

Weight Loss

Why Should I Lose Weight?

Nearly 40% of American adults struggle with obesity. Many obesity-related problems can reduce your quality-of-life or cause early death, including:

- Cancer
- Heart Disease
- Stroke
- Type 2 Diabetes
- Hypertension
- Chronic Pain
- Sleep Apnea
- Clinical Depression

Immediate Benefits of Weight Loss

We all know that maintaining healthy weight is good for us in the long run. But, you might enjoy some benefits sooner than you think. Early benefits to healthy lifestyle changes include:

- Improved Sense of Self-worth
- New Friendships from New Activities
- Reduced Risk of Heart Attack Associated with Bing-eating
- Less GI Distress

How Can I Achieve a Healthy Weight?

Losing as little as 5% of your body weight reduces your risk of disease. That's a big payoff for a modest investment in a healthy lifestyle. Talk with your Physician to determine if these steps might help:

- Slightly reduce your food intake, but be careful not to starve yourself.
- Choose healthier, low-calorie options when selecting your meals.
- Replace sodas and juices with water.
- Drink a full glass of water before each meal so your stomach feels a little more full than usual.
- Use condiments and sauces sparingly.
- Join a walking group. Start with brief walks and work your way up.
- Before snacking, ask yourself, "Am I really hungry right now?"
- Rather than candy or salty treats, snack on fruit.
- To help yourself feel full, eat high-fiber foods like nuts, berries, oatmeal & vegetables.
- Talk with a Dietitian or Nutritionist.

Additional Resources

- **NIH:** https://www.nhlbi.nih.gov/health/educational/lose_wt/index.htm
- **ODPHP:** <https://health.gov/dietaryguidelines/>
- **USDA:** <https://www.choosemyplate.gov/>
- **Medline:** <https://medlineplus.gov/ency/article/007297.htm>

Why is it So Tough to Lose Weight?

Most people find it difficult to reduce to a healthy weight. Reasons vary from person to person, but common obstacles include:

- Genetic Predisposition towards Unhealthy Weight
- The financial cost of healthy foods
- Overeating to Cope with Stress
- Lack of other Stress-Management Resources
- Personal & Social Habits Involving Unhealthy Foods

Long-term Benefits of Weight Loss

There are many benefits to healthy weight loss, including:

- **Lifespan:** Maintaining a healthy weight can reduce your risk of premature death by up to 50%.
- **Quality of Life:** Weight loss can curb the social obstacles cause by joint pain, lethargy & depression.
- **Finances:** Losing weight can improve your health, thus reducing the risk of significant medical bills.