

Even a little weight loss can make a big difference.

- Losing just 10 percent of your weight can help you prevent, control or reverse some health problems.
- Weight loss can help prevent or control type 2 diabetes, high cholesterol, high blood pressure and heart problems.
- Weight loss may help with sleep apnea and joint pain.

Focus on living healthier.

- The best way to lose weight is to eat less and be more active.
- Eat plenty of fruits and vegetables. Avoid high-sugar and high-fat foods.

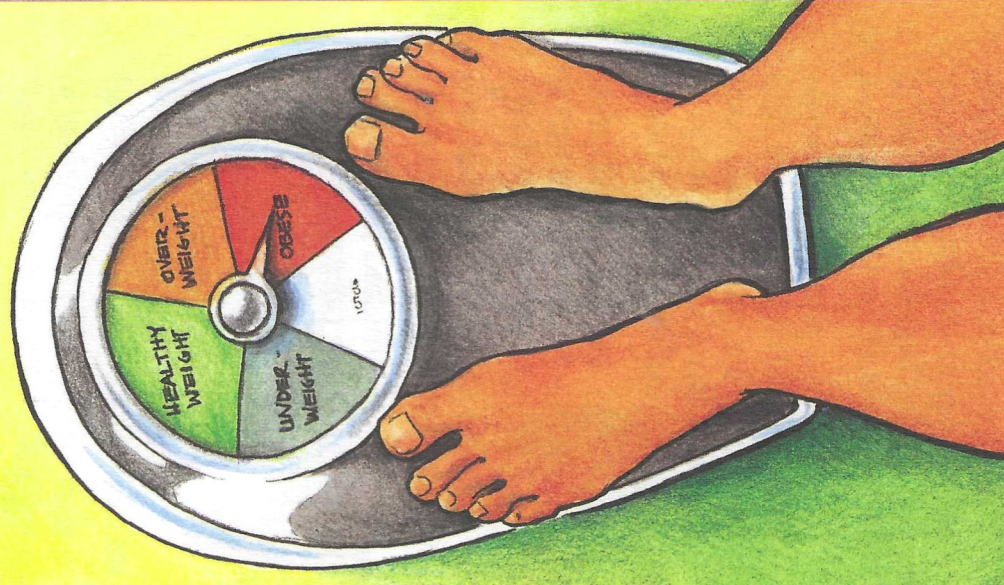


- Try for 30 to 60 minutes of exercise on most days. But every bit counts. Even a little activity is better than none.

Talk with a health care provider for more ideas about how to get and stay at a healthy weight. Losing weight can take time. But what you gain in better health is worth the effort!

GET THE FACTS

The Health Consequences of Obesity



Being overweight or obese can lead to serious health problems. Look inside to get the facts about how being overweight or obese can harm your health.

For more information visit:
cdc.gov/healthyweight

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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