



USA TODAY™

McLean, VA

January 31, 2017

Circ. 2,203,610

USA SNAPSHOTS®

Body goals



59%
of Americans
believe the best
way to achieve the
ideal body type is
by eating healthy
as opposed
to exercising.

SOURCE Muscle Maker Grill via Harris Poll
survey of 2,054 adults
MICHAEL B. SMITH AND VERONICA BRAVO, USA TODAY