

Why do we need to know our BMI?

Knowing your BMI can help prevent or reverse obesity. Your body mass index, or BMI, is a helpful way to estimate body fat for most people. Obesity is defined as a BMI higher than 30. Realizing that your BMI is high can motivate you to lose the necessary weight to avoid developing weight-related health problems including diabetes and heart disease.

Knowing your BMI will enable you to track your progress as you try to lose weight. Keeping track of your BMI together with **Mega-T® products**, a healthy diet and exercise plan found on our website, **Mega-Diet.com**, will soon have you on your way to a new healthier you!

How to Receive Your Free BMI Calculator

Just fill out the attached form, include proof of purchase: 2 UPC's from any Mega-T products, copy of your register receipt, plus \$2.50 shipping and processing to: Make Checks payable to **Mega-T**

Mega-T Free BMI promotion
P.O. Box 7486 Dept. B
East Rutherford, NJ 07073

Free BMI Calculator Offer

Redeem by Mail: Attach proof of purchase: 2 UPC's from any Mega-T products, register receipt plus \$2.50 shipping and processing to: Mega-T Free BMI promotion, P.O. Box 7486, East Rutherford, NJ 07073. Make Checks Payable to **Mega-T**

Restrictions: Offer valid in the U.S. only and while supplies last.

Name: _____

Address: _____

City: _____

State/Province: _____

Postal Code: _____

Your E-mail Address: _____

Would you like to receive money saving coupons, new product information and preferred offers via e-mail from from Mega-Diet.com? Yes No

Shipping Address (if different from above)

Ship to Address _____

City: _____

State / Province: _____

Postal Code: _____