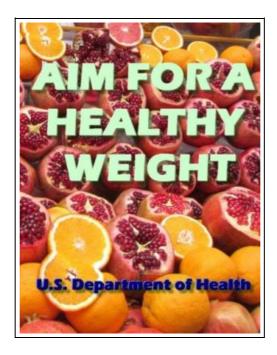
# Aim for a Healthy Weight (Paperback)



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## Reviews

The book is simple in read safer to comprehend. It is writter in straightforward words and phrases instead of confusing. You wont truly feel monotony at anytime of your time (that's what catalogues are for concerning in the event you request me). (Brannon Koch)

## AIM FOR A HEALTHY WEIGHT (PAPERBACK)



Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Stay fit for an entire life! Read this book which is a BW copy of the USA 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 person s 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 person s 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: JHigh blood pressure JHigh 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...



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