



Obesity

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Obesity

Obesity is a condition in which a person has excess body fat. BMI (Body Mass Index) is a measure of whether you're a healthy weight for your height. You can use the BMI healthy weight calculator to work out your score.

For most adults, a BMI of:

- 18.5 to 24.9 means you're a healthy weight
- 25 to 29.9 means you're overweight
- 30 to 39.9 means you're obese
- 40 or above means you're severely obese

A better measure of excess fat is waist circumference. Generally, men with a waist circumference of 94cm (37in) or more and women with a waist circumference of 80cm (about 31.5in) or more are more likely to develop obesity-related health problems.

Risks of Obesity

It's very important to take steps to tackle obesity because, as well as causing obvious physical changes, it can lead to a number of serious and potentially life-threatening conditions.

Being obese can also increase your risk of developing many potentially serious health conditions, including:



- Type 2 diabetes
- High blood pressure
- High cholesterol and atherosclerosis (where fatty deposits narrow your arteries), which can lead to coronary heart disease and stroke
- Asthma
- Metabolic syndrome (a combination of diabetes, high blood pressure and obesity)
- Several types of cancer, including bowel cancer, breast cancer and womb cancer
- Gastro-oesophageal reflux disease (GERD)
- Gallstones
- Reduced fertility
- Osteoarthritis (a condition involving pain and stiffness in your joints)
- Sleep apnoea (a condition that causes interrupted breathing during sleep, which can lead to daytime sleepiness with an increased risk of road traffic accidents, as well as a greater risk of diabetes, high blood pressure and heart disease)

WEIGHT LOSS



- Liver disease and kidney disease
- Pregnancy complications, such as gestational diabetes or pre-eclampsia (when a woman experiences a potentially dangerous rise in blood pressure during pregnancy) Obesity reduces life expectancy by an average of 3 to 10 years, depending on how severe it is.

Tips for successful weight loss

Make a plan for success

- **Pick a good time to change.** Some times in life are more stressful than others. If you have a big change coming up, such as moving, getting married or divorced, graduating, or taking a new job, it may not be a good time to begin losing weight.
- **Set realistic goals that can be measured.** Do not expect to lose 15 kg in the first month. Set a goal of 1/2 kg a week and track your progress.
- **Work on other health problems first.** For example, doctors recommend that if you are severely depressed, you should get treatment for depression before you try to lose weight.
- **Plan your meals ahead of time.** Most people who eat healthy plan most of their meals ahead of time so that they don't binge as much on unhealthy food.

Get started

- **Track your food and fitness.** There are many free tools that can teach you what to do and track your progress.
- **Make just one change at a time.** Pick one small healthy eating goal and work on that until you can reach that goal most of the time
- **Don't cut out all treats.** Choose your treats ahead of time, cut back on the number of times you have unhealthy food, and keep the portion size small.





Eat healthy

- Think about what you're eating and why
- Choose smaller portions when eating out. Order the small or lower-calorie option, share a meal, or take home part of the meal.
- Drink water first. Sometimes what we think is hunger is actually thirst.
- Treats are OK every once in a while. Eat healthy 90% of the time, but have a less healthy treat sometimes so you don't feel like you're missing out.
- Don't forget about calories from alcohol.
- Learn how to cook. If you know how to cook a few easy dishes, you'll be less likely to order unhealthy takeout or eat unhealthy snacks.
- Prepare and serve smaller portions when you eat at home: Portion control will help you lose weight over time.

Get moving

- Make your hands busy. Try something that will keep your hands busy and your mind off food, like knitting, reading a book, playing with your kids, or doing chores that are not in the kitchen.
- Limit screen time.
- Lift some weights. Muscle burns more calories than fat. Aim for two or three strength-training sessions a week. Allow a day or so in between workouts for your body to rest.
- Walk. Getting enough physical activity not only helps you maintain or lose weight, it lowers your risk for many diseases and boosts your mood. To lose weight by exercising and without cutting calories, you will need about an hour or more of moderate physical activity on most days.

Don't give up!

- Keep trying.
- Accept a temporary discomfort.
- Find inspiration.
- Find new rewards.
- Focus on sleep.
- Talk to your doctor or nurse about the medicines you take.
- Try something different.

Get mentally healthy

- Deal with stress.
- Separate your self-worth from your weight.



SOURCE: <https://www.nhs.uk> (National Health Service (NHS) U.S. Department of Health & Human Services

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Being grateful for your blessings cancels out negative thoughts and worries