

Weight Loss Research: Help Others :)



Dr. Michael G Giambertone
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Exciting new preliminary research in weight loss!

Recent study has shown that those who lose weight and help others do the same keep their weight off 4x more than those that don't pay it forward! This just goes to show that helping others is not only good for them but good for you!

We have known for years that people who volunteer, work in a fulfilling career and/or those with a positive outlook have better health. This is just another confirmation of an easy way to change your life!

Dr. Michael G Giambertone

www.drgiambertone.com

**Regional Director/ Take Shape For Life
Certified Chiropractic Sports Practitioner**

80 Merrick Rd, Amityville, NY 11701
631-240-9296