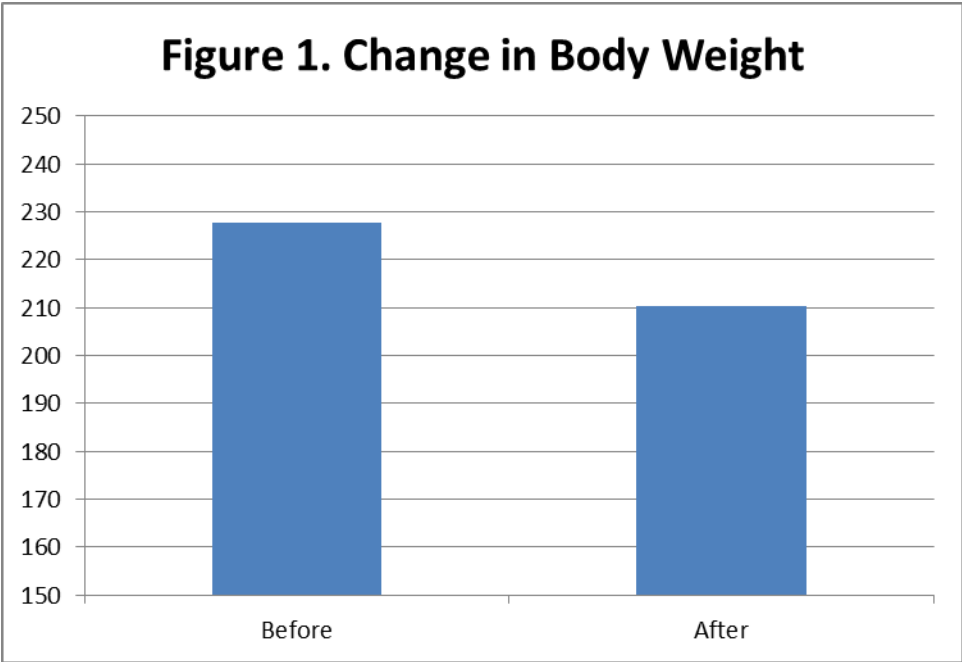


QUICK SUMMARY: ACTUAL RESULTS!

From a company that recently completed the seminar portion of our program.

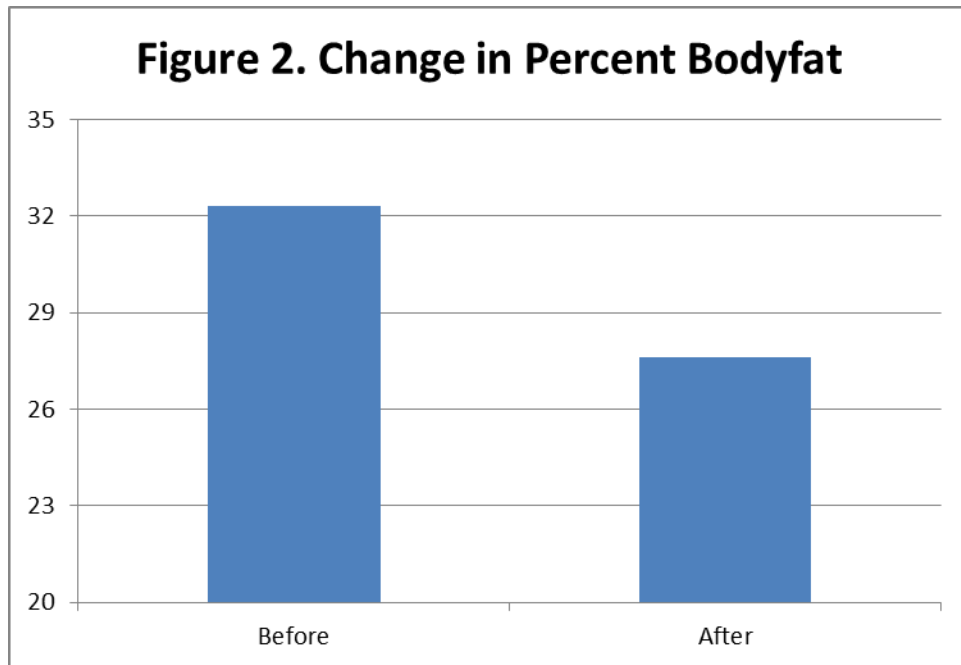
AVERAGE WEIGHT LOSS

Figure 1 shows the average change in weight over the first 5 months of the program. On average, each person lost 17 pounds (227 pounds at the start, down to 210 pounds at post-testing). This is approximately 8% of body weight.



AVERAGE CHANGE IN PERCENT BODY FAT

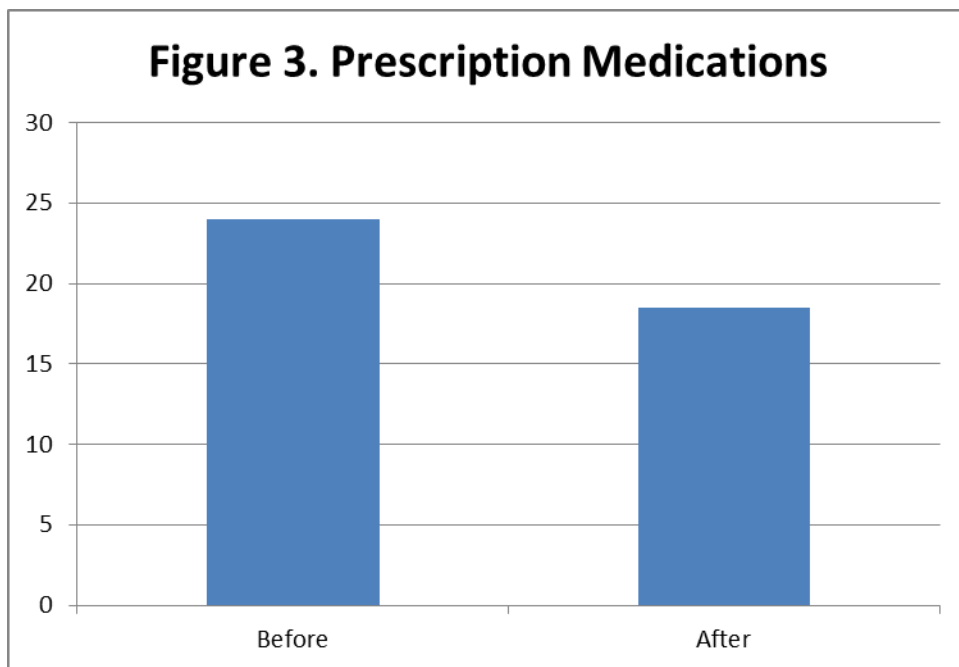
Figure 2 shows change in percent body fat. At the beginning of the program, the average percent body fat was 32.33%. At post-testing, the average percent body fat was 27.62%. **This is equivalent to a nearly 15% reduction in percent body fat.**



CHANGE IN PRESCRIPTION MEDICATIONS

In addition to changes in body weight and percent body fat, there were significant reductions in targeted prescription medications. Targeted prescription medications are those for diabetes, high blood pressure and cholesterol. Compared to the start of the program, **there was a 23% reduction in targeted prescription medications**. See Figure 3.

This reduction includes complete elimination or change in dosage strength. Additionally, this number will likely improve over time. Several of the participants remarked their physicians would consider changing their dose or eliminating the medication if their numbers remained consistent at the next visit.



CONTACTS

If you would like more information on these results or how our program can be implemented in your company, please contact Dr. Brian Sekula.

Dr. Brian Sekula

The Health Performance Institute

PO Box 17514

Sugar Land, TX 77496

713-494-6871

bsekula@briansekula.com