



REMINDER

Healthy Lifestyles and Obesity

Description of Issue and Importance

Individuals who have excess body fat, especially at the waist, are more likely to develop heart disease, diabetes, and stroke, even if they have no other risk factors.

Excess weight increases the heart's work; raises blood pressure; raises blood cholesterol and triglyceride levels; and lowers HDL ("good") cholesterol levels.

Excess weight increases the risk for diabetes.

Losing weight can be difficult. By losing as few as ten (10) pounds, the risk of heart disease can be reduced.

Recommended Action and Prevention Strategy

- Healthy eating brings some of the greatest benefits for wellness. Healthy eating includes foods from the major food groups: fruits, vegetables, grains, low-fat dairy products, lean protein sources, nuts and seeds. Consult a physician and/or dietitian to make sure special dietary needs are met.
- Regular exercise is a great way to control weight, manage stress, and improve overall health. Start gradually and work your way up. Always consult the physician before starting a new exercise program.
- Quality sleep (enough and the right type of sleep in adequate amounts), can reduce stress, boost the immune system, and help the nervous system work properly. Most adults need at least seven to eight (7-8) hours of sleep a night.

References

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