

# The CABRAL CONCEPT

By Dr. Stephen Cabral



CHANGE YOUR BODY. CHANGE YOUR LIFE.

# #1909

## WW: Pandemic Weight Gain Takes Its Toll

Published by the American Psychological Association it is now being confirmed that the average American has gained between 10-29 lbs over the past year during the pandemic...

The issue is not just the weight alone, but rather the toll it is taking on people's mental, emotional, and physical well-being...

So on today's #CabralConcept 1909 I'd like to break down the exact pandemic weight gain statistics, as well as dive deep into what we can do to reverse this health crisis - Enjoy the show and let me know if I can answer any questions!

## EPISODE TAKEAWAYS

# 1

### Most People Are Suffering

61% of American adults reporting undesired weight gain or loss since the coronavirus outbreak.

# 2

### 29 lb Weight Gain

42% of Americans revealed that they gained more weight than they intended over the past 12 months. And they put on 29 pounds, on average.

# 3

### We Must Stop the Slide

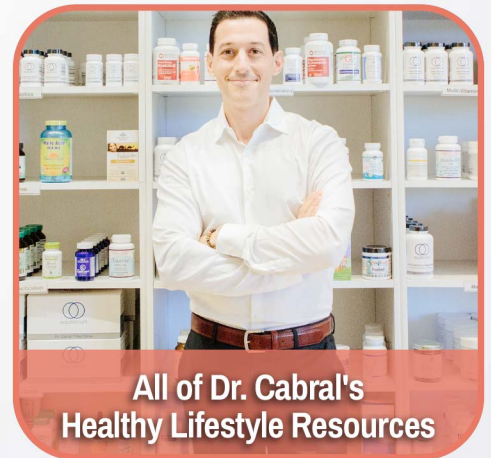
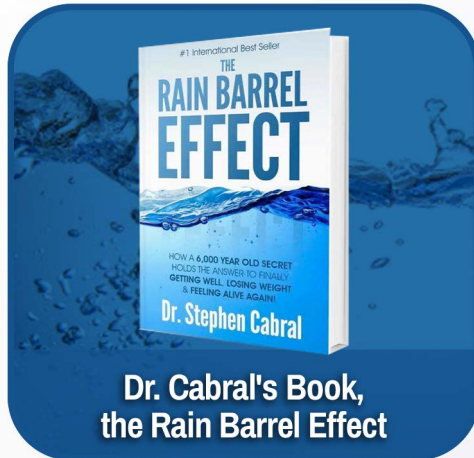
Worse than the other stats, 1 in 10 said they gained more than 50 pounds during the past 12 months of the pandemic.

## RESOURCES

- One Year Later, a New Wave of Pandemic Health Concerns (research)
- Comprehensive Big Five Lab Tests
- Complete Stress, Mood & Metabolism Test
- Podcast on BMI
- Podcast on SMART Goal Setting
- Podcast on Toxic Water Weight
- Weighted Vest



# DR. CABRAL'S MOST POPULAR RESOURCES



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