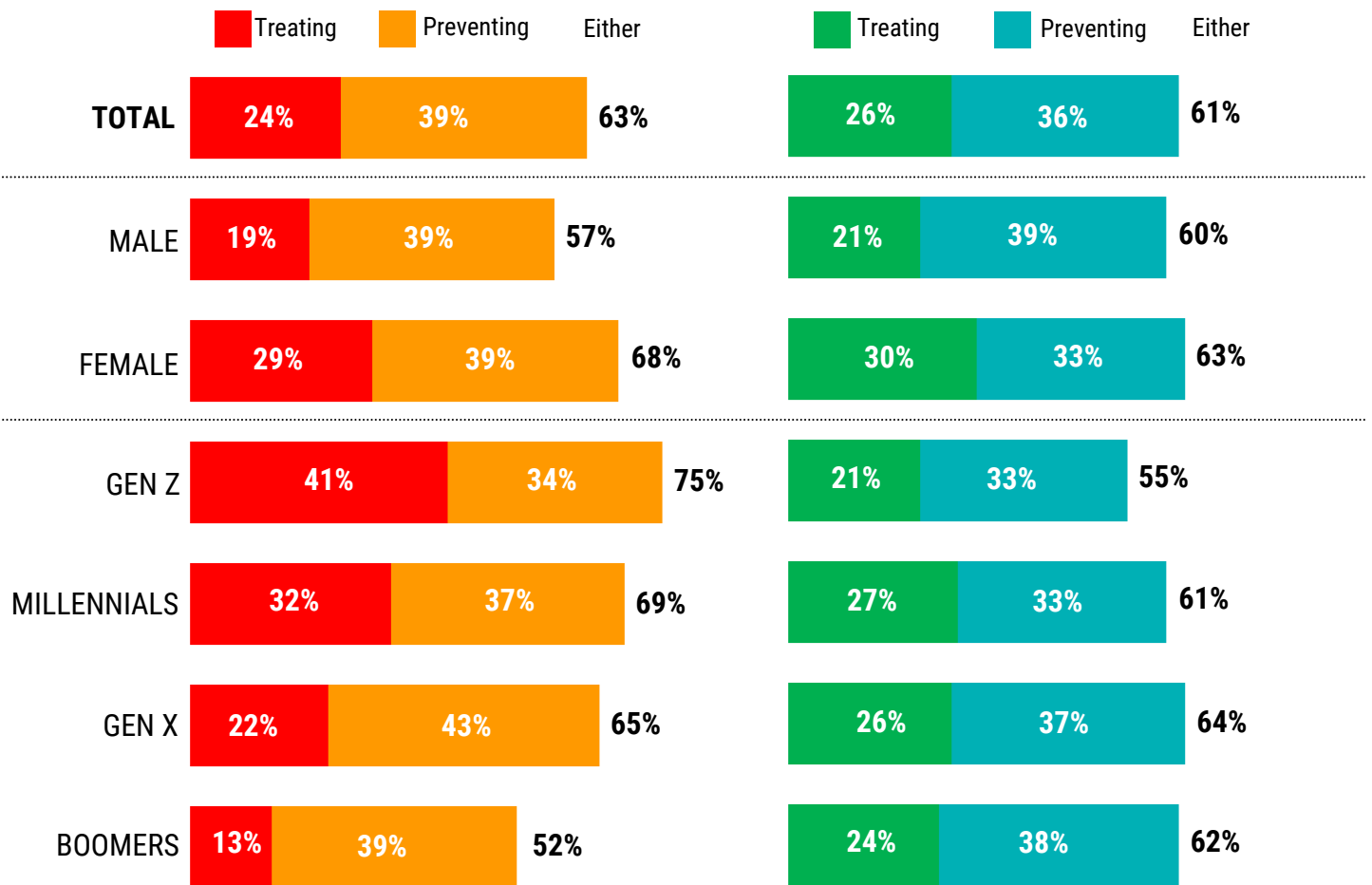


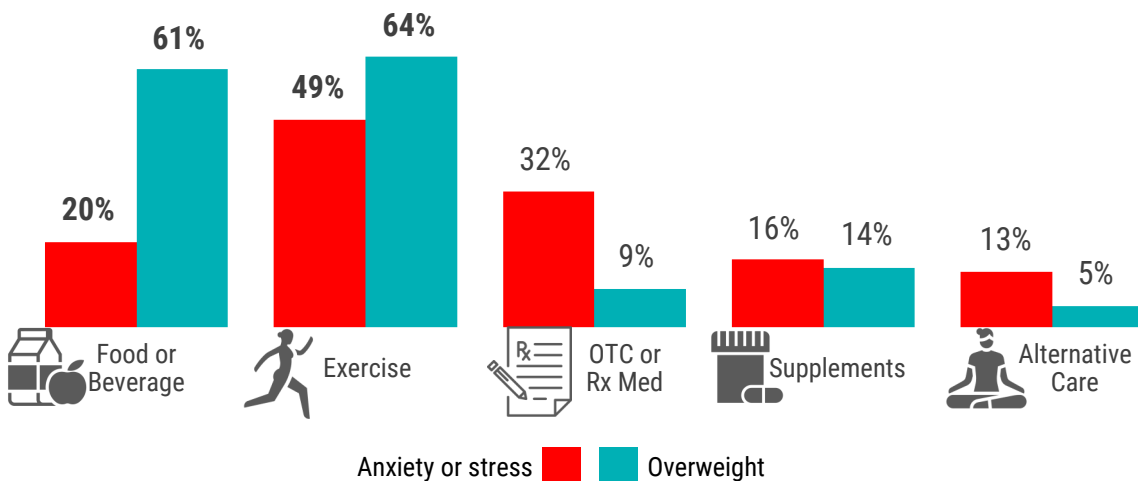
THE AGE OF **ANXIETY**. AMERICANS ARE NOW MORE CONCERNED WITH ANXIETY THAN BEING **OVERWEIGHT**.

Anxiety/stress overtakes weight as the top condition being managed, highlighting mental health as a rising health and wellness issue in the U.S. This is how treating or preventing anxiety or stress compares to treating or preventing being overweight.



What's the Remedy?

Exercise provides a one-two punch as both a physical and mental health remedy and is the treatment of choice for anxiety and stress. Food or beverage combined with exercise is the preferred remedy for preventing or treating being overweight.



Source: *Health + Wellness 2019* report

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