



Benefits of Long-Term Weight Loss

Succeeding at weight loss just got a little bit easier.

We all want to lose weight so that we can look better. Looking good is certainly an important part of the motivation for losing and keeping weight off, but the benefits of losing weight go far beyond how good you are looking. You will be happy to know that as you move closer to your ideal weight, you are also reducing your risk factors for a number of different diseases.

Let's take a look.

According to the Centers for Disease Control (CDC), obesity increases the risk of many health conditions, including the following:[i]

Coronary heart disease, stroke, and high blood pressure.

Type 2 diabetes.

Cancers, such as endometrial, breast, and colon cancer.

High total cholesterol or high levels of triglycerides.

Liver and gallbladder disease.

Sleep apnea and respiratory problems.

Osteoarthritis.

Reproductive health complications such as infertility.

Mental health conditions.

Obesity is also costly. It is estimated that people who are obese have medical cost that are approximately \$1,500 a year more than a person who is at their ideal weight.[ii]

Obesity is also linked to reduced worker productivity and chronic absenteeism.[iii]

Not only is it possible for you to potentially reduce your risk factors for other diseases, you may also feel better and have more energy. Maintaining a healthy weight may just be your best ticket to a better life.

[i] <http://www.cdc.gov/chronicdisease/resources/publications/aag/obesity.htm>

[ii] <http://www.cdc.gov/obesity/data/adult.html>

[iii] Gates DM, Succop P, Brehm BJ, Gillespie GL, Sommers BD. Obesity and presenteeism: the impact of body mass index on workplace productivity. *J Occup Environ Med.* 2008 Jan;50(1):39-45. PMID: 18188080.