



## Aim for a Healthy Weight

By U. S. Department of Health

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Paperback. 42 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. This book is a B and W copy of the government publication. Why Is a Healthy Weight Important Reaching and maintaining a healthy weight is good for your overall health and will help you prevent and control many diseases and conditions. We know that an increase in weight also increases a persons risk for heart disease, high blood cholesterol, high blood pressure, diabetes, gallbladder disease, gynecologic disorders, arthritis, some types of cancer, and even some lung problems (see Box 1). Maintaining a healthy weight has many benefits, including feeling good about yourself and having more energy to enjoy life. A persons weight is the result of many things height, genes, metabolism, behavior, and environment. Maintaining a healthy weight requires keeping a balance . . . a balance of energy. You must balance the calories you get from food and beverages with the calories you use to keep your body going and being physically active. The same amount of energy IN and energy OUT over time weight stays the same If you are overweight or obese you are...

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