Why does excess weight matter?

Excess weight accounts for:
- 2.8 million deaths annually
- 20% of heart attack risk
- 4x higher rate of diabetes

WHAT CAUSES IT?
There are many inter-related factors:
- Inactivity (reduced energy expenditure)
- Stress and emotionally demanding situations
- Routines with few physical requirements
- Some prescription medications
- Medical conditions like hypothyroidism
- Menopause can contribute to weight gain
- Low-quality, high-fat foods
- Large portion sizes
- Easy access to high-calorie foods

WHAT CAN I DO?
- Aim to lose weight slowly: 0.5-2 pounds per week is a good pace.
  1 pound = 3500 calories.
- Try smaller portions for meals & snacks.
- Eat 3 meals per day: Three healthy meals spaced 4-6 hrs apart is a healthy and effective eating pattern.
- Be patient: Setbacks can happen to anyone trying to make a change in eating and activity, and it takes up to six months for a new pattern to become habit. Don’t give up — get your family and friends involved in helping you meet your goal.

GET ACTIVE, STAY ACTIVE

- Aim for 30-60 minutes per day
- Exercise reduces belly fat which reduces cardiovascular risk
- Try to burn 300-500 calories per day

But most of all... be patient.

Schedule it with a friend.