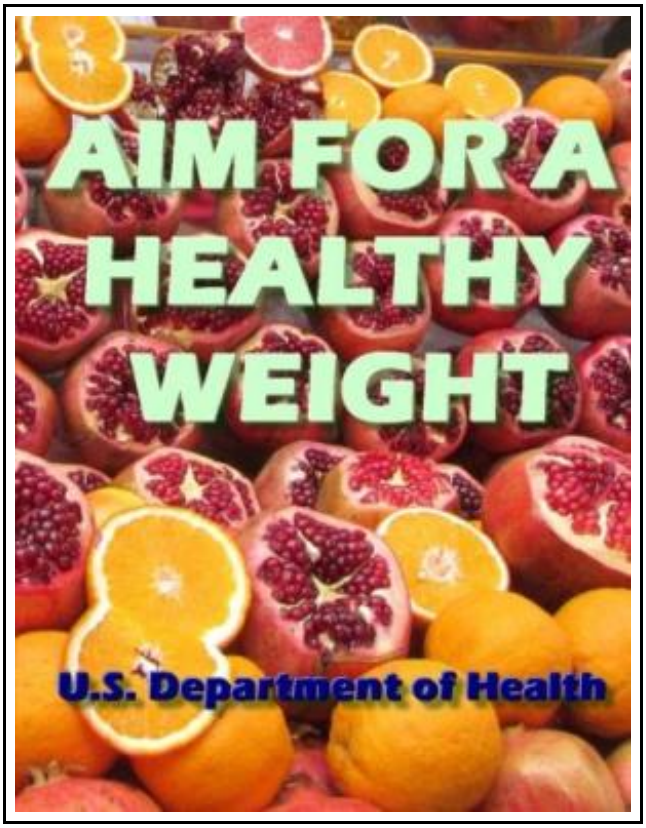
Aim for a Healthy Weight



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Reviews

This book is really gripping and fascinating. Of course, it is actually play, nonetheless an interesting and amazing literature. You will not feel monotony at anytime of the time (that's what catalogs are for about if you request me).

(Delbert Gleason)

AIM FOR A HEALTHY WEIGHT

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 42 pages. Dimensions: 11.0in. x 8.5in. x 0.1in.This book is a B and W copy of the government publication. Why Is a Healthy Weight Important Reaching and maintaining a healthy weight is good for your overall health and will help you prevent and control many diseases and conditions. We know that an increase in weight also increases a persons risk for heart disease, high blood cholesterol, high blood pressure, diabetes, gallbladder disease, gynecologic disorders, arthritis, some types of cancer, and even some lung problems (see Box 1). Maintaining a healthy weight has many benefits, including feeling good about yourself and having more energy to enjoy life. A persons weight is the result of many things height, genes, metabolism, behavior, and environ- ment. Maintaining a healthy weight requires keeping a balance . . . a balance of energy. You must balance the calories you get from food and beverages with the calories you use to keep your body going and being physically active. The same amount of energy IN and energy OUT over time weight stays the same If you are overweight or obese you are at risk of developing the following diseases: High blood pressure High blood cholesterol Type 2 diabetes Coronary heart disease Stroke Gallbladder disease Arthritis Sleep apnea and breathing problems Some cancers . Endometrial . Breast . Prostate . Colon This booklet will provide you with information to figure out your body mass index (Box 2) and weight-related risk for disease. It will also give you information on when and how to lose weight, including tips on healthy eating and physical activity, setting weight loss goals, and rewarding your success. More IN than OUT over time weight gain More OUT than IN...

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