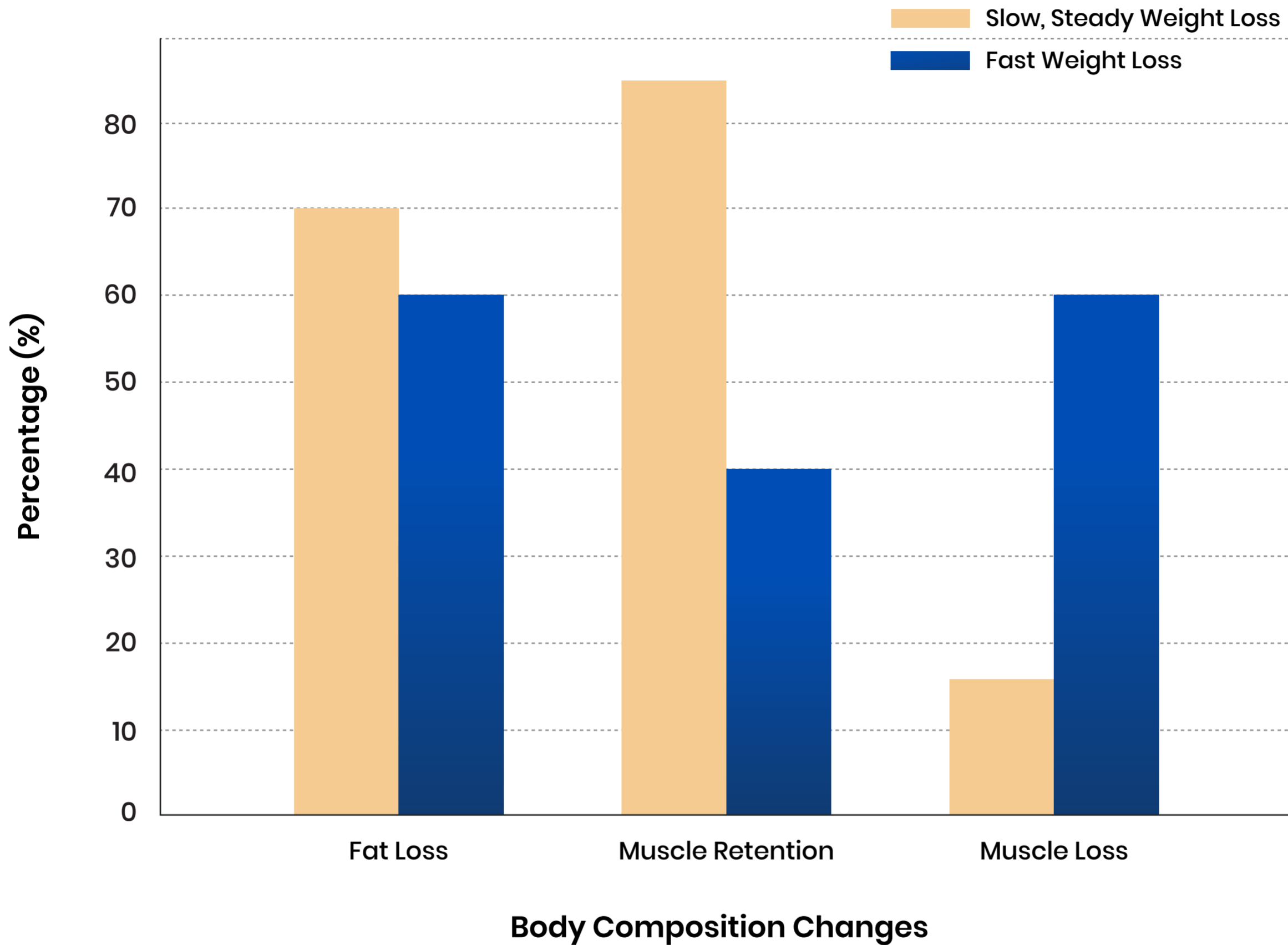


COMPARISON OF BODY COMPOSITION CHANGES: SLOW VS FAST WEIGHT LOSS



"Slow, steady weight loss preserves muscle and maximizes fat loss, while fast weight loss leads to more muscle loss and less fat loss. A gradual approach ensures better body composition and long-term success."