

THE RISKS YOU TOSS WHEN GETTING LEAN

Losing weight can be a daunting task for anyone - young or old. However, here are some of the risk factors for disease that you are REDUCING with every pound that you lose. How's that for motivation?

OSTEO-ARTHRITIS

The Framingham study found that losing weight reduces your odds of getting arthritis in your knees!

Osteoarthritis is a severe disease that breaks down your bones and your joints



DIABETES

A recent study by the ADA found that weight loss was the greatest predictor of lowering your chances for having diabetes.

Diabetes is your body's inability to properly digest foods. It can lead to a whole host of related problems.

HYPER-TENSION

One study in JAMA found that weight loss is a safe and effective way to reduce your risk of developing hypertension.

Hypertension increases your risk for heart attacks and can damage your blood vessels.



HIGH BLOOD PRESSURE

Another study concluded that even modest amounts of weight loss can reduce blood pressure.

High blood pressure can lead to hypertension and wreak havoc on your arteries if it is sustained.

CARDIO-VASCULAR DISEASE

The American Heart Association concluded that there are some known associations between cardiovascular disease and obesity.

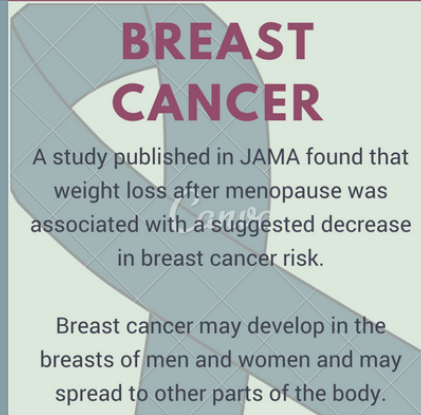
Cardiovascular disease can cause cardiac arrest and stroke.



BREAST CANCER

A study published in JAMA found that weight loss after menopause was associated with a suggested decrease in breast cancer risk.

Breast cancer may develop in the breasts of men and women and may spread to other parts of the body.



WANT TO KNOW MORE?

Check out these four resources for a wealth of information:

