

## **Losing Weight**

Did you know?

- Losing just 5 to 10 percent of body weight will lower blood pressure, reduce cholesterol, and lower your risk of heart disease.
- You're never too old to benefit from weight loss. One recent study found that weight loss at any age results in long-term health benefits to your heart.
- For overweight patients with knee osteoarthritis, losing 10 percent of body weight reduces knee pain and improves mobility.

What motivates people to lose weight varies greatly. It may be that you want to feel as fit and vigorous as you did when you were 25. Or that you don't want to worry about developing a chronic disease. Or that you're unhappy with your appearance or the way your clothes fit. For many people it's a health event, such as a visit to the doctor where they discover their blood pressure is very high or they're at risk for developing diabetes.

Don't wait until it's too late. With the new year upon us, it's a great time to make a resolution to become healthier by losing a couple pounds. Please contact us with any questions or feedback.

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