

## How to Reduce Your BMI

### **Dieting Solutions**

Description of solutions:

1. Referral #1.
2. Referral #2.
3. Referral #3.
4. Referral #4.

### **Exercise Solutions**

Description of solutions:

1. Referral #1.
2. Referral #2.
3. Referral #3.
4. Referral #4.

### **Creative Solutions**

Description of solutions:

1. Referral #1.
2. Referral #2.
3. Referral #3.
4. Referral #4.

### **Non-surgical Medical Solutions**

Description of solutions:

1. Referral #1.
2. Referral #2.
3. Referral #3.
4. Referral #4.

### **Surgical Medical Solutions**

Description of solutions:

1. Referral #1.
2. Referral #2.
3. Referral #3.
4. Referral #4.