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Your Free Monthly Shred News! May 2016

Your Monthly News & Updates

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**A Potbelly Could Be Deadlier
Than Obesity!**



Obesity is determined by a person's BMI, or body mass index, which is often used as an indicator of health. According to a recent study however, BMI doesn't tell the whole story because the location of fat determines how dangerous it is.

Belly fat raises serious concerns because it is often deposited in the liver and causes inflammation that could lead to diabetes and heart disease.

[Click Here to Read More About the Dangers of a Big Belly](#)

New Employment Trend is Beneficial to Everyone Involved!



As a workplace phenomenon, flexible jobs have come under quite a bit of scrutiny. The result? A wealth of studies offering an array of amazing statistics about remote work and the many benefits telecommuting offers to employers and workers alike.

- 86% of surveyed employees prefer to work alone to "hit maximum productivity"

- Two-thirds of managers say remote employees increase their overall productivity

- 80% of workers report higher morale when working from home

- 69% report lower absenteeism.

[Click Here To Read More About this Growing Phenomenon!](#)

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