

A SCULPTED SUMMER YOU

Swimsuit season always seems to sneak up more quickly than we'd like. Have a trouble spot you're still working on toning? According to data from a Wakefield Research survey for the CoolSculpting® procedure, **48%** of respondents (women age 18+) don't think their bodies truly reflect their healthy efforts, and **58%** believe they're stuck with their current bodies.

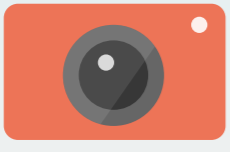
DON'T HIDE! FLAUNT YOUR GOOD SIDE, AND FOLLOW HEALTHY TIPS TO BREAK OUT THE BEACH BABE WITHIN.

STOMACH



74% OF SURVEY RESPONDENTS WANT TO IMPROVE THEIR STOMACH AREA.

48%



would want to have an "Ab-solute" filter for a flatter stomach in pictures.



Choose bathing suits with slimming halter tops, shirring, and ruffles.



HEALTHY TIPS

Incorporate fat-burning cardio in your exercise routine, such as HIIT intervals for faster results.



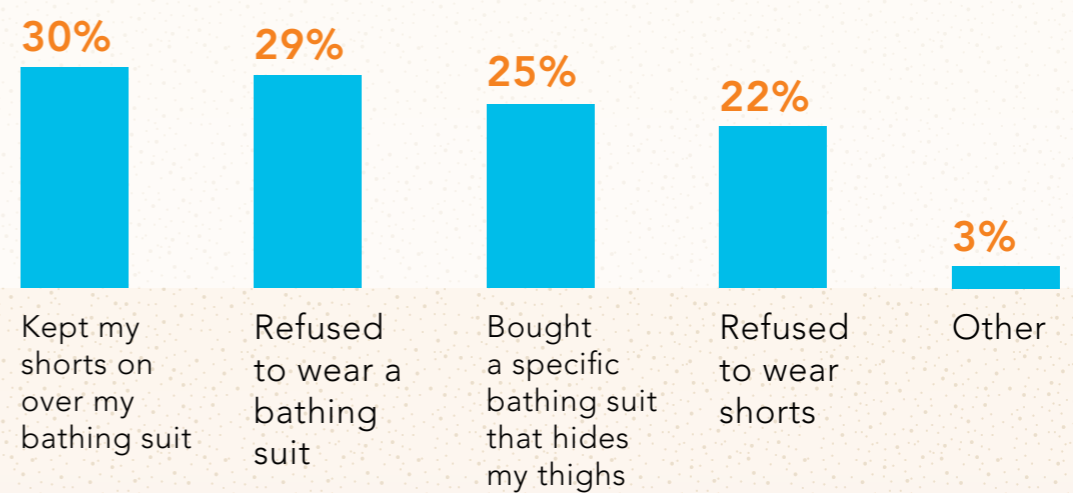
Drinking adequate amounts of water can help you stay hydrated. Infused waters keep hydration healthy and interesting. Try mixtures such as citrus blends; lemon, cucumber, mint; lemon, raspberry, mint; or anything else you can dream up.

THIGHS



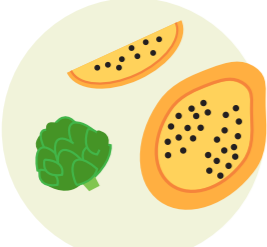
54% WANT TO IMPROVE THEIR THIGH AREAS TO BE BIKINI-READY.

COMMON "THIGH-HIDING" TACTICS:



HEALTHY TIPS

Try movements that work more than one muscle group at a time to get the most out of your time.



Eat slimming foods such as papayas, artichokes, and whole grains.



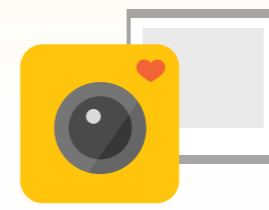
Create balance by drawing attention to your upper body with ruffled designs or one-shouldered suits.

LOVE HANDLES



44% WANT TO SEE IMPROVEMENT BEFORE DORNING BIKINIS.

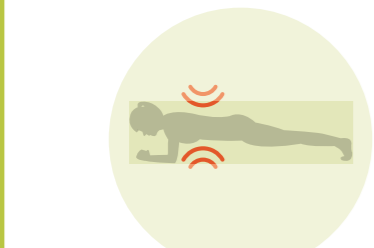
68%



said they'd opt for a "Love-ly" photo filter for a sculpted, love handle-free waistline.



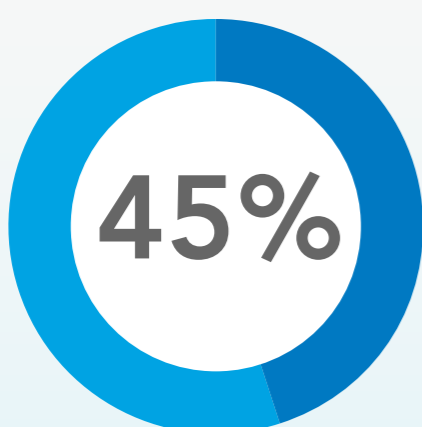
Halter and v-neck bathing suit tops draw attention away from the lower body. Also, use bright colors and color-blocking to your advantage to draw attention where you want it when you're rocking your suit.



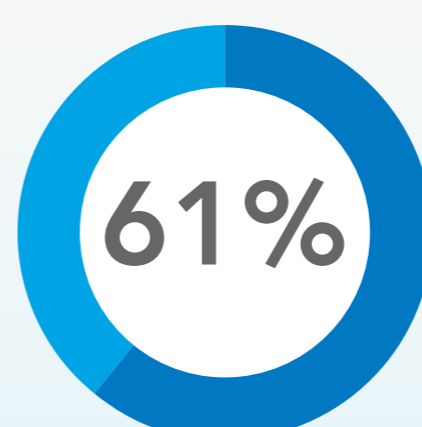
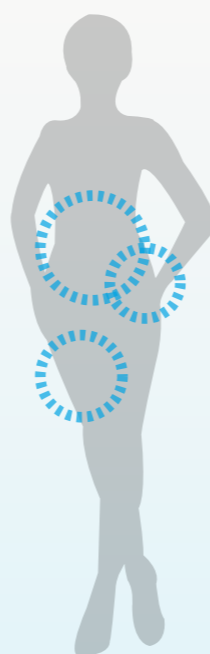
HEALTHY TIPS

Incorporate core exercises such as planks, which act like a corset to help slim your midsection.

GET A LITTLE EXTRA HELP WITH COOLSCULPTING



of women would be likely to do something beyond diet and exercise to improve their bodies – like a non-surgical body sculpting treatment.



of women under 40 are likely to do a treatment like CoolSculpting to get a little extra help.

TRIED DIETING AND EXERCISING BUT STILL CAN'T GET THERE?

There are now cosmetic options available that are non-surgical and safe.

THE COOLSCULPTING PROCEDURE IS THE ONLY NON-SURGICAL BODY CONTOURING TREATMENT THAT FREEZES AND ELIMINATES FAT FROM YOUR BODY FOR GOOD.

Developed by Harvard scientists, the procedure is FDA-cleared, safe and proven effective. It's FDA-cleared for fat reduction of three of the most common problem areas – the flank (love handles), abdomen and thighs.

More than 1,000,000 CoolSculpting treatments have been performed.