

# Weight Loss

If you answer “yes” to the following, you may be suffering from obesity.

- Are you always tired?
- Does the simple act of getting up out of a chair feel like work?
- Are you unable to engage in moderate exercise because of your weight?

## What Causes Obesity?

A diet high in calories, saturated fats, and refined carbohydrates can lead to obesity, a disease that affects 34 million Americans.

## What are the Risks Associated with Obesity?

Obesity puts a person at risk for diabetes, heart disease, stroke, and cancer. In addition, obesity leads to fatigue and decreased muscle mass.

Obesity can also lead to increased back pain. The extra strain on the ligaments and muscles can encourage facet jamming because the extra loading on the joints puts undue pressure on the vertebrae, nerves, and discs of the spine. Moreover, sleep apnea, gallbladder disease and gallstones are more common in people who suffer from obesity than in people who maintain a healthy body weight.

## How Do You Know if You are Obese?

| <i>Body Mass Index Scoring</i> |                    |
|--------------------------------|--------------------|
| <b>Normal BMI</b>              | <b>18.5 - 24.9</b> |
| <b>Overweight</b>              | <b>25 - 29.9</b>   |
| <b>Obese</b>                   | <b>30 - 40</b>     |
| <b>Morbidly Obese</b>          | <b>&gt;40</b>      |

The Body Mass Index (BMI) test measures a person’s body fat and can tell a person if he or she is moderately overweight, obese, or morbidly obese and at risk for serious health conditions. In addition to BMI testing, skin fold calipers can also be used to measure a person’s percentage of body fat.

## Guidelines for Weight Loss

- Reduce your calorie intake and eat smaller portions.
- Eat whole foods such as fresh fruits, fresh vegetables, whole grains, lean meats, fish, nuts, and beans.
- Follow your healthcare provider’s plan for physical activity.

## Foods to Avoid

Avoid processed foods made with white flour, white sugar, or white rice. These refined carbohydrates tend to cause a rapid rise in blood sugar, then a rapid rise in insulin (the hormone that takes sugar out of your blood and puts it in the cells to be used for energy), and this leads to diabetes and heart disease. The insulin spike can also affect your fat metabolism and prevent the burning of stored fat in your body when you do exercise. So avoid sugar during or immediately after exercise.

**Follow your healthcare providers weight loss plan to manage your exercise and diet and to enjoy optimal health.**

