

OBESITY

Does Anyone Care?

More and more adults and children are overweight, but do Americans worry about the problem? According to a recent survey conducted for the American Public Health Association, more than four in five Americans are concerned about childhood obesity and three in four Americans are concerned about obesity in adults.

The survey also reveals that Americans realize the primary causes of excess weight are diet and lack of exercise.

If you or someone you know has a weight problem, consider visiting a dietetics professional who can help develop an eating and physical activity plan that's right for you. Remember, making behavior changes takes time. Start with small steps that are maintainable for life.

Step it Up!

Two of the culprits in Americans' weight gain are well-known – consuming too many calories and not getting enough physical activity. But it's not too late to make changes!

Start gradually to make changes in your food choices and reduce your portion sizes. Add physical activity to your routine most days of the week – a good goal is 30 to 40 minutes over the course of a day, but try to work up to 60 minutes.

Weight, like other health risk factors, is something you can change. So get on the right track – don't let your weight increase your health risk.

Obesity and Heartburn

Obesity is to be a concern for many people for many health reasons. New research shows a link between obesity and heartburn.

Obesity triples the likelihood of developing gastro esophageal reflux, or GERD, also known as heartburn. The study also cited that women, especially pre-menopausal women, are at a higher risk to develop GERD.

Manage your healthy weight by including regular physical activity with an eating pattern chosen for variety, balance, and moderation—it makes all the difference.

Health Hazard

Spend an hour or so carrying around a five- or 10-pound bag of sugar. Tiring, isn't it? That's the extra burden on your body and heart when you carry extra pounds of body fat.

Many health problems are linked to obesity and adult weight gain, including high blood cholesterol levels, heart disease, stroke, high blood pressure, diabetes, some forms of cancer, arthritis, breathing problems and other illnesses.

Losing five to 10 percent of excess body weight is enough to lower the risks for many chronic diseases. Even this small shift in weight helps lower blood pressure, total LDL (bad) cholesterol and triglyceride levels as well as normalize blood sugar levels. In addition, weight loss may have positive emotional benefits.

Produced by ADA's PR Team www.eatright.org

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