

body MINDSM

Your Monthly Guide to Good Health

In some cases, genetics, illness, and particular medications may cause weight gain. Generally, however, overweight and obesity occur due to an imbalance in the body's energy. This imbalance results from consuming more calories than the body expends through regular body functions and physical activity. To maintain weight, calories consumed must equal the calories used. When excess calories are consumed, they are stored in the body as fat, which results in weight gain. Healthy weight loss is possible when the body uses more calories than are consumed because the body uses the stored fat as energy.

THE PHYSICAL EFFECTS OF OBESITY

Being overweight or obese can increase the likelihood of developing serious health problems including the following.

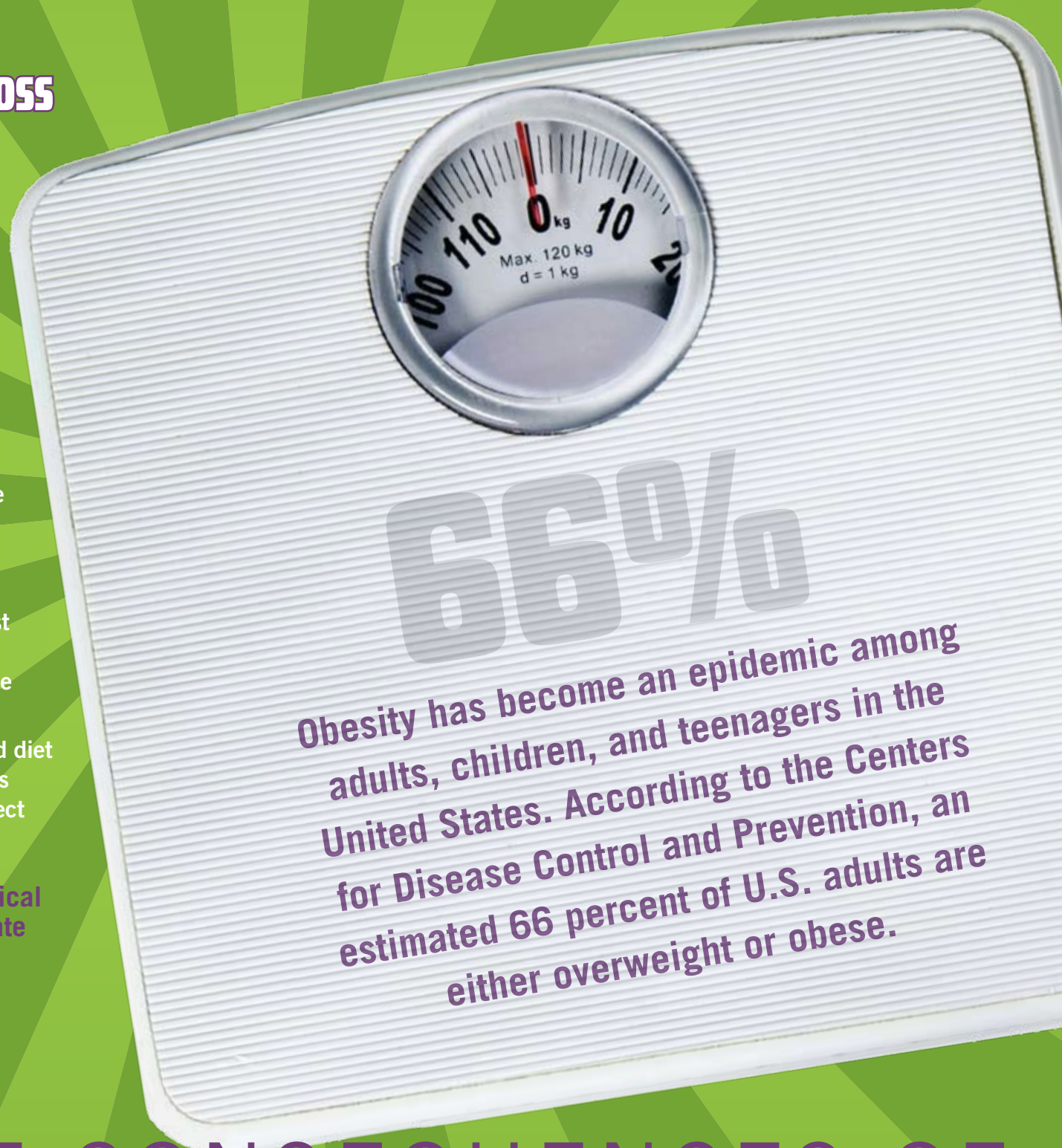
- High blood pressure
- Coronary heart disease
- Type 2 diabetes
- Stroke
- Some types of cancer, including breast and colon cancer
- Gallbladder disease
- Osteoarthritis
- Respiratory problems and sleep apnea

THE BASICS OF HEALTHY WEIGHT LOSS

Research indicates that losing 5 to 10 percent of body weight can improve health and may help some people to avoid the adverse effects of obesity. It is important to consult with a physician before trying to lose weight. Additionally, the Surgeon General makes the following recommendations for healthy weight loss.

- Aim for a healthy weight. Lose weight gradually, at a rate of one-half to two pounds per week.
- Be active. The safest and most effective way to lose weight is to reduce calories and increase physical activity.
- Eat a nutritious, well-balanced diet including five servings of fruits and vegetables a day, and select sensible portion sizes.

To determine a diet and physical activity plan that is appropriate for you, consult a physician.



WEIGH THE CONSEQUENCES OF

OBESITY

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