

body MIND

Your Monthly Guide to Good Health

In some cases, genetics, illness, and particular medications may cause weight gain. Generally, however, overweight and obesity occur due to an imbalance in the body's energy. This imbalance results from consuming more calories than the body expends through regular body functions and physical activity. To maintain weight, calories consumed must equal the calories used. When excess calories are consumed, they are stored in the body as fat, which results in weight gain. Healthy weight loss is possible when the body uses more calories than are consumed because the body uses the stored fat as energy.

THE PHYSICAL EFFECTS OF OBESITY

Being overweight or obese can increase the likelihood of developing serious health problems including the following.

- High blood pressure
- Coronary heart disease
- Type 2 diabetes
- Stroke
- Some types of cancer, including breast and colon cancer
- Gallbladder disease
- Osteoarthritis
- Respiratory problems and sleep apnea

THE BASICS OF HEALTHY WEIGHT LOSS

Research indicates that losing 5 to 10 percent of body weight can improve health and may help some people to avoid the adverse effects of obesity. It is important to consult with a physician before trying to lose weight. Additionally, the Surgeon General makes the following recommendations for healthy weight loss.

- Aim for a healthy weight. Lose weight gradually, at a rate of one-half to two pounds per week.
- Be active. The safest and most effective way to lose weight is to reduce calories and increase physical activity.
- Eat a nutritious, well-balanced diet including five servings of fruits and vegetables a day, and select sensible portion sizes.

To determine a diet and physical activity plan that is appropriate for you, consult a physician.



WEIGH THE CONSEQUENCES OF

OBESITY

PHOTO: The Health Information Center: Body-Mind™ and companion Personal Health Guide™ are published by, and are the property of, Regis, Nashville, TN. Copyright 2008 by Regis. All rights reserved. The editorial content is not intended as a substitute for the advice of a medical professional. Consult your physician about all health-related matters. Comments and suggestions regarding these publications may be directed to Regis, 8 Collier Drive, Suite 450, Brentwood, TN 37027.

Executive Offices: Harry Ross, President & Chief Executive Officer / Gary Pezzano, Vice President, Information Technology / Lori Crawford, Vice President, Finance & Administration
Creative Services: Zapella, a Design Group—Lori Ewert, Creative Director / Barbara Wilton, Editor / Jessica Smith, Production Manager/Designer

The Health Information Center products are now printed on 50% Recycled paper with 25% Post Consumer Fibre. Our papers are FSC certified. By choosing a product with the FSC label, we are supporting the growth of responsible forest management worldwide. Proudly printed in the USA.

222

Snack Attack!



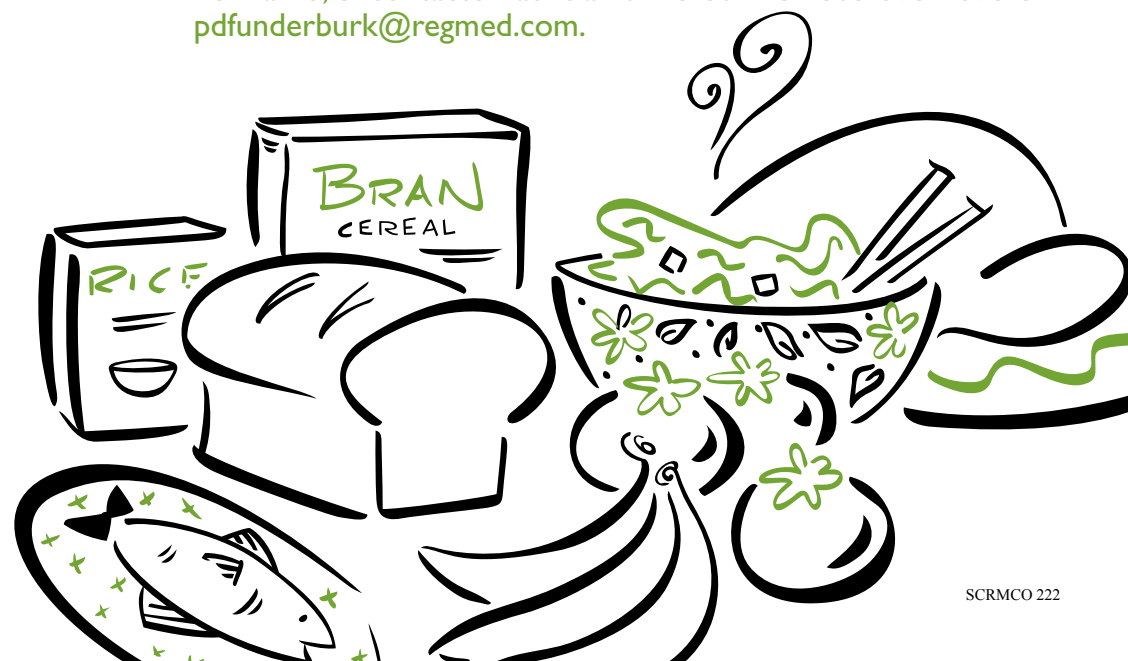
Snacks have the potential to add a lot of unnecessary fat and calories to your diet. Try to keep nutritious and appealing snacks accessible at home and work. Instead of eating candy or potato chips, try eating a healthful snack—such as pretzels, fresh fruit, or low-fat yogurt.

To register for a FREE community Lunch and Learn on Eating Healthy, March 20, noon, at RMC, contact Patricia Funderburk at 803-395-2698 or pdfunderburk@regmed.com.

Para colocarse para una comunidad LIBRE almuerzan y aprenden en la consumición el mediodía sano, en el RMC, del 20, 12 de marzo, el contacto Patricia Funderburk en 803-395-2698 o pdfunderburk@regmed.com.

Tener Antojos de Tentempiés

Los tentempiés tienen el potencial de añadir muchas grasas y calorías innecesarias a su alimentación. Trate de tener accesibles los tentempiés nutritivos y atrayentes en casa y en el trabajo. En vez de comer dulces o papas fritas, trate de comer un tentempié saludable—como galletas saladas (pretzels), fruta fresca o yogurt desnatado.



SCRMCO 222