

Obesity affects more than 15 million people in America !

- ❖ *A person becomes obese when their weight classification exceeds that of a healthy goal for their age and gender, deviating from the recommended status compared to a healthy weight for others in the same weight and height class and genders.*



What Should I Know ?

- ❖ Obesity is more than nutrition control, it's a combination of proper nutrition, good amount of sleep, active exercise and smart thinking when it comes to caloric and food intake.
- ❖ Watch for chest pains, heavy/labored breathing, decreased stamina, frequent tiredness during short activities and bloating due to overeating. All the above should be discussed with your primary care provider to insure a healthy and monitored lifestyle.



What can Obesity Cause?

According to the Center for Disease Control:

- High Blood Pressure
- High Cholesterol
- Type 2 Diabetes
- Stroke
- Gallbladder Disease
- Osteoarthritis (cartilage/bone breakdown)
- Many more life altering diseases and conditions





What can you do? | How to seek help?

-Consult with your healthcare provider to assess your current health and determine your weight status, they can assist in the creation of a personalized plan.

-Taking the courageous step to seek assistance is challenging but mentally achievable.

-Turn to supportive friends and family for guidance/support, making your journey more manageable and enjoyable.

-Persistence is key; don't succumb to setbacks, as they often teach you lessons and allow you to grow.

-Gradually reduce intake of processed foods, sugars, fatty snacks, and alcohol to minimize the risk of quitting and relapse.

-Enroll in an aerobic class, engage in home exercises, or simply embrace movement outdoors for a proactive approach to better health.

-Increasing your level of activity results in improved overall health.

-If you sense anything abnormal or have medical concerns, consult your doctor for informed guidance on health matters.



Feeling Stuck? Its Ok!

It's essential to recognize that anyone, regardless of age, may experience feelings of sadness or depression related to obesity. It's important to understand that these emotions are normal and can be addressed. Taking positive steps, such as incorporating more walking into your routine or gradually reducing the intake of fatty and processed foods, can contribute to overall well-being and set you on the path to a healthier lifestyle. Remember to progress at a pace that suits your lifestyle, allowing for sustainable changes.

