

# WHY LOW-GLYCEMIC IMPACT?

LEADING A LOW-GLYCEMIC IMPACT (GI) LIFESTYLE DOESN'T HAVE TO BE COMPLICATED. HERE'S A QUICK INTRO ON HOW THE GI OF FOODS AFFECTS YOUR METABOLISM AND HELPS YOU BURN FAT.

BLOOD SUGAR LEVELS

1

2

3

4



## HIGH-GI FOODS

SPIKE YOUR BLOOD SUGAR, CAUSING YOU TO LEAVE FAT BURNING ZONE...



...AND LEAD TO A **CRASH** SAPPING YOUR ENERGY.

7

6

5

THIS IS YOUR **FAT-BURNING ZONE**, IDEAL FOR WEIGHT LOSS.

EATING **LOW- AND MEDIUM-**GI FOODS KEEPS YOU HERE.



A BALANCED DIET OF **LOW-** AND **MEDIUM-**GI FOODS GET YOU BACK ON TRACK TO **FIND YOUR FIT**